

NEWS & INFORMATION FOR PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

“Making a Difference in the Quality of Life of People Living with Brain Tumors”

PROVIDING INFORMATION ABOUT OUR PROGRESS AT THE BRAIN TRUST AND ACTIVITIES AT THE GERRY & NANCY PENCER BRAIN TUMOR CENTRE, BRAINSCAN IS A GREAT RESOURCE FOR BRAIN TUMOR PATIENTS AND THEIR FAMILIES, DONORS, THE MEDICAL COMMUNITY, LIKE-ORGANIZATIONS, AND VOLUNTEERS ACROSS CANADA AND THE UNITED STATES



A MESSAGE FROM THE DIRECTOR **Holly Pencer Bellman, Executive Director**

Happy New Year! Wishing you all health and happiness for 2015. May your year be filled with everything you wish for and more.

Save the Date!!!! Plan on joining us Wednesday, June 3rd, 2015, when Canadian Rock sensation

TROOPER will be on hand to **Raise a Little Hellth** at the home of David and Stacey Cynamon. Proceeds from this Intimate Party Under the Stars will continue to fund state of art patient care, treatment, support and research at The Gerry & Nancy Pencer

Brain Tumor Centre at Princess Margaret Cancer Centre. With your generosity, we'll Raise a Little Hellth at the party of the year and contribute significantly to our patients and families who are living everyday with the devastating diagnosis of a brain tumor. Please note, there will be no individual tickets sold for Raise a Little Hellth. Sponsorships begin at \$1,800 and include 2 tickets. As always, support at all levels is appreciated and tax receipts will be issued for donations of \$18 and above. To become a Raise a Little Hellth sponsor or make a donation, please contact our hotline at (416) 923-2999, email us at info@pencerbraintrust.com or visit us on the web at www.pencerbraintrust.com.

SAVE THE DATE

PENCER BRAIN TRUST GALA RAISE A LITTLE HELLTH WEDNESDAY, JUNE 3, 2015





Congratulations to Peter Bordignon and the entire Di Palma family for hosting another incredible gala in support of The Pencer Brain Tumor Centre at Princess Margaret Cancer Centre! A lavish affair, The 7th Annual Black and White Gala Ball was held recently at the Venetian Banquet Centre in Vaughan, hosted by the Joe Di Palma Foundation and PPG Advertising. The gala evening featured gourmet dining, Prosecco, Cocktail and Antipasto Bars, and both Live and Silent Auctions. Entertainment was provided by “Hollywood” a Michael Buble Tribute Band. Throughout the evening there were also door prizes and raffles; a photo booth; and a DJ kept the crowd dancing into the night. Proceeds from the Black and White Ball were in excess of \$60,000, bringing the total raised to over \$450,000 to benefit patients and families at The Pencer Brain Tumor Centre. The annual Joe Di Palma Foundation Gala honours the memory of a man taken away a few days before his 36th birthday. To friends, family and associates, Joe was the embodiment of the spirit of the Gala today; fun, generous, and energetic. Joe’s death, while terribly tragic, has brought research needs and fundraising efforts for brain tumors into the minds and hearts of all the people who’s lives were touched by him.

In October The Pencer Centre hosted Inner Workings, our first ever art show, and it was a huge success! So many people commented on what a moving exhibit it was. Many people thought the show would have a sad feel to it, but in fact it was quite the opposite. There were so many uplifting works of art and all the artists who attended the reception enjoyed being together to share their work and their experiences. We are planning to do it again in October 2015 so watch for details in a future issue of Brainscan!

Save the date for our 2015 Head for a Cure to be held on Sunday, June 21, as part of The Journey to Conquer Cancer.

Participants will be treated to a delicious post walk breakfast, with activities for kids (face painting, bouncy castle, temporary tattoos) and live music- all in support of The Pencer Brain Tumor Centre. Absolutely everyone can take part in this family friendly day with the option to participate in 5K, 3K and 1K distances. This is a fun run and will not be timed! Parental Guidance is required for children under the age of 16. To register and for more information, visit us at www.headforacure.ca.

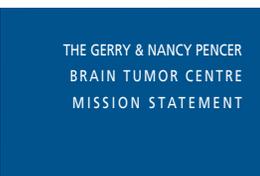
Blue Brain Bracelets are still going strong! Keep purchasing and support The Gerry & Nancy Pencer Brain Tumor Centre in the process! A heartfelt fundraising project masterminded by two incredible little girls, Sydney and Samantha Turak, the sale of Blue Brain Bracelets is a beautiful way of honouring their dad Fred, who lost his courageous battle with brain cancer in December, 2007.

