



## Opportunities to Give

Canadian Breast Cancer  
Network

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### 2017 Christmas Celebration

Please join on December 13th the members for our annual Christmas celebration. All the fun begins at 6pm. We don't have a formal meeting just an evening to enjoy each others company and the season. The cost is \$20.00 per person and is open to survivors and patients only. If you would like to participate in the Secret Santa gift exchange bring a wrapped gift valued up to \$15.00.

We also encourage you to bring a nonperishable food item that will be donated to the Regional Food Distribution Centre. If you would like to attend but don't have the money to come, please let us know. We have a fund to help with that. To RSVP contact 475-0025 or [bcsg@tbaytel.net](mailto:bcsg@tbaytel.net).

**Next Meeting**  
November 8th

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





## YSC Summit - February 23-25, 2018 in Orlando, Florida

Connect with empathetic friends—new and old—who understand what you're going through.

Discuss your unique questions and concerns – like dating after diagnosis, navigating your career or managing fear and anxiety – with survivors, co-survivors, and healthcare providers. Learn about the latest research and treatment updates from leading oncologists and researchers.

Join us at the 2018 YSC National Summit for three days of fun, empowerment, workshops, support, and mingling with people who get it.

### Who Should Attend?

- Young women diagnosed with breast cancer
- Young women living with metastatic breast cancer
- Co-survivors\* and friends
- Healthcare providers
- Patient advocate leaders
- \*If you offer the crucial emotional, physical, financial or spiritual support that a young woman needs, you are a co-survivor.

### What's in Store?

Check out the schedule and FAQ pages for the latest info. This year we are offering a half-day retreat for attendees living with metastatic breast cancer.

In addition to the informative conversations, you'll have a chance to get to know your fellow attendees in a fun and relaxed environment when you join us for the dinner & dance party and multiple coffee breaks throughout the weekend. So make sure you bring your party shoes and we'll see you in Orlando!

### How Much Does it Cost to Attend?

Register by January 1, 2018 and pay an early bird rate of just \$145. Registration fees are \$175 after January 1st through February 16th and \$200 onsite.

For more details go to <https://summit.youngsurvival.org/>

## Writing Reflections about a Cancer Journey

by Karen Y. Barnstable

### Source

Did you know that we have 50,000 to 70,000 thoughts per day, and 35 to 48 thoughts per minute? Many of these thoughts are insignificant and fleeting, but many others are very significant and meaningful. They come from our values and beliefs, and form the core of who we are as a person. They guide our daily decisions. One of the best ways to recognize and capture the useful thoughts is to write them down. As soon as they are on paper, they are 'trapped' and can be edited and reframed. They can play a stronger role in helping us understand and make sense of our experiences in a positive way.

It is my hope that the four dimensions of reflective learning might inspire and guide you in reflecting and writing about your cancer journey. Perhaps it will assist you with the "why" questions and help you move forward. The ultimate goal of this reflection is that it will add to your body of knowledge about the experience and contribute to your understanding of yourself and the unique plan that exists for your life.



### The Four Dimensions of Reflective Learning

#### 1. Thinking Back

Returning to an experience and reflecting on the full impact of that experience after it has taken place may allow the learner to revisit the entire experience from a fresh and different perspective. Learners may uncover previous insights that had been realized but are now buried or simply forgotten.

Questions that may help uncover insights from the past are:

- What were your original thoughts at the start of your diagnosis?
- What were the factors that helped or hindered your ability to cope with the diagnosis?
- What specific skills/knowledge/attributes were necessary for helping you survive your treatments?

#### 2. Thinking Inward

Introspective reflections also bring the learner closer to emotions. According to James Zull (2002), reflecting on a previous experience will be meaningless unless it engages our emotions.

Questions that may lead to an intrinsic connection are:

- What are your personal beliefs regarding this cancer experience?
- What were the highest and lowest emotional moments of your experience?
- What differences has the experience made in your intellectual, personal or emotional development?

#### 3. Thinking Outward

Reflecting on the world around us requires an extended point of view. Identifying the attitudes and opinions of another person, such as an author, a coworker, or a person from another culture

leads learners to further consideration of their own belief system. The value in these contrasts and comparisons of beliefs is that it causes the learner to either expand their personal point of view or perhaps becoming more affirmed in their reasons for believing the way they do. Reflecting outwardly may lead to new ideas or theories that can help to explain or make sense of something.

