

Supportive Services Update

Summer 2024

Welcome to the summer issue of the Supportive Services Update.

This month's newsletter highlights the groups that are coming up soon, including the One Breath Anticipatory Grief group in Regina, the Stepping Stones walking group in Saskatoon, the virtual yoga groups and the Androgen Deprivation Groups held in both Regina and Saskatoon.

We are gearing up for the fall and look forward to highlighting even more groups and services in upcoming newsletters, along with nutrition information, recipes and tips for coping with cancer.

We hope everyone is able to spend some time enjoying all that summer has to offer.

If you have suggestions for future Issues, contact:

Laura O'Brien at the Allan Blair Cancer Centre
306-766-2512

Lindsay Kostyniuk at the Saskatoon Cancer Centre
306-655-2672



What's Inside

Upcoming Groups:

Yoga

Stepping Stones Walking Group

One Breath Anticipatory Grief Group

Androgen Deprivation Therapy Education Class

Supportive Care Services:

Social Workers, Dietitians and Volunteers

Community Spotlight:

Brain Tumour Foundation of Canada

Upcoming Groups

Yoga

iRest® Yoga Nidra - Mondays, September 9 - December 2, 2024: 7:30 p.m. - 8:30 p.m.

iRest® Yoga Nidra is a research-based, guided meditation that uses a clinically proven 10 step protocol effective in reducing stress and anxiety while improving sleep and overall resilience. In the practice we learn to meet and greet all functions of the mind from our authentic grounded being. Each class will begin with the mindful set-up of the body into a pose of rest suitable for meditation.

Restorative Yoga- Saturdays, September 7 - December 7, 2024: 9:00 a.m. - 10:15 a.m.

This is a classical restorative yoga class, where props are used to create postures of ease and opening in the body as a means to releasing tension, deepening awareness and restoring energy. Classes will be taught so that each participant can use the props they already have at home.

Both sessions are facilitated virtually over Zoom by yoga instructor Marie Brown Beg from Marie Brown Berg Yoga in Saskatoon. Registration is required for both. For more information, call (306) 655-6811.



Marie Brown Berg

Stepping Stones - A Walking Group

Offered at the Saskatoon Cancer Centre

Research shows that walking and being in nature can help increase your mood and overall wellbeing. Walking with others can boost your motivation and help create connections to nature and others who are also living with cancer. During the warmer months the Saskatoon Cancer Centre offers a 4 week walking group. This group is open to anyone with a cancer diagnosis, and we encourage everyone to walk at their own pace.

Come and join our facilitators Serena Landry and Dana Krushel for a weekly 'walk and talk' starting September 12-October 3, 2024 from 1:00-2:30 p.m. at the Saskatoon Forestry Farm.

Registration is required. If you have questions or want to register for this group please call 306-655-6811.

"In every walk with nature, one receives far more than he seeks"

- John Muir



Upcoming Groups

One Breath Anticipatory Grief Group

Offered at the Allan Blair Cancer Centre

One Breath is a 5 week anticipatory grief group offered to patients and/or loved ones. The group will allow participants to discuss and share their thoughts and feelings surrounding a terminal illness. We will reflect on topics such as coping strategies, legacy work, self-care, forgiveness, and creating moments of connection.

The next group is being offered in Regina starting August 23 from 1:30-3:30 p.m and will be facilitated by LaRae Beebe and Mackenzie Senger.

To learn more or to register, call 306-766-2213

What is Anticipatory Grief?

Anticipatory grief can carry many of the symptoms of regular grief: sadness, anger, isolation, forgetfulness, and depression. These complicated emotions are often coupled with the exhaustion that comes with being a caregiver or the stress of being left alone when someone goes to war or is battling addiction.

We are aware of the looming death and accepting it will come, which can bring an overwhelming anxiety and dread. More than that, in advance of a death we grieve the loss of a person's abilities and independence, their loss of cognition, a loss of hope, loss of future dreams, loss of stability and security, loss of their identity and our own, and countless other losses. This grief is not just about accepting the future death, but of the many losses already occurring as an illness progresses.

Source: <https://whatsyourgrief.com/anticipatory-grief/>

**"The difference
between
anticipatory grief
and bereavement
is just one breath"**

- Kelly Phillips Palliative
Care Coordinator



Androgen Deprivation Therapy Class

For prostate cancer patients starting on ADT and their partners
Available in Regina and Saskatoon

Participants will receive:

- An overview of what to expect from ADT
- Learn specific ways to manage side effects
- Get strategies to help them succeed in making lifestyle changes

Participants receive a free copy of the book, "Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and their Loved Ones" by Richard J. Wassersug PhD, Lauren Walker PhD and John Robinson

Virtual options are also available at lifeonadt.com.

To register, call (306) 766-2194 (Regina) or (306) 655-6811 (Saskatoon)

Allan Blair Cancer Centre Groups and Services

Cancer Transitions Program

A 6 week program for patients who have completed cancer treatment. Issues of survivorship, emotional wellness, nutrition, exercise and moving forward after treatment are addressed.

Androgen Deprivation Therapy (ADT) Class

For prostate cancer patients starting on ADT and their partners.

Offered on the 4th Thursday of the month.