Bracelets are \$10 each and proceeds will support research and patient care activities at The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Cancer Centre in Toronto. Please call us at 416-923-2999 or visit www.pencerbraintrust.com/bluebrainbracelet to purchase bracelets.

THANKS TO ALL OF OUR SUPPORTERS AND EVERYONE WHO CONTRIBUTED TO THIS ISSUE. AS ALWAYS, IF YOU HAVE ANY IDEAS OR SUGGESTIONS ABOUT THE NEWSLETTER, OR YOU WOULD LIKE TO GET ON OUR MAILING LIST, OR HAVE A STORY TO SHARE, PLEASE FEEL FREE TO CONTACT ME BY PHONE OR BY EMAIL AT (416) 923-2999 or holly@pencerbraintrust.com.



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 Translational Research • A Calm and Positive Environment for Patients and Families



TO BE A “CENTRE OF EXCELLENCE” WHICH PROVIDES MULTIDISCIPLINARY CARE, TREATMENT, AND SUPPORT FOR BRAIN TUMOR PATIENTS AND THEIR FAMILIES. TO PROMOTE CLINICAL AND TRANSLATIONAL BRAIN TUMOR RESEARCH.



“Pay it Forward”... so to speak...

By Gabrielle Rochon

Once upon a time..... I was having a tough day. I was feeling quite tired and faint, and trying to find some energy. Back in March 2012, I was diagnosed with Glioblastoma Multiforme brain tumour. I went through brain surgery, followed by radiation and chemotherapy, and I was trying very hard to feel better. I decided to go for a walk with an old friend who was visiting me. We weren't walking far, but stepped out to walk around the block to try and get some energy back. As we strolled down the street, I ran into my great friends who were sitting outside their home, on a lovely sunny day. We stopped and chatted for a few moments and as we talked, I happened to look down on the green grass and spotted something. I slowly bent down and amazingly saw, amongst all the grass, a four leaf clover! I was shocked! Never in my life had I ever come across a four leaf clover. I remember as a child, spending hours in the yard searching for this lucky clover, but had never found one, until now! It immediately gave me just a bit more strength and put a huge smile on my face. I continued to walk around the block and felt pure happiness from this little gift. I decided to keep the clover inside a small notebook, where I kept all my questions for every Doctor's appointment. At each meeting, I prepared a page in the notebook to track how I felt, what had changed or not changed and to remember all the things to ask. And every week, the lucky clover moved one page over to be on the sheet of notes for every meeting. To me, it felt like support in a way, as I considered it my luckiness, my bravery, to move forward in the best darn way

possible. And having something simple, but unique and hard to find like a four leaf clover, kept me focused on how lucky I really am. And now, I try very hard to not let fear come on board, but when I do, the clover reminds me that I'm ok, I'm strong and I'm brave. I can honestly say I would have never in a million years have thought my life would be as it is moving along now, and yet on the other hand I have learned a great many things. I have been so lucky to have such support, care, doctors, nurses, family and amazing friends. It's humbling in many ways. I am finding my way through the ups and downs and I feel brave, once again, and ready for only a wonderful life ahead and I will not move a single step away from that thought.

So it dawned on me that I wanted to “pay it forward”, so to speak, and find a way to share luck and bravery with many people. I can't give away my clover, I still need it, but I thought that I could share the luck of the clover in a photograph that I took, along with a plan. The picture is not framed, or enlarged, as it needs to be hidden. Put it on a shelf, a drawer, or a book. Hide it. And when you come across it, which you will from time to time, it will bring you luck, and remind you of how brave you are too. I am inspired to share this with many people who need a little inspiration, a little luck and a little bravery. Enjoy!



Dr. Catherine Maurice

Since arriving to begin her Fellowship in Neuro-oncology under the supervision of Dr. Mason, in July 2013, Dr. Catherine Maurice has quickly become an indispensable member of The Pencer Centre team.

Dr. Maurice completed her medical training at the University of Montreal and received her medical license in 2008. Following that, she embarked on a residency in neurology, also at the University of Montreal. With her residency completed in 2013, we were delighted to have her join the staff at The Pencer Centre to begin her fellowship. When asked why she chose to embark on a fellowship in neurooncology, Dr. Maurice animatedly explained that “I fell in love with neurology as a medical student. Even though we have lots of technology to help us these days, in neurology you can figure out, just by examining a patient, what is going on. When I worked with Dr. Belanger in Montreal, he introduced me to neurooncology and I was so influenced by the way he would listen to patients and interact with them. In neuro-oncology, we have an opportunity to be involved with patients at an important time in their lives, and what we do for them can change the course of their life. I like the human perspective of neurooncology and when you combine it with the challenge

of neurology, well, for me, it is the perfect job!”

