



Thunder Bay Breast Cancer Support Group



Newsletter May 2017 Issue 217

Opportunities to Give

Canadian Breast Cancer
Network

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Join us for the June Wind-Up!

The June wind-up meeting will be June 14th at 7:00 at the Church. Please join us for dainties, tea and coffee as we break for the summer months. Sweet Escape Bakery has once again generously offered to donate the treats!



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Healthy Cooking Classes

On May 29th from 5 p.m. til 8 p.m. there will be cooking classes held in the Church's kitchen. For a \$5 fee, Jenn Miller will help participants cook healthy food, provide samples and have recipes to take home. Due to the size of the space, 5 people is the most we can accommodate so please register as it will be first come, first served. Please email jennifermiller581@gmail.com if interested.

Dragons of Hope Fundraiser

Dragons of Hope are fundraising for their Italy trip with tickets for the Pasta Shoppe. For 15\$ per ticket, you can enjoy a take-out pasta dinner of your choice. We encourage members who are interested, to bring money to the May 10th meeting - tickets are valid until May 15th.

Next Meeting
May 10th

7:00 pm at
St. Michael's Church
on Red River Road



BLISS Clinic

Please join us May 10th at 8:00 p.m. to learn more about the BLISS Clinic. Angela and Lori will be joining us at our Support Group meeting to answer questions and explain about the programs available.

The BLISS Clinic, which stands for “Balancing Life, Intimacy, Sexuality and Survivorship,” is a specialized, nurse-led sexual health clinic for cancer patients. Nurses at the clinic offer practical medical advice and encourage couples to communicate about cancer’s impact on sexual health.



“Many patients experience various side-effects when they are being treated for cancer,” explains Angela Saunders, the lead nurse at the BLISS Clinic. “We address their sexual health and give them practical tools to consider. We’re here to help the cancer patients with all of the issues related to survivorship.”

Saunders says the need for the BLISS Clinic is more relevant than ever before with the increasing number of cancer survivors. She says primary care providers in Northwestern Ontario seem to be more comfortable talking to cancer patients about their sexual health, thanks to the BLISS Clinic which acts as a resource and a place to refer patients.

“Advances in cancer treatment have increased the likelihood of people surviving after a cancer diagnosis. So we’ve expanded our role in dealing with the impact of a cancer diagnosis and the impact of treatment on the patient’s quality of life,” Saunders explains. “It’s not adequate for us to focus only on treating the disease, it’s vital for us to take an active role in managing long term side effects.” Saunders adds that nurses at the clinic also make referrals to Regional Cancer Care Northwest’s Supportive Care Department when necessary.

“We know that treatment for cancer has a profound effect on patient’s relationships and families. We’re used to treating symptoms, like fatigue and depression but until now, we had not directly addressed people’s sexual health,” Saunders says. “It shouldn’t be a taboo subject. We’re here to help with cancer patients.”

Encouragement Cards

In October, the Breast Cancer Support Group and the Butterfly Story co-hosted a ‘Survivors’ Tea’ at Sweet Escapes Cake Café and Bakery. By all accounts, it was a great event! Survivors who attended were asked to fill out cards with words of encouragement for other survivors. Over the next few months, we are going to share some of those of sentiments.

Dream Big



Dragons of Hope Boat Racing: Meeting Announcement

The Dragons of Hope will be meeting on Tuesday May 23, 2017 at 7:00 pm in the Boat House at Boulevard Lake by the pavilion to make plans for the upcoming season. The local festival will be held on Saturday August 12th at Boulevard Lake. If you have always wanted to Dragon Boat please come out and join us, no experience necessary. We practice once a week on Tuesday evenings and we provide all the necessary lifejackets and paddles. So come out and give it a try. For more information contact Gail Poliszczak at 577-9063.



Mini Baked Brie Croustade with Maple & Spiced Walnuts

Ingredients

- ½ package pie crust, cut into 16 pieces, slightly larger than the brie
- 8 oz. brie cheese, sliced into 16 pieces
- 4 oz. walnuts, roughly chopped
- 2 tbsp. maple syrup
- 1 dash kosher salt
- 1 dash black pepper
- 1 tsp. thyme leaf