Writing Group

A 9 week writing group, meeting once weekly to explore through writing the aspects of cancer, treatment and following. Open to cancer patients receiving treatment and completed treatment.

Dignity Therapy Service

A brief intervention designed to help conserve the dying patient's sense of dignity. It gives patients a chance to record the meaningful aspects of their lives and leave something behind that can benefit their loved ones in the future.

Body Image Group

A 6 week course offered once a week which provides you with insight, support, and the tools necessary to guide you on your way to a healthier you.

Patient Support Centre

Wigs, headwear, and books are available free of charge to cancer patients. Location: Level 1. Monday-Friday 8:00 am-4:00 pm. A volunteer must be present to assist.

Contact Laura O'Brien at 306-766-2512.

One Breath

A five week anticipatory grief group offered to patients and/or loved ones. The group will allow participants to discuss and share their thoughts and feelings surrounding a terminal illness. We will reflect on topics such as coping strategies, legacy work, self care, forgiveness, and creating moments of connection.

A Life Worth Writing

This 4 week virtual expressive writing group provides patients with the opportunity to reflect, process and express their individual and/or collective experiences, which may or may not be directly impacted by their cancer experience.

For more information or to register for groups, please call 306-766-2213.

STAFF REFERRALS TO ABCC GROUPS

Most group referrals can be completed through a reminder on ARIA:

ABCC, ADT Group

ABCC, Anticipatory Group

ABCC, Body Image

ABCC, Dignity Group

ABCC, Transitions Group

ABCC, Virtual Writing Group

ABCC, Writing Group



**Support Services and Programs are made possible
thanks to our generous donors**

Saskatoon Groups and Services

Cancer Transitions Program

A 6 week program for patients who have completed cancer treatment. Issues of survivorship, emotional wellness, nutrition, exercise and moving forward after treatment are addressed.

Androgen Deprivation Therapy (ADT) Class

For prostate cancer patients starting on ADT and their support persons.

Dignity Therapy Service

A brief intervention designed to help conserve the dying patient's sense of dignity by addressing sources of psychosocial and existential distress. It gives patients a chance to record the meaningful aspects of their lives and leave something behind that can benefit their loved ones in the future. Referrals accepted anytime. Ask to speak with a social worker for more information.

Music Therapy

This class is facilitated by a certified music therapist, who will guide participants as they explore, create and connect with music to improve their quality of life. Classes held in the spring and fall on Wednesday afternoons.

For more information or to register for groups, please call 306-655-6811

Volunteer Room/Wig Boutique

Wigs, headwear, and books are available free of charge to cancer patients. Location: CG202. Monday-Friday 9:00 am-3:00 pm. A volunteer must be present to assist you. Contact Cindy Beaulé at 306-655-2688.

Stepping Stones - a walking group

Join us for a walk at any pace. Group is held during the spring, summer and fall (no winter group) location: Saskatoon Forestry Farm

Restorative Yoga

Virtual class for patients/support people. Restoration to body, mind, and spirit.

iRest® Yoga Nidra

Yoga Nidra is a research-based, guided meditation based on the ancient practice of Yoga Nidra (yoga sleep). This meditation uses a clinically proven 10 step protocol effective in reducing stress and anxiety while improving sleep and overall resilience. Each session will begin with Marie helping you find a restful position for relaxation followed by a guided meditation that will be approximately 45 minutes long.

Saskatoon Cancer Centre Physiotherapy Group

The SCC and Mackie Physiotherapy have joined together to provide a 6 week physio group for our cancer patients. The group is facilitated by physio therapist Melissa Doerksen. This group is for any individual in cancer remission or undergoing cancer treatment. The group will help provide you with strategies and education that can help improve function and quality of life. The group is held on Wednesday afternoons at Mackie Physiotherapy in Saskatoon.

STAFF REFERRALS TO SCC GROUPS

Most group referrals can be completed through a reminder on ARIA:
SCC, ADT Group
SCC, Dignity Therapy
SCC, Transitions Group
SCC, Virtual Writing Group



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Supportive Care Services

Our team of social workers, dietitians and volunteers are here to support you.

Social workers are available to help you and your family cope with the emotions and stress associated with a cancer diagnosis. They provide counselling, make referrals to outside agencies and resources, facilitate a variety of support groups and services and help navigate any challenging situations that may arise.

Our dietitians use scientific evidence to support nutritional therapies to treat, manage and improve the health of cancer patients. They are available to answer your questions about nutrition and cancer, create personalized nutrition plans, and support your quality of life through food and eating.

Volunteers at the Allan Blair Cancer Centre and Saskatoon Cancer Centre are another source of support and encouragement for you and your family. They provide snacks and beverages for those in treatment, help those who have lost their hair try on wigs and headwear, assist patients in finding brochures or library materials and are a smiling face, listening ear and helping hand.

For more information on the programs and services available, visit our website at www.saskcancer.ca or ask your Cancer Centre health care team to refer you.

Community Spotlight



Brain Tumour Foundation of Canada

The Brain Tumour Foundation of Canada has several informational and support programs for people who have been diagnosed with a brain tumour and their families in Saskatchewan, including one-to-one support, peer support and virtual and in-person support groups.

For more information about the services available, go to braintumour.ca or call 1-800-265-5106.