Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 2, Issue 2
January 2021
JE SUIS I AM ET JE AND VAIS I WILL

JOURNÉE MONDIALE CONTRE LE CANCER
AUTONOMISATION DU PATIENT ET SOINS AUTO-ADMINISTRÉS
WORLD CANCER DAY
PATIENT EMPOWERMENT AND SELF-CARE

JEUDI 4 FÉVRIER 2021
THURSDAY, FEBRUARY 4, 2021
19H00 - 21H00/7:00 PM - 9:00 PM

La conférence publique aura lieu en ligne sur Zoom
The Public Lecture will take place online on Zoom
GRATUIT/FREE

MODÉRATEUR / MODERATOR
Jeff J. Shamie, MPA
Président et Directeur général, Fondation du cancer des Cèdres
President & CEO, Cedars Cancer Foundation

CONFÉRENCIERS / SPEAKERS

Virginia Lee, N., Ph.D.
Mot de bienvenue et de conclusion / Welcome and closing remarks
Chef de Service, Programme des services du soutien et soins palliatifs / Directrice CanSupport des Cèdres
Manager, Supportive and Palliative Care Program and Services / Cedars CanSupport Director
Mission des soins de cancer / Cancer Care Mission

Pasqualeina Di Dio, PhD
Autonomisation du patient ; pleine conscience et soins auto-administrés / Patient Empowerment: Mindfulness and Self-Care
Psychologue / Psychologist
Programme psychosociale en oncologie du CUSM / Psychosocial Oncology Program at the MUHC

Olga Graifer, RD, MScA
Autonomisation du patient : éviter les pièges de l'alimentation / Patient Empowerment: Avoiding Nutrition Traps
Nutritionniste Clinique / Clinical Dietitian
Centre de cancer des Cèdres, CUSM / Cedars Cancer Centre, MUHC

Joanie Ayotte, MTA
Autonomisation dans les soins de cancer : l'expérience de la musicothérapie chez les patients hospitalisés
Empowerment in cancer care, The experience of music therapy for in-patients
Musicothérapeute en soins palliatifs et oncologie au CUSM / Palliative care and Oncology Music Therapist at the MUHC
Mission des soins de cancer / Cancer Care Mission

Gwendolyn Andrews Nacos
Je suis et je vais / "i am and i will"
Témoin de patient / Patient Testimonial
Fondatrice de CanSupport des Cèdres / Cedars CanSupport Founder

Conférence en anglais / Lecture in English
La période de questions sera bilingue / The Question and Answer period will be bilingual

SVP Veuillez réserver en ligne / Please reserve online:
www.cansupport.ca/wcd2021

Pour toute question, veuillez envoyer un courriel à
cedarscansupport@muhc.mcgill.ca
For questions, please email cedarscansupport@muhc.mcgill.ca
Click here to register

Cedars CanSupport Online Services & Programs

Cedars CanSupport Virtual Support Programs
CEDARS CANSUPPORT VIRTUAL WINTER PROGRAMS 2021

For a printable version of our Winter 2021 calendar, please visit: cansupport.ca

All virtual programs are accessible via Zoom.
For Information & Registration:
514-934-1934 ext: 35297
rola.mouchantaf@muhc.mcgill.ca

Link to the Winter 2021 Calendar

Our next Group Distance Reiki is
Thursday, February 18 2021
from 2:00PM to 3:00PM

Group Distance Reiki

Distance Reiki can be as effective as Reiki in person, in providing the same benefits: profound relaxation, better sleep and a general sense of wellbeing. Enjoy Reiki from the comfort of your home with this group practice during which you just need to relax.

For Patients and Caregivers - Online
Registration & Information: 514-934-1934, extension: 35297
rola.mouchantaf@muhc.mcgill.ca

Our next online Art Therapy workshop is
Thursday, February 18 2021
from 11:00AM to 12:30PM.
Joignez-vous à nous pour un atelier d’art-thérapie. Ceci est une occasion pour rencontrer d’autre patients et proches aidants, pour compléter un projet artistique et partager.

Join us for our Art Therapy Workshop. This is an opportunity to come together with fellow patient and caregivers, to make art and share.

Contactez-nous pour inscription / for registration
contact us: rola.mouchantaf@muhc.mcgill.ca
Cedars CanSupport Resource Centre Remote Services
HEALTH INFORMATION RESEARCH SERVICE

CONTACT US
Phone: 514-934-1934 ext. 31666
Email address: cedarscansupport@muhc.mcgill.ca
Web page: cansupport.ca/resource-centre

Need health information? Overwhelmed and not sure where to look for relevant and factual resources?

Our librarian can help you find online trustworthy and up-to-date health information.

Link to the Resource Centre Web page
Looking for health information on the Internet but don’t know where to start?

Consult our Online Cancer Information Directory. You will find reliable and up-to-date health information carefully selected by our professional information specialist.

Go to our website page to consult the directory.
A Caregiver's Guide, A Handbook About End-of-life Care by Order of Saint Lazarus in Canada and the Canadian Hospice Palliative Care Association
A CAREGIVER’S GUIDE

A HANDBOOK ABOUT END-OF-LIFE CARE

SAINT LAZARUS CANADA

Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs
Excerpt from back cover: "A Caregiver's Guide's content builds on the knowledge, practice, insight and invaluable experiences of various seasoned hospice palliative care professionals from across Canada, incorporating their feedback and the lived experiences of supporting caregivers. This handbook provides specific information about planning ahead, preparing to be a caregiver, dealing with a progressive diagnosis, giving physical care, caring for physical problems, what to expect in the final days, and grieving."

Click on the link below to access the digital version of the book free of charge:

A Caregiver's Guide Link

Useful Resources
COVID-19 & CANCER RESOURCES

The Cedars CanSupport Resource Centre has developed a Web page dedicated to trustworthy COVID-19 and Cancer online information and resources.


COVID-19 and Cancer Resources Link
Cedars CanSupport Directory of Wigs and Headwear Stores

The Cedars CanSupport Resource Centre recently updated its directory of Wigs and headwear stores. Please see below to consult the directory.

The directory is also available on our website on the following web page: General information about cancer

Click here to consult the directory

Thank you for reading our information bulletin! We hope you enjoyed this issue.

Cedars CanSupport Team
**IMPORTANT:** Information provided by the Cedars CanSupport Information Bulletin is for educational purposes only. They are not intended to replace the advice or instruction of a healthcare practitioner, or to substitute for medical care.

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