



Cedars CanSupport Information Bulletin

**Vol. 2, Issue 4
March 2021**

**February 4th, 2021 was the fifth year
anniversary of the Bell Fund
and the comfort kit!**



Photo Credit: Cedars Cancer Foundation

A special thank-you message from Judy Martin, founder of the Bell Fund:

"It's World Cancer Day, but for me more importantly, we celebrate 'The Bell' Fund's comfort kit's FIFTH birthday.... it's officially a kindergartener!!

Thank you for every little bit of support you have given our team along the way. We could never had had the success we have without your help and support, and I want to express my gratitude. I'm the lucky one who 'hears' the impact our kit is having with patients, but this has always been a team event from day one. I am grateful you love this project as much as I do, grateful to be able to count on your support and friendship. This email made me smile:

I started my first treatment today and was surprised and thankful for the Comfort Kit I was provided. Th start on my journey has been full of positives and the comfort kit was one more reason to smile (although hidden behind my COVID mask). The kit also allowed my wife and I to both be correct today. My wife told me to take a sweater and I said I did not need one. Sure enough it was a bit chilly but since I had the blanket I did not need a sweater :). Thank you very much!

Covid has certainly made giving the kit out a challenge, but we are grateful for Trish Hunter and Anna Swiderska at Cedars Cancer Centre for finding a way. Every few weeks we deliver a carload of kits to them and they have been giving them to patients on top of their already busy days!

Thanks as always to Simard Transport for welcoming us into a Covid friendly environment to pack last week. Only five of us. We will have to continue with these restrictions throughout 2021 probably and remember the days when we could all gather together.

We could never have been successful without the support of the many staff members at Cedars Cancer Foundation – thanks to Jeff Shamie for embracing the project from the day we first asked if they'd team with us, Gwen Nacos who encouraged us to go for it when I convinced her it could be sustainable, the CanSupport team and its volunteers who have cheerily coordinated the project at the Cedars Cancer Centre and whose volunteers have given out the kit in non-Covid days. A special thanks to Anna Burgos who has guided me from day one, Natalia.Kalbarczyk who puts up with me, Sandra Pereira who never says no to a new graphic design idea, Lucie Agopian and Camille Lomone who make sure donations go into the right pot and the many others who have made enormous contributions during their time at Cedars Cancer Foundation.

I will raise a mug of ice cream in your honour at some point today. 'The Bell' says - lucky, grateful, hopeful – I am all of those things today!

With

love,

Judy "

If you wish to donate to the Bell Fund, please call Anna Burgos of the Cedars Cancer Foundation at (514) 656-6662 ext. 222 or online at cedars.ca

For further information about the Bell Fund and the comfort kit, please call at (514) 656-6662 ext. 222 or by email at thebellfund2015@gmail.com

Upcoming activities

Services à distance offerts par CanSupport des Cèdres Remote Services offered by Cedars CanSupport

CanSupport des Cèdres a le privilège de participer à votre expérience de bien-être en matière de soins contre le cancer.

Un rappel amical que pendant la pandémie, nous nous engageons à vous fournir un soutien compatissant et des ressources éducatives pour vous aider à traverser cette période importante de votre vie. S'il vous plaît n'hésitez pas à communiquer avec nous:

514-934-1934 poste 35297 ou 31666
Courriel : cedarscansupport@muhc.mcgill.ca
Site Web : cansupport.ca/fr
Page Facebook : [@cansupportdescedres.cedarscansupport](https://www.facebook.com/cansupportdescedres.cedarscansupport)

Cedars CanSupport is privileged to take part in your cancer care well-being experience.

A friendly reminder that during the pandemic, we are committed to providing you with compassionate support and educational resources to help you navigate through this important time in your life. Please do not hesitate to contact us:

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Email: cedarscansupport@muhc.mcgill.ca
Website: cansupport.ca
Facebook Page: [@cansupportdescedres.cedarscansupport](https://www.facebook.com/cansupportdescedres.cedarscansupport)

Bulletin d'information CanSupport des Cèdres

Restez informé avec le Bulletin d'information sur les activités et les services offerts CanSupport des Cèdres et découvrez de nouvelles ressources qui pourraient vous être utiles. Voici le lien pour vous y abonner :

