

GROUPE DE SOUTIEN DU CANCER DE LA RÉGION DES LAURENTIDES LAURENTIAN REGION CANCER SUPPORT GROUP

P.O. BOX 21, Ste-Agathe-des-Monts, (Qc) J8C 3A3 Tel.: (819) 322-1587 Fax: (819) 322-6387
Website: www.cpcn.org E-mail: cancer.laurentia@sympatico.ca

JUNE 2004 NEWSLETTER

A WORD FROM THE PRESIDENT

OUR MISSION

Our mission is to offer support services to English-speaking cancer patients and their families in the Laurentian Region from Lachute to Mont-Tremblant, including St-Jerome.

OUR OBJECTIVE

Our objective is to provide a warm and welcoming meeting place where cancer patients and their families have the opportunity of exchanging with other patients and sharing their experiences. They are able to obtain written information and meet with the guest speaker of the evening and other cancer patients. Time is allocated so that selected patients are able to speak if they wish to do so.

Our meetings are conducted in English.

We meet on the third Thursday of the month in the Hall of the Anglican Church St.. Francis of the Birds, 94 St. Denis Street, St-Sauveur from 7:00pm to 9:30pm.

6:30pm - registration and orientation of new members

7:00pm - Support Group meeting

Our Charity Number:
88387 3101 RR0001

We have had three good months. Our meetings have been very warm, friendly and interactive. Our people really participated in our **Group discussions** under the guidance of our Dr. Marc Faubert. His training in psychology and expertise with cancer patient groups is really paying off.

We will have **no activity in July**. Summer break.

The Canadian Cancer Society invited us to participate in a walk-a-thon on June 4th in Sainte-Agathe. Seven of us participated in **the walk of the survivors**. Another 18 of our members were also there to offer their support.

We just heard from our friends at **ProCURE Alliance**. This is a new charitable organization based in Montreal whose main goal is to provide science and humanity with means to help prevent and cure prostate cancer. They will hold two cancer awareness events at the **Circuit Mont-Tremblant** over the St-Jean and Canada Day week-ends. These events are sponsored by the Ferrari Automobile Company. We have been asked to tend a booth with them and distribute our pamphlets and information about our meetings.

The **training sessions in cancer support services** to be offered by Dr. Marc Faubert in September are all booked up. These five intensive sessions of two-hours each will be held in the municipal Library in Morin-Heights, from 7pm to 9pm.

The three hospitals in the territory (Sainte-Agathe, Saint-Jérôme and Lachute) are now on track. **Nurses in the Palliative Care Units** of each hospital have received and agreed to distribute our pamphlets and information material to the English-speaking cancer patients under their care.

Our Support Group has a policy of accepting **donations** from anyone who wishes to contribute to our mission. Receipts for income tax purposes will be issued.

EMERGENCY

Police, Firefighters, Ambulance
For all municipalities 9-1-1

MEDICAL EMERGENCY

Centre de médecine familiale
75, avenue de la Gare
Bloc F-1A, St-Sauveur, J0R 1R6
(450) 227-1864

Centre hospitalier Laurentien
234, rue St-Vincent
Ste-Agathe, J8C 2B8
(819) 324-4000

Clinique médicale St-Sauveur
70, rue Principale
St-Sauveur, J0R 1R6
(450) 227-8436

Clinique médicale Ste-Adèle
1150, rue du Bourg-Joli
Ste-Adèle, J8B 1W8
(450) 229-6633

Hôpital Hôtel-Dieu de St-Jérôme
290, rue Montigny
St-Jérôme, J7Z 5T3
(450) 431-8400

Centre médical de St-Jovite
910, rue de l'Ecole
Saint-Jovite, J0T 2H0
(819) 425-2728

Clinique médicale 201
104, rue Ste-Agathe
Sainte-Agathe, J8C 2K3
(819) 326-2020

Clinique médicale Ste-Agathe
233, rue St-Vincent
Sainte-Agathe, J8C 2B7
(819) 326-2441

Québec Poison Control Centre
1-800-463-5060

We do not support any political or religious organization.