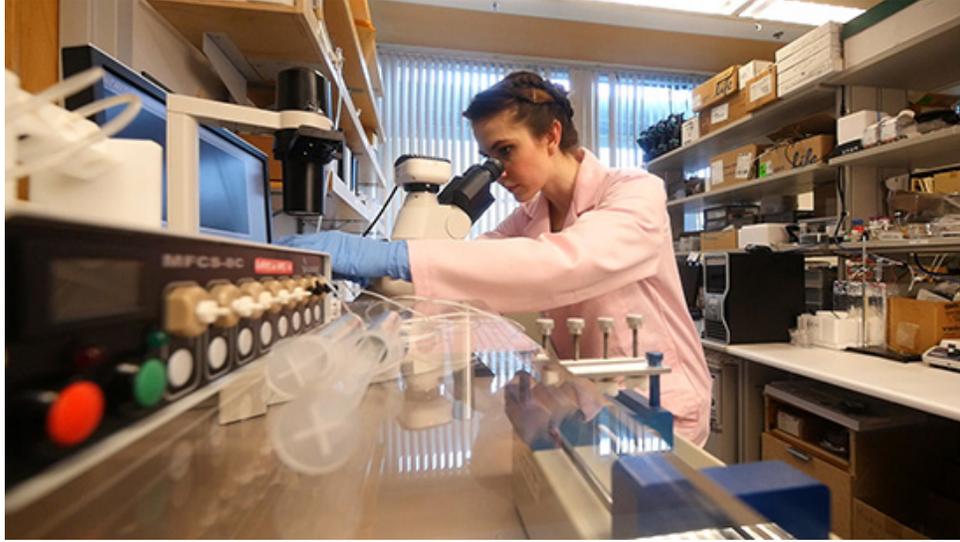
Instructions

1. Preheat oven to 425°F
2. In a medium mixing bowl combine the walnuts, salt, pepper and thyme. Mix well to combine.
3. On a parchment lined or non stick baking sheet arrange the 16 pieces of dough so they are evenly spaced and not touching.
4. Place a piece of brie on top of each piece of dough. Divide the nut mixture among each of the croustades.
5. Place the assembled croustades in the oven and bake until the crust is golden brown and the nuts have begun to crackle, about 10 minutes. Remove from the oven and allow to rest for 10 minutes or more.
6. Serve on a platter.

See more at <http://www.pinkribboncooking.com/recipe/detail/mini-baked-brie-croustade-with-maple-spiced-walnuts#sthash.76JvrOUI.dpuf>

Butterfly Story Fund

The Butterfly Story fund is now accepting applications! Looking for ways to thrive as a survivor but need a little financial help? The Butterfly Story is here for you! Want to attend the Luncheon of Hope, We-Did exercise classes or another great event? Fill out an application and it will be considered for funding. It can be challenging to ask for help sometimes, but please know the applications are kept in the strictest confidence! If interested, please check out the application form [here](#) OR email thebutterflystory@hotmail.com OR contact Michelle or Shannon to discuss privately.



Making Waves in Patient Care for Metastatic Breast Cancer

Check out the Source

In the past, when a breast cancer patient received a metastatic diagnosis (the spread of cancer cells to other parts of the body) patients did not necessarily receive a biopsy to see if the cancer had changed. The treatment they received was often based only on the characteristics of the original

tumour, even if years had passed.

In response to this practice, Dr. Mark Clemons from the Ottawa Hospital Research Institute led a study to see what kind of impact tumour biopsy and analysis had on metastatic breast cancer patients. His goal was to reveal if his study could change the approach of diagnosing and treating metastatic breast cancer (MBC).

Thanks to a Canadian Breast Cancer Foundation (CBCF) grant, Dr. Clemons and his team were successful in performing research that led to a change of international guidelines and standard of care for metastatic patients. Now, more biopsies are performed globally for relapse cancer cases. Oncologists can now respond to tumour characteristics they were unaware of and avoid ineffective treatment, including developed resistance to original treatments. Dr. Clemons' study has led to more personalized patient care and a greater quality of life to those living with MBC.

"Even if you have stage four metastatic breast cancer, there are ways to improve the quality of life by offering treatment revealed through practical research," says Dr. Clemons. "The Canadian Breast Cancer Foundation is the only funder of practical research [in Canada], allowing donor dollars to really make a difference, not only in Canada, but around the world."

Since 2011, CBCF has invested over \$16 million in metastatic breast cancer research, with almost \$3 million of this total being invested last year. Because of innovative research like Dr. Clemons', women with metastatic breast cancer have more treatment options available to them today than ever before. We invite you to learn more about the practical research CBCF is funding across the country, enabled by donors like you.