Questions that allow learners to think in an extrinsic way:

- How are you looking at this cancer experience now? Can you identify a different point of view?
- How might a person from another culture or religion look at your experience?
- Have others with a similar experience to yours affected how you view your experience? If so, how?

#### 4. Thinking Forward

The value of reflective learning is that it allows learners to “reframe” their experience and use it to guide attitudes, perspectives and decisions more effectively in the future.

Questions that may help the learner to understand future life implications from an experience are:

- How significant are the outcomes of my experience to my future life?
- How has this experience shaped the plans, goals and dreams that I have for my future?
- How might what I have learned affect my ability to cope with challenges that I might face in my future?

## 2nd Annual Survivor Tea

The 2nd Annual Survivor Tea was a great success!! Thank you to everyone who came out for fellowship, tea, and tasty treats. We will be publishing the cards that were signed in up coming newsletters to share messages of encouragement near and far. We would like to extend our deepest gratitude to Julie of Sweet Escapes Cake Cafe and Bakery who for the second year opened up on her day off to host our tea!! We would also like to thank Cindy and Christine for hosting on behalf of the steering committee this year! If you have suggestions or would be interested in helping plan for next year, please email the support group!



## Harvest Chicken Skillet with Sweet Potatoes Brussels Sprouts and Sautéed Apples

### Source

With sweet potatoes, apples, Brussels sprouts and bacon, this healthy Paleo chicken skillet is packed with flavor and delivers every food group in one pan!

### Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 slices thick-cut bacon, chopped
- 3 cups Brussels sprouts, trimmed and quartered (about 3/4 pound)
- 1 medium sweet potato, peeled and cut into 1/2 inch cubes (about 8 ounces)
- 1 medium onion, chopped
- 2 Granny Smith apples, peeled, cored and cut into 3/4 inch cubes
- 4 cloves garlic, minced (about 2 teaspoons)
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried thyme
- 1 teaspoon ground cinnamon
- 1 cup reduced-sodium chicken broth, divided

### Instructions

1. Heat the olive oil in a large, nonstick or cast iron skillet over medium high, until hot and shimmering. Add the chicken, 1/2 teaspoon kosher salt, and black pepper. Cook until lightly browned and cooked through, about 5 minutes. Transfer to plate lined with paper towels.
2. Reduce skillet heat to medium low. Add the chopped bacon and cook until crisp and brown and the fat has rendered, about 8 minutes. With a slotted spoon, transfer the bacon to a paper towel-lined plate (I simply laid another paper towel on top of the plate with the chicken, then stacked the bacon on that). Discard all but 1 1/2 tablespoons bacon fat from the pan.
3. Increase skillet heat back to medium high. Add Brussels sprouts, sweet potato, onion, and remaining 1/2 teaspoon salt. Cook, stirring occasionally, until crisp-tender and the onions are beginning to look translucent, about 10 minutes.
4. Stir in the apples, garlic, thyme, and cinnamon. Cook 30 seconds, then pour in 1/2 cup of the broth. Bring to a boil and cook until evaporated, about 2 minutes. Add the reserved chicken and remaining 1/2 cup broth. Cook until heated through, about 2 minutes. Stir in reserved bacon and serve warm.

### 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](mailto:thebutterflystory@hotmail.com) OR contact Michelle or Shannon to discuss privately.

## For Support and Encouragement

### Upcoming

#### Christmas Party

December 13<sup>th</sup>

St. Michael's Church at 6:00 PM

#### YSC Summit

February 23-25, 2018

Orlando, Florida



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](mailto:bcsg@tbaytel.net)  
[breastcancersupporttb.com](http://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](mailto:bcsg@tbaytel.net).

### Network News

Don't forget to check out the Spring 2017 edition of Outreach News brought to you by the Canadian Breast Cancer Network.

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

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November 8th

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[www.cbcn.ca](http://www.cbcn.ca)



**Breast & Hereditary Cancer Support**

[www.willow.org](http://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](http://healthsciencesfoundation.ca)



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