



SPRING 2019

Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council Newsletter

Introducing the NEW PFAC Newsletter!

Our Patient and Family Advisory Council (PFAC) represents the voice of the Simcoe Muskoka Regional Cancer Program (SMRCP) patients and families who have unique experiences, insights, expertise and perspectives that are invaluable to improving care.

We have initiated this **Patient and Family Advisory Council Newsletter** which will be issued quarterly, to connect even better with cancer patients and families, This spring newsletter is our FIRST one! We hope you find it informative and enjoyable!

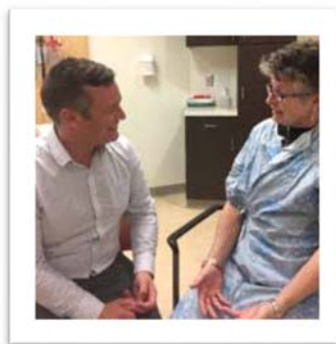
What is a Patient and Family Advisor?

A Patient Family Advisor is someone who has had a recent experience (within two years) either as a patient or the family member of a patient being cared for at the Cancer Centre. They partner with RVH staff and physicians to provide direct input into policies, programs, and practices which affect the patient experience.

Are you interested in becoming an RVH Patient Family Advisor? RVH is currently accepting applications. The application form is on the RVH website (www.rvh.on.ca) under the "Careers and Volunteering" tab or email patientfamilyadvisory@rvh.on.ca You could even call (705) 728-9090 ext. 42319.



The PFAC Cancer Centre Cart



There are many pamphlets on the PFAC information cart which is escorted through the chemo suite by a PFAC volunteer every Tuesday.

The materials on the cart have been carefully selected by PFAC members, based on what we believe most relevant to us during our own cancer journey including:

- How to Manage Fatigue
- Gilda's Club
- RVH Meals to Go program

Ask your nurse, reception, or a cancer center front desk volunteer for copies of these, or any of our other pamphlets!

What is RVH Meals to Go?

Are you hungry but don't feel like cooking? RVH Meals to Go is a community service that provides a variety of nourishing home-made meals including soups and desserts that are frozen and ready to heat up and serve. There are over 16 different entrees from which to choose. Meals are planned, prepared, packaged and frozen by the Royal Victoria Regional Health Centre Patient Food Services staff. Pick up a flyer for more details! Please note that we ask for 24 hours notice for orders. We accept cash, debit, VISA and Master Card as forms of payment.





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Understanding Your Medications

Are you a little confused about your medication? It's okay - there is a LOT to learn. Here are a few questions you may want to ask your doctor, nurse, or pharmacist which you may find helpful:



1. Have any medications been added, stopped or changed, and why?
2. What medications do I need to keep taking and why?

Be sure to keep an up-to-date record of any medications you are taking including all prescription, over-the-counter drugs, vitamins, and supplements.

Helpful Hints from Us to You

There is no right way to deal with a cancer diagnosis. Everyone's journey with the disease is unique, still, sometimes advice from those who also went through it can help. Here are tips from cancer patients, survivors, and care-givers:

- "Bring someone with you to every appointment. It helps to have another set of ears to receive information and to have someone to support you.
- "Attitude is everything. There is always hope."
- "TRUST your doctor and your nurses."
- "Be kind to yourself. Don't be a hero. Accept help."

Knitted Goods



Did you notice any hats, mitts, or afghans in the Chemo Suite Waiting Room? These hand-made goods have been made for you by individuals who simply want you to know they care about you.

If you are a cancer patient, please, help yourself to any of these donated items, courtesy of some special donors!

What's Cooking?

Our nutritionists are wonderful as they work with you to determine which foods can provide you with the most valuable nutrients to help you build strength and resilience. Be sure to consult with one of them, even if it is simply to confirm that what you are eating or drinking is helping you. Additionally, check out the recipes found on the PFAC cart! They are delicious and nutritious. Any taste or smell changes preventing you from enjoying your food? We have a pamphlet for that too!

Need a Laugh?

Q: What happens to a frog's car when it breaks down?

A: It gets toad away

Q: What did the duck say when he bought lipstick?

A: "Put it on my bill."



Cottage Dreams

Since 2003, Cottage Dreams Cancer Recovery Initiative has been offering cancer survivors the opportunity to spend a week at a donated cottage. This much needed time away with survivors, their friends and families allows them to reflect and celebrate recovery. For more information, access their website at:

www.cottagedreams.ca