THE POWER OF PEER SUPPORT

Check out the Source

Jennifer, from Toronto, used CBCF's free Helpline services to help her with the questions, concerns and difficult emotions that came with her breast cancer diagnosis.

"From the very first time I picked up the phone and spoke with a member of the CBCF Support Team, mere days after my diagnosis, she put me more at ease," says Jennifer. "I felt completely comfortable asking her any question, knowing she was coming from a place of experience and knowledge herself. I think what allayed my fears the most during this scary time was the knowledge that she provided from day one, and that she continued to provide throughout my entire process, from surgery through to chemotherapy, as well as hormonal therapy."

No one understands the impact that breast cancer can have on your life quite as well as someone who has experienced it herself – a peer. Peer support can come in many forms, whether it's a support group, a connection made at the hospital through an onsite program, or the CBCF free Helpline staffed by women who have had breast cancer themselves and are specially trained to provide emotional support and credible information.

Stories like Jennifer's show just how valuable peer support can be to help one cope with breast cancer and make informed decisions. Connect with CBCF's free Helpline at 1-888-778-3100 or support@cbcf.org.

Bachelors of Hope Raise \$67,000

Source: [Net News Ledger](#)

A feeling of celebration was in the air Friday night as hundreds of women filled the ballroom at the Valhalla Inn for the 19th annual 5 Forks Bachelors for Hope Charity Auction. Always a popular event, this year didn't disappoint with a fresh round of 10 eligible Bachelors paired with fantastic date packages up for bidding.

Organizers are thrilled to announce that this year's event was as successful as ever, raising \$67,657, bringing the 19-year total to \$1,162,543. All proceeds were directed to the Northern Cancer Fund for breast cancer research, education, diagnosis, and treatment.

5 Forks Operating Partner, Chris Bliznikas couldn't believe the excitement and enthusiasm in the room. "This was our second year as the presenting sponsor of the event, and I was totally blown away, once again, by the incredible enthusiasm in the room. Women were having a good time, but they were also there for a cause that's very important to them. You could feel the camaraderie and support shared. I think that's what makes this event so special and why we're very proud to sponsor it."



Upcoming

Dragons of Hope Meeting
Tuesday May 23, 2017, 7:00 pm
Boat House at Boulevard Lake by
the pavilion

Healthy Cooking Classes
May 29, 2017, 5:00 PM to 8:00 PM
St. Michael's Church Kitchen

June Wind-Up
June 14th at 7:00
St. Michael's Church

Boobie Boogie
Saturday, September 30, 2017
CLE Coliseum

A Pasta Dinner in Support of the Dragons of Hope

Sponsored by the Pasta Shoppe and
Farmhouse Fudge

\$15

How to order

Go to www.thepastashoppe.ca;
Click Dragons of Hope button on
the main page; Enter your desired
pick up time; Chose the type of
pasta you want; Choose your
sauce; Then place your order;
Pick up your delicious meal at 117
May Street South.

Tickets will be available at the
April 12th Support Meeting from
Cindy and Gail.

Any questions, call (807)286-6335

Offer valid April 15th to May 15th
(exc. April 30th)

Sharing the Journey

Along your journey you
have found support and
encouragement from our
support group. If you have
two hours to spare a month,
we encourage you to
consider becoming a Steering
Committee Member. The
wisdom gained from your
experience can help us
strengthen the group and will
help to ensure the continued
success of the Breast Cancer
Support Group. Call a Steering
Committee Member at 475-0025
to learn how you can take part
or email bcsg@tbaytel.net.

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May 10th

7:00 pm at
St. Michael's Church
on Red River Road

For Support and Encouragement

Thunder Bay
Breast Cancer
Support Group



As fellow support group
members, we would be
happy to hear from you.

435 Heather Cres
Thunder Bay, ON P7E 5K8

(807) 475-0025 (Voice Mail)
bcsg@tbaytel.net
breastcancersupporttb.com



www.cbcn.ca



**Breast & Hereditary
Cancer Support**

www.willow.org
1-888-778-3100



**Thunder Bay Regional
Health Sciences
Foundation**

The Thunder Bay Breast Cancer Support Group gratefully acknowledges the funding support of the Northern Cancer Fund of the Thunder Bay Regional Health Sciences Foundation. All gifts made to the Foundation stay in Northwestern Ontario to benefit its residents.

healthsciencesfoundation.ca



Supportive Care
(807) 684-7310
Toll Free
(877) 696-7223
No Referral Needed