



HOPE BULLETIN

FEBRUARY 2009

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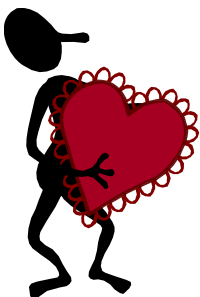
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IMPORTANT NOTICE!

We are on the move!

THE ANNUAL RACE FOR RECOVERY

will be held

SUNDAY, APRIL 26TH, 2009

After careful consideration and consultation with our stakeholders, the HOPE Board of Directors decided to move the Race for Recovery from autumn to spring. Since April is International Cancer Month and HOPE offers services and resources of ALL Saskatchewan cancer patients and their families, it made good sense to move the Race to that month.

Our hope is that this will help avoid any confusion regarding the numerous fundraising events held during October. At the same time, once spring rolls around runners are anxious to flex their leg muscles and almost everyone else is chomping at the bit to get outdoors to enjoy the weather and become more active.

For full details and to obtain your pledge sheet, please visit the

HOPE website at: www.hopcancerhelpcentre.com



HOPE PATIENT FIRST REVIEW FOCUS GROUP



www.patientfirstreview.ca

Last November, the Saskatchewan government announced the Patient First Review commission designed to find what Saskatchewan residents feel about the way health care services are delivered, and explore ways to improve patient experience in the province. The review will also examine health care administration, to find ways to optimize the ways health services are managed and delivered.

On January 29th HOPE members took part in an excellent focus group with review Commissioner, Mr. Tony Dagnone. Under discussion were the needs of cancer patients and their families. It is hoped that our comments will be taken to heart when the review submits its finding in June of this year.

Mr. Dagnone wants to hear from people from across the province to make sure as many issues as possible are addressed by the review. For those who were unable to take part in the focus group, please be sure to have your comments taken into consideration by picking up a Patient Experience Workbook from the HOPE office, by contacting the Review office at: 1-866-281-6355, via email info@patientfirstreview.ca or visit their website: www.patientfirstreview.ca.

SUPPORT SERVICES

Over the past year activity at the **HOPE** Cancer Help Centre has consistently increased. As more and more requests for programs and services were received, several gaps in service were identified. Although we strive to meet every need expressed by cancer patients and their families, sometimes referrals must be made to other agencies and/or organizations. To assist **HOPE** make referrals, we have had the good fortune to have been assigned Terry Hardy-Wilk, a dynamic Social Work practicum student. Terry is busy conducting exhaustive research to identify all cancer related services throughout the province. Once her research is complete, she will develop a comprehensive resource binder for **HOPE**.

In addition to developing the binder, Terry was instrumental in setting up the Patient First **HOPE** focus group. She will also assist with support groups, update our resource library, share her ideas and make insightful recommendations on how to improve support services. The enthusiasm, expertise, and dedication Terry is giving to her practicum with **HOPE** are greatly appreciated.

UPCOMING WORKSHOPS



“ONION WORKSHOP”

Saturday, February 7th

10:00 AM to 4:00 PM

Room 308

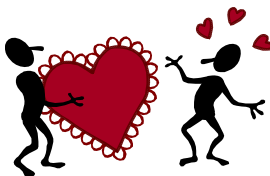
Saskatoon Community Service Village

506-25th Street East

\$10.00 (for lunch)

Using writing as a healing tool, participants will learn to record their personal journeys.

Facilitated by noted Saskatoon author, Kelly Wiese.



“FOODS THAT HEAL – AND WHAT THE HECK IS AN ANTI-OXIDANT, ANYWAY?”

Saturday, March 14th

9:00 AM to 12:00 noon

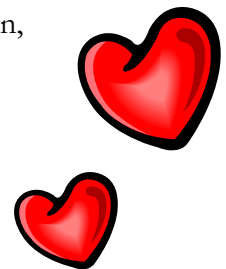
Room 308

Saskatoon Community Service Village

(no charge)

Nutrition workshop will focus on the deluge of conflicting information regarding anti-oxidants, toxins, “cleansers” and “flushes”.

Facilitated by: Registered Dietitian,
Heather Whittick



There are still few seats available for these two great workshops.

Don't delay; contact 955-HOPE (4673) today! Be sure to check out the **HOPE** yearly Program Calendar for a full listing of workshops and events in the **HOPE** Headlines quarterly newsletter, December issue, and on our website: www.hopecancerhelpcentre.com.