<https://www.cansupport.ca/fr/centre-de-ressources/bulletin-dinformation/>

Service de recherche d'information sur la santé

Besoin d'information sur la santé? Vous êtes débordé et ne savez où trouver des ressources pertinentes et factuelles? Notre bibliothécaire peut vous aider à trouver, en ligne, de l'information sur la santé fiable et à jour. Pour envoyer une demande pour le service, veuillez communiquer avec nous par téléphone au

514-934-1934 poste 31666 ou par courriel cedarscansupport@muhc.mcgill.ca

Répertoire d'information en ligne sur le cancer

Vous recherchez de l'information sur la santé sur Internet mais vous ne savez pas par où commencer? Consultez notre répertoire d'information en ligne sur le cancer. Vous y trouverez des renseignements fiables et à jour soigneusement sélectionnés par notre spécialiste en information. Rendez-vous sur notre Site Web pour accéder à notre répertoire :

<https://www.cansupport.ca/fr/information-en-ligne-sur-le-cancer/>

Soutien affectif individuel par téléphone service

Nous sommes là, au bout du fil, pour vous offrir un soutien téléphonique si vous le désirez. Nos bénévoles spécialement formés sauront vous accompagner pendant et après le traitement.

Pour en apprendre davantage sur nos programmes de soutien virtuels et savoir comment vous inscrire, veuillez communiquer avec nous par téléphone au 514-934-1934 poste 35297 ou par courriel rola.mouchantaf@muhc.mcgill.ca



Cedars CanSupport Information Bulletin

Stay informed with the Information Bulletin about activities and services offered by Cedars CanSupport and discover new resources that may be useful to you. Here is the link to subscribe:

<https://cansupport.ca/information-bulletin/>

Health Information Research Service

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. To request the service, please contact us by phone at

514-934-1934 ext. 31666 or email us at cedarscansupport@muhc.mcgill.ca

Online Cancer Information Directory

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 to consult the directory:

<https://cansupport.ca/cancer-online-information/>

One-To-One Telephone Support Service

We are a phone call away to provide emotional support. Our specially trained volunteers will be able to assist you during and after treatment.

To learn more about our virtual support programs and how to register, contact us at 514-934-1934 ext. 35297 or email us at rola.mouchantaf@muhc.mcgill.ca



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Centre universitaire
de santé McGill



McGill University
Health Centre



HELPING WOMEN WITH CANCER FEEL LIKE THEMSELVES AGAIN

Learn to manage the appearance-related impact of cancer treatment with Look Good Feel Better. Join a supportive community in a small-group format to learn and share.

Led by expert volunteers via an easy-to-use video conference platform, our free online workshops for women facing cancer provide information on:

- 1 **makeup hygiene**, the loss of eyebrows and eyelashes, sun safety, **cosmetics** as well as **skin** and **nail care**
- 2 demonstration of various **hair alternatives**, tips on wig selection and easy scarf-tying techniques
- 3 **post-surgical bras** and **breast forms**

Women facing cancer are welcome to register for all or one online workshop at lgfb.ca or by phone 1-800-914-5665.

Visit our website for more online resources and re-opening details of the in-person workshop near you.



@LGFBCanada | lgfb.ca | 1.800.914.5665

[Click here to access the website](#)

