



Quarterly Electronic Newsletter  
[www.braintumour.ca](http://www.braintumour.ca)

# Supporting You

Support Group Update

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## Volume 002 / June 2010

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*If you would like to receive this quarterly newsletter, please click the link above to subscribe. You may unsubscribe at any time.*

Brain Tumour Foundation of Canada is a national, not-for-profit organization dedicated to reaching every Canadian affected by a brain tumour through support, education, information, and research.

This quarterly electronic newsletter offers personal brain tumour support, wherever you live. It has been designed with **you** in mind: survivors, caregivers, families and friends. Anyone is invited to receive this newsletter; you do not need to be a member of a Brain Tumour Foundation of Canada support group. Learn about the locations of our 23 support groups by [clicking here](#).

## ● [\*\*Brain Tumour Foundation of Canada Support News\*\*](#)

### **Brain Tumour Support Services**

Do you want increased support on your journey with a brain tumour? Consider logging into the [online chat room](#) or calling our toll free phone line to speak to our Support Services staff. We offer informal, one-on-one support Monday to Friday, 8:30 – 5:00 pm, EST and can help you locate



agencies and resources in your local community. For families facing the journey with a pediatric brain tumour, the [BrainWAVE Pediatric Support Program](#) offers support in the South Western Ontario and Lower Mainland, BC regions. For more information about all of our support services including new programs and opportunities, please visit the support section of [our website](#).

### Spring Sprints in Full Swing

With eight of the 21 National Spring Sprint events to go, you are invited to come out to your local event, connect with the local brain tumour community and be part of the efforts raising important funds for support and information services as well as research into the cause of and cure for brain tumours. Visit [www.springsprint.ca](http://www.springsprint.ca) to register or to view your city's totals.

### New! Free Brain Tumour Education Seminars

You are invited to take part in one of this year's new brain tumour education opportunities offered to anyone affected by a brain tumour. This June there are events in Edmonton, AB and Barrie, ON. These free seminars are half-day sessions focused on the latest developments in brain tumour research, treatments and quality of life issues. Survivors, family members, caregivers, friends, parents of a child affected by a brain tumour and health care professionals are welcome to attend. Upcoming seminars:

- **Edmonton, AB, June 19, 2010**, Cross Cancer Institute  
*Topics: Nutrition and Home Care Services*
- **Barrie, ON, June 26, 2010**, Gilda's Club Simcoe Muskoka  
*Topics: Nutrition and Fatigue*
- **Vancouver, BC, September 18, 2010** BC Children's Hospital (pediatric focus)  
*Topics: Late Effects of Treatment, Advocacy and the School System*

Additional seminars are being planned for the fall in Ottawa, ON and Fredericton, NB (dates to be confirmed). To register or for more information, visit [www.EducationDays.ca](http://www.EducationDays.ca) or contact Sue Ruypers, Research and Education Specialist, at [sruypers@braintumour.ca](mailto:sruypers@braintumour.ca) or 1-800-265-5106 ext 240.

### Information Days 2010 Announced

Please consider joining us for a day of hope and support at one of the three 2010 Information Day Conferences:

- **Calgary, AB, October 2, 2010**, Westin Calgary  
*Keynote speaker: Dr. Gregory Cairncross, "Oligodendroglioma - Past, Present, Future"*
- **London, ON, October 16, 2010**, Four Points by Sheraton  
*Keynote speaker: Dr. Rolando Del Maestro, "State of the Art: Surgical Management of Gliomas"*
- **Halifax, NS, October 30, 2010**, Halifax Marriott Harbourfront  
*Keynote speaker: Dr. Abhijit Guha, "Glioblastoma - Can we change its appetite to our benefit?"*



Smith Family, BrainWAVE  
Pediatric Support Program  
members, Survivor

To register or for more information about Information Days, [www.InfoDays.ca](http://www.InfoDays.ca) or contact Jennifer McIntosh, Education and Volunteer Services Specialist, at [jmcintosh@braintumour.ca](mailto:jmcintosh@braintumour.ca) or 1-800-265-5106 ext 231 .