Prior to coming to Toronto, Dr. Maurice participated in humanitarian aid projects in several third world countries. She also has a keen interest in teaching, and while her career is just beginning, she has already published a number of peer reviewed articles.

Working in the field of neurooncology has many challenges. “Our specialty is constantly evolving, our clinics are busy, and we need to update our knowledge constantly. We are students for life” Dr. Maurice says. “But while, for me, this is the most challenging aspect of my work, it is also the most interesting!” According to Dr. Maurice, there are many rewards that come with working in this specialty too. “We know that for many of these diseases there is no cure. Our patients and their families know it too. Often though, patients and families will tell you that they appreciate the care you give them. To know that the time you spend with a patient was helpful and meant something to them is something that I really appreciate.”

Patients, families and the staff of The Pencer Centre have all very quickly come to view Dr. Maurice as a wonderful addition to our team. Her clinical skills are impeccable, she is meticulous in her approach to patient care, and she is compassionate and devoted to her patients. C'est très très bien!

to benefit **The Pencer Centre**

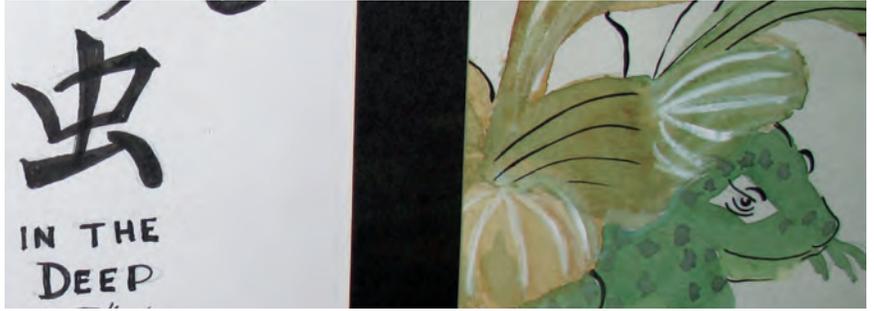
Fundraising through events is a great way for you, your community and your friends to help us conquer brain cancer. The Gerry & Nancy Pencer Brain Tumor Centre is fortunate to be the beneficiary of a number of fundraising events each year. These events are conceived, organized and carried out by an army of people who have a special place in their hearts for The Pencer Centre. We are so grateful for their hard work, dedication and generosity. Here is a list of Upcoming and Past Events.

UPCOMING EVENTS

- April 26, 2015** B-Strong Walk 10th Annual Event in Memory of Lindsay Bolger
- May 31, 2015** Team Ed Toronto/Nova Scotia 50 km Bike Ride Annual Ride in Memory of Ed Poty
- June 3, 2015** Raise a Little Hellth Gala 2015
- June 21, 2015** 2015 Head for a Cure/Journey to Conquer Cancer Annual Walk or Run organized by Patient & Family Advisory Committee
- August 15, 2015** Equestrian Show and Dinner In Memory of Stephanie Betts

PAST EVENTS

- August 11, 2014** Kathy Morrison Golf Classic 6th Annual Tournament in Honour of Kathy Morrison
- August 23, 2014** Dan's Backyard BBQ 8th Annual BBQ in Honour of Dan Sheehan
- November 7, 2014** The Black and White Ball 7th Annual Gala in Honour of Joe Di Palma



INNER workings



Last October The Pencer Centre successfully hosted Inner Workings, an art show created by people affected by a brain tumour. This show featured a collection of works as diverse and inspiring as the people who are our patients, their loved ones and even some of the healthcare professionals who work so hard to treat people with this disease.