We believe in **Self-Help and Mutual Aid Initiatives**. When an individual faces challenges, he or she can count on our members and volunteers for support. Our team is sincerely looking forward to helping you during an emotional period. We will be there for you, just give us a call.

Thank you to Bob Shiell, president of the Canadian Prostate Cancer Network for sending us the following **prayer** that is being said in many of the cpcn chapters in Canada.

“We gather here in fellowship, thankful for our blessings while recognizing the needs of others. We are grateful for the opportunity to share our thoughts with friends, as we reach out, with love and compassion to those who need our help. Let us resolve to do our best to support and sustain each other, to the best of our ability, as we focus on a common goal – the eradication of cancer”.

**AN E-MAIL MESSAGE RECEIVED FROM OUR FRIEND
GEORGE EDGAR, MORIN HEIGHTS, QC**

THE HOSPITAL WINDOW

“Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room’s only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military services, where they had been on vacation.

Every afternoon when the man in he bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

OUR VOLUNTEERS

Burlton, Jo-Ann	Medical network co-ordinator
Boucher, Claude	Newsletter Editor Assistant
Coderre, Monique	Member-at-large
Colleret, Linda	Member-at-large
Collyer, Christopher	Director
Comer, Carol Ann	Vice-President
Christie, Robert	Community liaison
Dens, Huguette	Members Outreach
Faubert, Dr. Marc	Psychologist and director
Forget, Claude	President
Hodge, Roseann	Events, activities
Keith-Forget, Betty	Treasurer
Mackay, Alex	Member outreach
Moffat, Keith	Director
Pollock, Diane	Greeter
Spanos, John	Transport
Tétrault-Keeping, Mercedes	Library and documentation
Walker, John	Hall rental & sound system
Wood, Gloria	Telephone Communications

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats.

Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man could not hear the band – he could see it. In his mind’s eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, “Perhaps he just wanted to encourage you.”

Epilogue:

There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow, but happiness when shared, is doubled.

If you want to feel rich, just count all the things you have that money can not buy.

Today is a gift, that’s why it is called the present.”

GROUP GUIDELINES

- . What is said in this room, stays in this room.
- . We want to maintain at all times an atmosphere of confidentiality, anonymity, mutual respect, discretion and security.
- . The English language must be used by the speaker so that all in attendance will understand what is being said.

BOARD OF DIRECTORS

Claude Forget – President
Carol A. Comer – Vice President and Head Volunteer
Betty M. Keith-Forget – Treasurer
Chris Collyer – Director of Communications
Dr. Marc Faubert – Director Clinical affairs
Keith Moffat – Director of Development

VOLUNTEERS NEEDED

Our Support Group covers four counties in the Laurentians. A large piece of territory to travel to reach English-speaking cancer patients and their families. In order to be able to contact as many patients as possible either verbally or in writing, we need more volunteers. Each and every municipality in the territory should have a representative in our organization. If you are not a volunteer with us, have you or is one of your relatives considering getting involved in this very rewarding work. No financial rewards but immense satisfaction in knowing that you are helping someone. Think about it.

One of the flyers of the Canadian Prostate Cancer Network reads in parts: **“the key to surviving cancer is detecting it in its earliest stages”**. Patients over the age of 45 should insist their doctor check for signs of cancer during their annual check-up. Every year: see your doctor, get the tests, and save your life.”

Hope and courage

Claude Forget

COMING EVENTS

Jun 17, 2004 - Ms. Helena Lamed, Executive Director
Gilda's Club Montreal
Jul 15, 2004 - No meeting (Summer break)
Aug 19, 2004 - Caroline Blainey, dietician
Sep 16, 2004 - Dr. Joe Schwarcz, McGill University, Chemistry
Oct 21, 2004 - Manon Labbé, pharmacist

WEB SITE

Remember that you can get
this newsletter from the Internet
by clicking www.cpcn.org

For more information, please contact:
Claude Forget (819) 322-1587
Carol Comer (819) 326-0453