Book Suggestion of the Month

Recipe e-book Nutrition Month 2021
by Dietitians of Canada

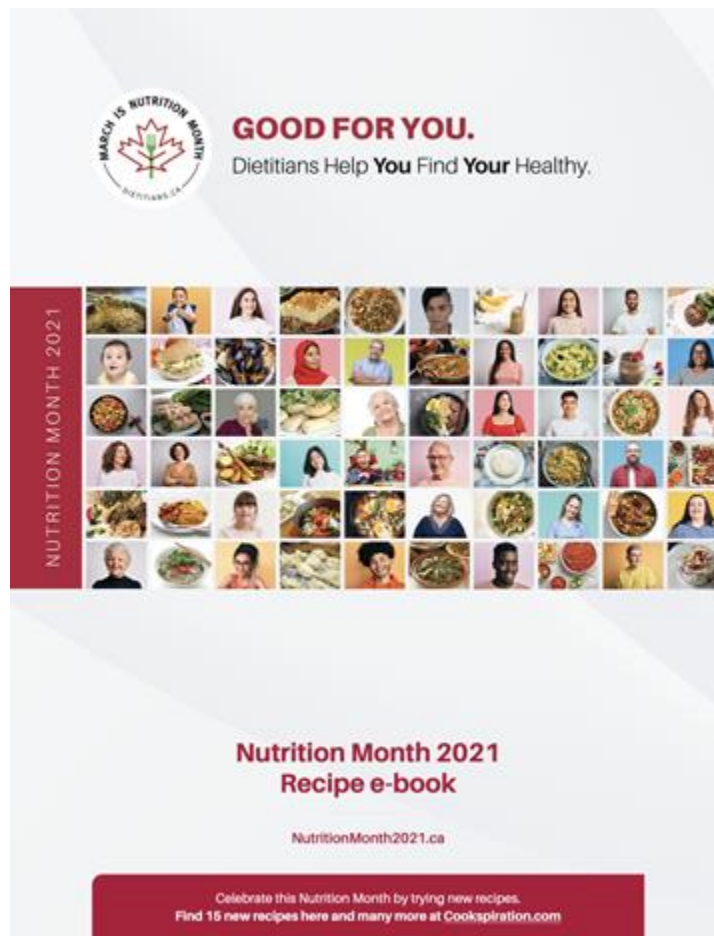


Photo Credit: Dietitians of Canada

Excerpt from back cover: *"This recipe e-book contains 15 recipes, hand-picked by dietitians to help you celebrate Nutrition Month 2021 with your family, friends and colleagues.*

Are these recipes "good for you?" Great question! What is "good for you" is not the same as for someone else. There is no one-size-fits all approach to healthy eating. If you ask a dietitian, they'll say that what healthy looks like for you is influenced by many things, like your culture and food traditions, personal circumstances and preferences as well as your unique nutritional needs. "

[Click here to consult the e-book](#)

Useful Resources



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CEDARS CANCER
FOUNDATION

Centre universitaire
de santé McGill



McGill University
Health Centre

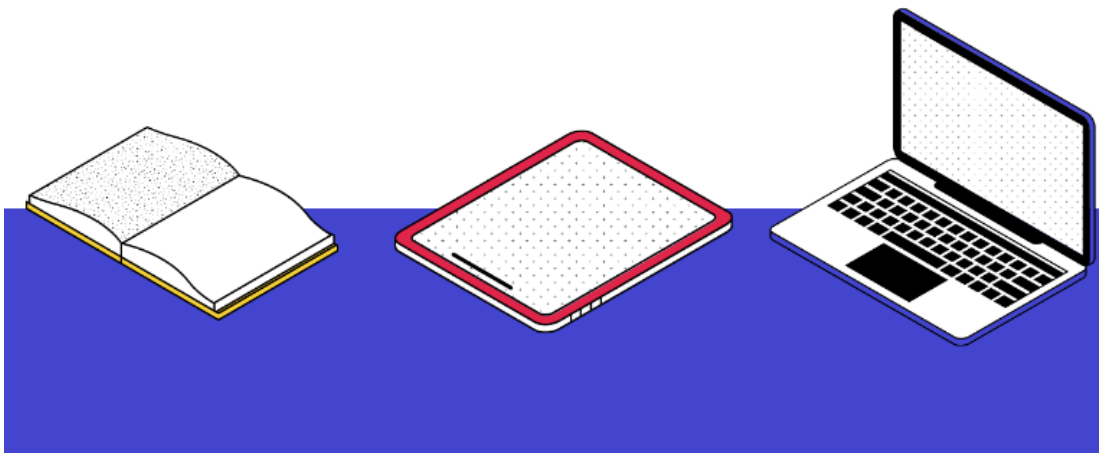


NUTRITION WEBPAGE

The Cedars CanSupport Resource Centre has developed a Web page dedicated to trustworthy online information on cancer. The information was carefully vetted by a professional librarian.

Webpage link:

<https://cansupport.ca/nutrition/>



[Click here to access the webpage](#)

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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You are receiving this email because you registered on our website or expressed an interest in receiving more information about Cedars CanSupport services and activities.

Our mailing address is:

Cedars CanSupport
MUHC, Glen site
1001 blvd Decarie, Room D RC.1329
Montreal, QC H4A 3J1
Canada

[Add us to your address book](#)

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You can [update your preferences](#) or [unsubscribe from this list](#).



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