Dr. Warren Mason,
 Medical Director, The Gerry & Nancy Pencer Brain Tumor Centre
 Holder of The Kirchmann Family Chair in Neuro-oncology Research

The annual meeting of the Society for Neuro-Oncology was held in November in Miami. This is the largest and most important meeting for multi-disciplinary specialists and scientists involved in brain cancer research. Dr. Roger Stupp, a medical oncologist from Zurich, Switzerland, made the most significant presentation during this conference. Dr. Stupp is well known for his pioneering work with temozolomide but this time he discussed the results of a phase III trial of a very unusual treatment, tumour treating fields, which are low intensity, alternating electric fields within a tumour, created by a device called Optune. A company called Novocure, based in Israel, manufactures this device, which has been approved in Canada and the United States as a medical device for a couple of years. With the data that were presented last month in Miami, it is likely that Optune will be approved as a new therapy for GBM. Dr. Stupp presented results of a phase III trial using Optune with radiotherapy and temozolomide for patients with newly diagnosed GBM. This study enrolled approximately 600 patients, but after a preliminary analysis of results from the first 315 a surprising survival advantage of 3 months favoring Optune was discovered, and this led

to early closure of the trial for success. Patients who were randomized to the arm without Optune have been given the opportunity to use this device now. Normally this would be welcomed as a great success, but in fact the success is a qualified one with many uncertainties. Firstly, Optune is a device that one must carry everywhere. It needs to be attached to an electrical receptacle and its battery lasts only 3 hours. Additionally, electrode pads need to be placed on the scalp, hair has to be shaved every 3 days, and the device has to be worn for 22 hours a day. This is a major commitment not only in time, it surely has an impact on quality of life and the treatment is expensive, approximately 210,000 USD annually. We will need to wait until a full publication is available to know the minute details of the study, but preliminary review suggests that the results are real. Tumour treating fields may be a new approach to cancer therapy, if so we are in the primitive stages and advances in technology will be necessary for this to be a meaningful addition. Interestingly, the results of this trial have generated lots of questions but not that much patient interest. This may not be surprising given the challenges posed by this therapy and the modest survival benefits. Clearly, we need better treatments for brain cancer, but we need treatments that are more effective, cost less and are easier for patients to accept.

Train your Brain

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3 x 3 square. Good luck!

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help **WANTED**

The Patient And Family Advisory Committee of The Pencer Centre, known as PFAC, currently has several vacant positions. The Committee is comprised of patients and family members of patients, along with several staff members from The Pencer Centre.

If you are a patient or family member that would like to give back to The Centre or a family member, I am sure that you will find this a rewarding opportunity to do so. We plan the annual Head For A Cure 5K walk event. It is a great success every year. To date PFAC has raised over \$1.5 million! Also you will have the chance to give your input into the ways the money we raise is dispersed, such as The Adam Coules Research Grant that PFAC supports and also other improvements to The Centre.

We have just had our first Inner Workings art show

which was planned by some of the members of PFAC. It featured work done by patients, relatives and friends of patients and even some staff members. It was a very moving display of talent and the stories that went along with each exhibit really touched your heart.

Our meetings are held on the last Tuesday of each month. We meet at 6.30 pm. until 8.00pm. Maureen Daniels is the coordinator of the Centre and she chairs the meetings. So if you are interested we would welcome you to our team.

Maureen can be reached at 416-946-2240



DID YOU KNOW?
 The Pencer Centre has a toll-free number!
1-877-282-HOPE 4673



Head for a Cure 2014

By Henriette Breunis

MORE THAN \$105,000 WAS RAISED FOR THE GERRY AND NANCY PENCER BRAIN TUMOR CENTRE IN THE 2014 HEAD FOR A CURE WALK OR RUN.

For this family-friendly event, just under 300 participants – some in teams and many wearing T-shirts emblazoned with their name or personalized logo – gathered at the start line on a beautiful Sunday morning in June to raise money for The Centre at Princess Margaret Cancer Centre.

This is the second year for the annual 5K walk or run in its current format. In the year leading up to the 5K walk PFAC members are working closely with the Princess Margaret Cancer Foundation event organizers. Thank you Judy Bates Varcoe and Sue Woodward for making this year's Head for a Cure a great event.

Runners set off first at the 9 a.m. start time, while strollers

followed at a more leisurely pace. The route went south past the Princess Margaret and Mount Sinai hospitals, turned north at the Hospital for Sick Children, went past the Toronto General Hospital and looped around Queen's Park. Along the route firefighters handed out bottled water, a steel band pumped up the pace, cheerleaders sporting pom-poms rallied the walkers, and volunteers carried inspirational and motivational messages on signs.

