



Thunder Bay Breast Cancer Support Group



Newsletter February 2017 Issue 214

Opportunities to Give

Canadian Breast Cancer
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Upcoming Guest Speaker - Allison Luther

Allison Luther, Occupational Therapist, will be our guest speaker in February. Alison is an Occupational therapist with an interest in lymphatic therapy. She attended the Vodder School in 2015 to become certified as a lymphatic therapist. She also has training in the Tidhar method for aqualymphatic therapy as well as lymph taping. Alison works as the "Float Occupational Therapist " at St Joseph's Hospital as well as a community therapist in the adult home care program with Partners in Rehab. She will be discussing lymphedema, staging, and treatment approaches. Please join us February 8 for what should be a very informative meeting.

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Christmas Party

In December, the 2016 Christmas Party was held. The event was well attended, filled with lots of love, good food and good company. We received great donations for the food bank and were very grateful to our volunteers who helped with post-party clean-up. We want to thank those who were able to attend the 2016 Christmas Party and to those who could not, you were greatly missed. The evening was a great success and we hope that the new year bring you much joy and happiness.

Christmas Giving

We want to thank the Thunder Bay Community Band who donated \$520 to the Thunder Bay Breast Cancer Support Group through their Christmas Concert - A gift of Music. Their generosity is greatly appreciated!

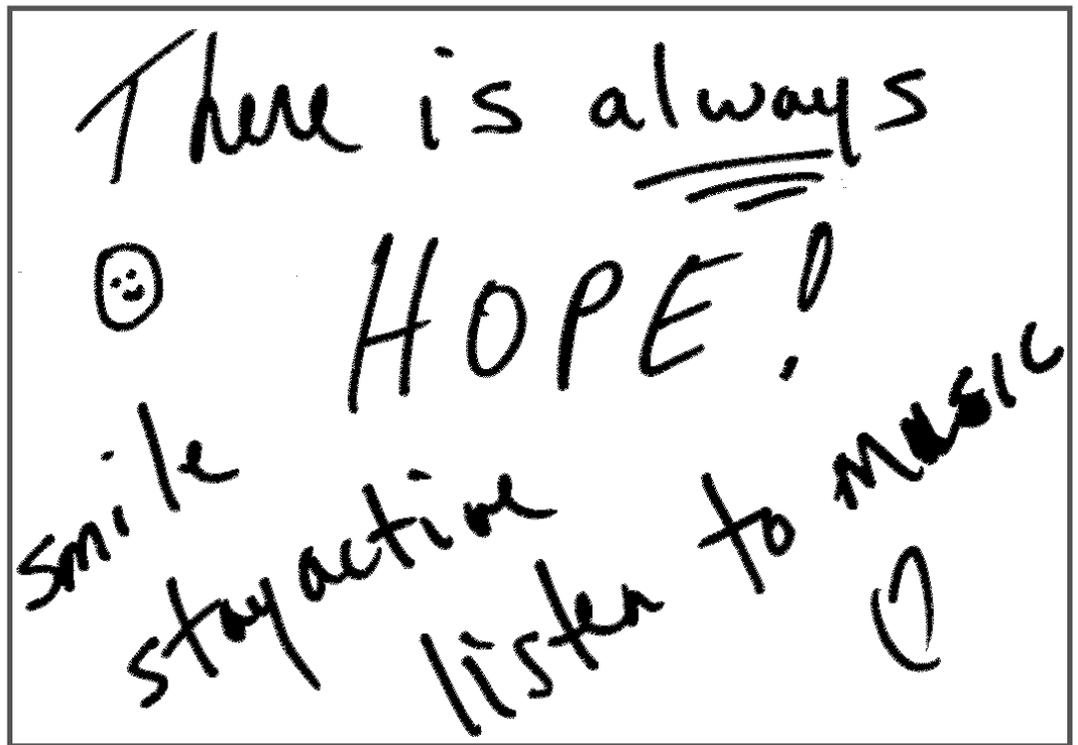
Next Meeting
February 8th

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



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.



Debbie - Thank you!

On behalf of the Support Group, we want to thank Debbie for her years on the Steering Committee! Over the past 8 years, Debbie's contribution to our Group has been tremendous. Her willingness to help and provide input into our meetings will be missed!

Although she has retired from our Committee, she will continue to be a PFA for The Prevention & Screening Council and Transition and Survivorship Working Group at the Hospital. She has also recently been asked to be part of developing the Exercise Guide for all Cancer Patients through Cancer Care Ontario. We wish her the very best with this ground breaking initiative. The mandate of this group is to have the Guide in Patient's hands in April 2017. Although she will be missed, Debbie will continue to be a resource to us all. All the best!

Mussels & Angel Hair Pasta (Cozze con Pasta Capelli D'Angelo)

Ingredients

- 1 cup water
- ½ cup milk
- 1 clove garlic, peeled and chipped ½ cup chives, minced
- 1 ½ lb. mussels
- ¼ lb. angel hair pasta (about 40 strands), broken in half lengthwise
- 2 tablespoons pecorino romano cheese, grated

Instructions

1. In a large sauté pan combine the cream, chives and garlic and cook for 3 to 4 minutes over medium heat.
2. To the sauté pan add the angel hair pasta and the mussels. Cover and cook until the mussels are opened and the pasta is al dente, about 6 to 8 minutes.
3. Toss in the grated cheese and divide among 4 large bowls. Serve immediately.

To find more great recipes, check out Pink Ribbon Cooking - <http://www.pinkribboncooking.com/>

Money Matter Online

The journey to wellness can be filled with challenges. Worrying about finances should not be a challenge. Wellspring introduces Money Matters Online.

“Wellspring is available to help Ontario residents with cancer, understand and navigate the complex maze of income replacement options when too sick to work, as well as to help clarify and provide access to drug reimbursement programs.

Money Matters Online offers cancer patients free professional case management with a Money Matters Case Worker. All appointments are individual, private and confidential, and take place in real time via video software.”

For more information, please check out the Wellspring website - <https://wellspring.ca/online-resources/money-matters/>

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.

For Support and
Encouragement

Missing in Action - Butterfly Story Book

We are trying to locate the Butterfly Story Book. If you borrowed the book and have not returned, please email bcsg@tbaytel.net



Network News

Don't forget to check out the Fall 2016 edition of Outreach News brought to you by the Canadian Breast Cancer Network.

[Click here to check it out!](#)

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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

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.



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



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