



Winchester
District
Memorial
Hospital

Winter 2020



WDMH Cancer Talk

More Local Services To Support Our Patients!

Our team is always looking for new ways to support our patients and we want to share two updates with you. More support services can be found on page four.



LOOK GOOD FEEL BETTER IS BACK IN WINCHESTER!

We are pleased to announce that Look Good Feel Better is back in Winchester. Our thanks to Janice Casselman and her team at Heritage Day Spa for leading the sessions. If you are a woman with cancer, we invite you to join us for a complimentary workshop. In the two-hour session, you will learn how to manage the appearance-related effects of cancer and its treatment - so you can feel positive and ensure your cancer journey is touched by hope and optimism.



Sessions take place on February 26, April 22, June 24, September 23 and November 25 from 6 to 8 pm.

*Please register in advance for a workshop. Space is limited. **To register, visit www.lgfb.ca or call 1-800-914-5665.** You can also speak with our Cancer Coach Michelle Renaud.*

YOGA THRIVE IS BACK IN WINCHESTER TOO!

Thank you to Wendy Morris from Earthly Essentials who will once again be offering a yoga program at the St. Paul's Presbyterian Church in Winchester. Yoga Thrive will run from March 25th to May 27th - every Wednesday morning from 10 to 11:15 am. The cost is \$130.



To register, please speak with Cancer Coach Michelle Renaud or

Talking About Anxiety

*Many people living with cancer struggle with the physical and emotional effects of their illness and treatment. We are here to help. Please let us know what you are feeling so we can help you manage your symptoms. In this issue of Cancer Talk, we want to focus on **anxiety**.*


A cancer diagnosis can be a life-changing event, bringing with it a great deal of uncertainty.

Cancer treatment can affect the physical body in the forms of weight loss, weakness, or hair loss, and can also affect mental health and wellbeing.

Many patients and caregivers deal with the mental and physical effects of stress and anxiety.

Common feelings include worry, fear, hopelessness, or feeling overwhelmed or out of control. Physically, you may feel tense or short of breath, suffer from headaches or muscle aches, or experience changes in your sleep and eating habits.


Here are 10 tips from Dana-Farber experts to help manage cancer-related stress and anxiety.


1 Let yourself feel 
A range of strong feelings is a normal human response to stress. When you try to suppress emotions, they often pop up in other places or situations, unexpectedly.


 **2 Talk about what's on your mind**
Discuss your thoughts and feelings with a counselor, therapist, or loved one to help process thoughts and release any built-up emotion.


3 Bring up your concerns to your care team 
Your care team wants to help. They can recommend additional forms of support as needed.


 **4 Join a cancer-specific support group**
Connecting with peers who are going through a similar experience can help you learn new strategies and may help you feel less alone.


5 Monitor your thoughts 
Thought patterns – especially negative thoughts – can influence mood. Observe your automatic thoughts and challenge your assumptions.

 **6 Recognize fear triggers**
Emotions associated with past events, such as getting scan results, can be evoked when you experience the same or similar event again. Recognizing these triggers can help you understand your emotional reaction and plan strategies to manage in the future.

7 Accept and let go of what you can't control 
Remember that anxiety, worry, or obsessive thoughts do not result in control. Acknowledge what you do – and don't – have control over.

 **8 Breathe**
When you are worried or stressed, your body can perceive these feelings as a threat of danger, resulting in primal responses such as muscle tension and altered breathing. These fight-or-flight reactions are symptoms of anxiety. Using mindfulness, meditation, breathing, or relaxation techniques may help alleviate these symptoms. Many free resources are available online.

9 Exercise 
If moderate exercise is safe for you, even a 5-minute walk can stimulate endorphin production and help you feel a little better.

 **10 Write it down**
Journaling, doodling or just writing down feelings is another way to process your emotions



WDMH cancer patients can access the services of our Social Worker. **Kim Paterson** can be reached at 613-774-2420 ext. 6125.



FREE SIX-WEEK PROGRAM
FOR ADULT CAREGIVERS

POWERFUL TOOLS FOR CAREGIVERS

April 9 to May 14, 2020
Thursdays, 1 to 3 PM

Winchester District Memorial
Hospital, Dillabough Building
550 Louise St, Winchester, ON

Learn valuable tools on:

- *reducing stress;*
- *making tough decisions;*
- *developing strategies to put your health back in your hands.*



For more information and to register,
call: 613-774-2420 ext. 6352



Seaway Valley
Community Health Centre
Working with you for a Healthier Community



- Need **PICC line** covers? Stop by the WDMH Gift Shoppe.
- Interested in a **local support group**? Ask your nurse.
- The **New Horizons Café** is open every day from 7:00 to 1:30 serving breakfast, lunch and snacks.
- **A New Look**
The Auxiliary Gift Shoppe has hats for chemo patients. Free hats, made by volunteers, are also available in the Chemo Unit.

What's Happening

For the latest details on our programs and events, please check out the Cancer Care Bulletin Board located in the Ambulatory Care waiting room.

Our Community Partners - Dundas County Hospice

The word hospice once meant a house of rest for travellers. Today, hospice is a philosophy of care that attends to emotional, practical and spiritual needs during the palliation of those approaching end-of-life or in a life-threatening state.

The Dundas County Hospice offers a variety of services. They support clients and their caregivers through all stages of their illness. All services are free. Anyone can make a referral to Dundas County Hospice. The client must reside in Dundas County.



Dundas County Hospice is a community visiting hospice. Staff and volunteers go out into the community and visit clients in their homes. For more details, please visit www.dundascountyhospice.ca.

Complementary Therapies

Let us know what programs and services would be helpful to you both during and after cancer treatment. If we have enough interest, we can arrange to offer sessions at WDMH - close to home for you and your support persons.



NEW SUPPORT GROUP

We have a new informal cancer support group. It takes place on the 4th Thursday of each month from 2 to 3 pm. Speak to Michelle or your nurse for more details.



EAT WELL, FEEL WELL

'Nutrition During Treatment' classes are held on the 2nd Thursday of each month from 1:30 to 2:30 in Room C1-401. A Registered Dietitian shares tips on what to eat and how to control cancer treatment side effects.

Speak to Michelle or your nurse for more details.



VICTORIA'S QUILTS

Would you like to order a Victoria's Quilt for someone going through cancer treatments? Call 613-843-9212 or visit www.victoriasquiltscanada.com for details.

We  feedback

Thank you for reading WDMH CANCER TALK.
If you have any questions or comments, please contact Michelle at 613-774-2420 ext. 6798 or mrenaud@wdmh.on.ca