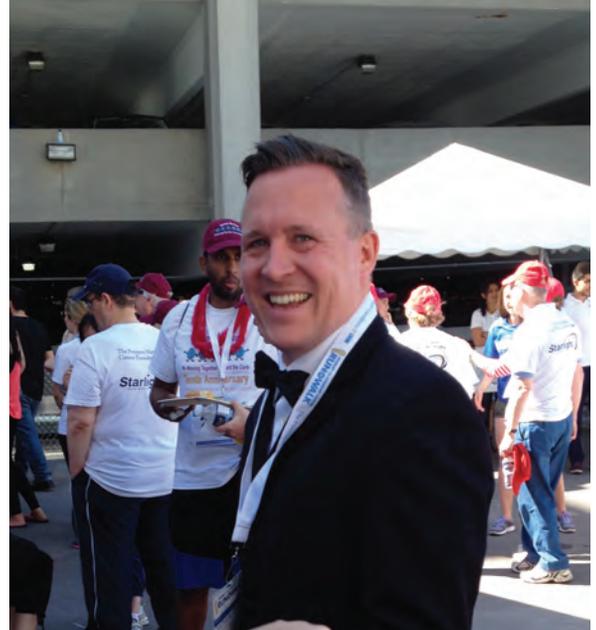
Alternative distances of one kilometer and three kilometres made participation possible for those who desired a shorter route. Those opting to do five kilometres carried on for a second loop around Queen's Park.

Before the start teams assembled for group photos, and Head for a Cure's running photographer Maureen Daniels caught up with participants en route to snap their pictures.

Back at the finish line, breakfast awaited participants, and kids had a great time bouncing in the Bouncy Castle, playing inflatable wheelchair basketball, decorating T-shirts and posing

for photos with their favourite mascot – Spider-Man, the Disney Princess, the CNE Beaver and the Toronto Raptor.

Next year Head for a Cure will be back – bigger and better – in support of The Gerry and Nancy Brain Tumor Centre on Sunday June 21st, 2015 to walk or run.





JOIN OUR TEAM on JUNE 21, 2015
For HEAD FOR A CURE

www.headforacure.ca

Why Eating Chicken Soup Really Is A Good Idea When You Are Sick

By: Julie Daniluk, RHN



Can chicken soup really cure a cold? I won't go so far as to claim it's a miracle healer, but I will say that a good chicken soup can boost your immune system and improve your chances of beating a virus. This soup is a fantastic weapon when a cold or a flu bug is knocking you around like a great Canadian winter storm. And if your nasty illness hit before you had a chance to go grocery shopping, no worries: this recipe can easily be adapted to what you have in the fridge. Alternatively, why not make this recipe a Sunday cooking project? Make a double batch and freeze it so you're prepared when the next bug hits.

Nine Healthy Reasons To Make This Chicken Soup

1. Shiitake mushrooms contain lentinan, an active compound that can boost your immune system, making it stronger and more capable of fighting various infections and diseases.
2. The fresh herbs rosemary, thyme and oregano contain essential oils that are anti-viral and anti-bacterial.
3. It's important to use real chicken broth that's been made with the bones of a chicken because they contain B vitamins (in the marrow), calcium, magnesium and zinc all of which can assist your immune cells in fighting off colds and flu.
4. Green vegetables such as kale, leeks, peas and beans contain B vitamins that provide energy as well as nerve and adrenal support. Keep in mind that stress reduces your immune function.
5. Orange carrots and sweet potato provide a rich source of pro-vitamin A to assist the lungs in fighting off infections.
6. Ginger and garlic are both powerful anti-inflammatories and immune-supportive spices. You will notice this soup has triple the spices of a standard soup. The active ingredient allicin in freshly crushed garlic works like a natural antibiotic so make sure you eat enough to get the real therapeutic effect!
7. Hot soup helps to thin out mucus. When we're healthy our nasal mucus is clear and thin, serving to filter air during inhalation. During times of infection, mucus can thicken into a moist, nutrient-rich environment that encourages growth of viruses and bacteria. A mug of chicken soup can thin that mucus and help the body fight infection.
8. This soup is hydrating and provides electrolyte minerals that your body uses to carry electrical signals from cell to cell. When we run a fever, we can get dehydrated, which decreases these critical minerals.
9. It tastes so darn good due to all the fresh ingredients. That alone will cheer you up and a smile has been shown to be the best immune booster of all!

Immune-Boosting Chicken Soup Ingredients:

2 tbsp organic olive oil
 2 cups onion and 2 cups leeks, chopped fine
 2 inches ginger, chopped fine
 2 cups shiitake mushrooms, chopped
 2 cups carrots, cut into ¼-inch rounds
 2 cups sweet potato, diced
 1 cup celery, sliced
 1/2 tsp grey or pink sea salt
 8 cups chicken stock made in advance
 1/2 cup parsley, freshly chopped

1/2 cup fresh basil, freshly chopped
 1 tbsp of each oregano, thyme, and rosemary, chopped*
 2 bay leaf, whole
 4 cups kale, washed and torn
 1 cup snow peas or green beans, chopped
 4 skinless chicken thighs, chopped into cubes
 5 garlic cloves, sliced and divided

* If these herbs are unavailable fresh then use 1 tsp of each dried. Look for fresh herbs whenever possible get the flavour and essential oils.