### **Connect With Us**

Do you want frequent updates about what is happening at Brain Tumour Foundation of Canada? Become a 'fan' of our new Facebook page and you will receive updates in your news feed about support, information, education, research and more. Simply visit [our main web page](#) and click on the link 'Follow Us on Facebook!' Once you are a fan, don't forget to share your story, ideas or photos with us via the page's wall and other posting functions.

### **● Personal Story of Hope and Support**

#### **Saskatoon Mother Raises Hope as a Teacher, as a Coach... and as a Brain Tumour Survivor**

In 2006, Donna-Marie noticed that her feet and hands had started growing and she was experiencing headaches. The symptoms puzzled her and she attributed the changes to stress and weight gain. Donna-Marie eventually saw her family doctor in July of 2006 for a routine examination and on her way out of the doctor's office, she decided to mention the symptoms. Testing revealed acromegaly, a rare type of brain tumour, on her pituitary gland. Read Donna Marie's story of hope and support [here](#) (will open a pdf window). Do you want to [share your story](#) in your community? [Click here](#) to share your story and we will follow-up with you with next steps and opportunities.

### **● Caregiver Support Resources**

#### **Support Services Specialist Note**

To best support brain tumour survivors and caregivers, the resource links in this edition of Supporting You are focused on caregiver support. The links below aim to help caregivers understand what this role means, to offer assistance with related stress management and information about active listening with the individual for whom you are caring. For more information, contact me, Trishna Wedemire, Support Services Specialist by email at [twedemire@braintumour.ca](mailto:twedemire@braintumour.ca).

#### **What does it mean to be a caregiver?**

Maureen Daniels, Coordinator for the Gerry & Nancy Pencer Brain Tumor Centre in Toronto, Ontario answers this question on our [website](#).

#### **Caregiver Support Groups**

Caregivers can gain tailored support by attending one of [these support groups](#) offered across Canada.

#### **Caregiver Stress Management**

Balancing multiple roles is a key function of acting as a caregiver. The [American Brain Tumor](#)



[Association](#) offers several tips that can help you balance your life while you care for a loved one.

### Active Listening Quiz

Take this [online quiz](#) offered by the Caregiver Exchange to obtain an overview of your listening skills.

*Remember to be sure you receive your copy of the Brain Tumour Patient Resource Handbook which contains a wide range of resources. If you don't have a handbook, simply [complete this form](#) on our website.*

We encourage you to seek out professional advice related to all health and wellness matters.

### • Support Tips

#### Recognizing and Celebrating Milestones

Recognizing milestones can help survivors and family and friends cope with the brain tumour experience. [Coping Magazine](#) explores ways to celebrate *your* milestones such as completing a portion of or all of your treatment, passing a diagnosis anniversary or attending an event or celebration.

#### Safe Food Handling Tips for Those with Compromised Immune Systems

Dealing with a brain tumour can affect your immune system and make it difficult to fight off harmful foodborne bacteria which can lead to serious complications. Visit our [Virtual Library](#) for a guide from the Government of Canada that offers tips for the safe handling of food, available in english and french.

#### Relaxation Techniques

In just 20 minutes a day, you can employ the natural 'Relaxation Response' outlined by [here](#).

*Materials provided by Brain Tumour Foundation of Canada are not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. We urge you to seek specific medical advice on individual matters of concern. This information is for educational purposes only. The links set out in this communication are provided for your interest and convenience only. Brain Tumour Foundation of Canada does not endorse the information contained on the linked Web sites or individual(s)/companies/institutions operating these Web sites.*

We are always looking for feedback and we want to hear from you! Please e-mail Trishna Wedemire, Support Services Specialist at [twedemire@braintumour.ca](mailto:twedemire@braintumour.ca) with any information that may support others affected by brain tumours (i.e. links to helpful websites or tips on combating stress).

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