DIRECTIONS: Heat oil in a soup pot over medium heat. Add onions, 3 garlic cloves, ginger and leeks. Cook until softened — about 3 minutes. Add chopped vegetables, chicken, salt, chicken stock and bay leaf. Increase temperature to high, bring to a boil and reduce heat so soup simmers. Cook for approximately 25 minutes until vegetables soften, but aren't mushy. Stir the kale, peas, fresh herbs, 2 cloves of fresh finely chopped garlic into the soup. Simmer for another few minutes to blend flavours and soften kale. Adding these ingredients at the end ensures that the veggies are bright green and the garlic is providing maximum immune benefits.

ABOUT JULIE DANILUK: Nutritionist Julie Daniluk RHN hosts the Healthy Gourmet show on the Oprah Winfrey Network (OWN), a reality cooking show that looks at the ongoing battle between taste and nutrition. Find out more about Julie Daniluk at juliedaniluk.com, and check out Julie on Facebook at Julie Daniluk Nutrition and on Twitter at [juliedaniluk](https://twitter.com/juliedaniluk).



WHAT'S ON?

Please note that many of the programs offered at The Pencer Centre are on a drop-in basis, allowing people the flexibility to attend when they are able to. On rare occasions, programs may be cancelled on short notice. Therefore, it is always wise to call ahead, to confirm that the program is running on the day you are planning to attend. Please feel free to call Maureen Daniels at 416-946-2240.

The Gerry & Nancy Pencer Brain Trust is a not-for-profit organization that was developed by the late Gerry Pencer to make a difference in the quality of life of people who live with brain tumors. This private family foundation is the catalyst in the establishment of The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital, Toronto. The Centre is dedicated to providing multidisciplinary care, treatment, and support for brain tumor patients and their families. Additionally, the Brain Trust, in collaboration with The Brain Tumor Centre will seek to facilitate and fund the best local, national, and international brain tumor research in the hopes of finding a cure for brain cancer.

The Board of Advisors of The Gerry & Nancy Pencer Brain Trust include:

- **Dr. Lawrence S. Bloomberg**, Director & Advisor, National Bank of Canada
- **Richard Cole**, President, R.J. Cole Financial Consulting Limited
- **David Cynamon**, CEO, K2Pure Solutions
- **Dianne Lister**, LL.B., CFRE, ROM Governors President and Executive Director
- **Dr. Christopher Paige**, PH.D., Vice President Research, The University Health Network
- **Holly Pencer Bellman**, Executive Director, The Gerry & Nancy Pencer Brain Trust
- **Nancy Pencer**, President, The Gerry & Nancy Pencer Brain Trust
- **Dr. Daniel Silver**, M.D., FRCP (C) Consultant to the Department of Psychiatry, Mount Sinai Hospital
- **Larry Tanenbaum**, Chairman & CEO, Kilmer Van Nostrand Co. Limited

For more information about The Brain Trust contact Linda McKie at 416-923-2999.

- **Support Groups for Brain Tumor Patients and Families.** Our support groups run the second Tuesday of each month from 7:00 – 8:30 pm. These groups are facilitated by several Pencer Centre staff members. Patients meet as one group while caregivers meet separately in another room. This is a drop-in program and no prior registration is required. Simply come to the Centre on the evening the group meets. The groups provide a wonderful way to gain support by connecting with others who are going through a similar experience. For further information contact Maureen Daniels at 416-946-2240
- **Relaxation Therapy.** The diagnosis of a brain tumor combined with the stresses associated with treatment can often lead to feelings of anxiety. Learn how to “actively” relax by attending one of our drop-in relaxation therapy sessions. This program takes place each Wednesday afternoon from 1:00 pm – 1:45 pm. The program is led by occupational therapist Derry Igoe, and offers patients and family members an opportunity to learn a number of useful techniques for relaxation. This is a drop-in program and no prior registration is required, simply come to the Centre at the above noted time.
- **Head for a Cure 2015 5K Walk:** The earlier you sign up, the lower the registration fee! Head for a Cure 2015 in support of The Pencer Centre will take place on Sunday, June 21, 2015. Online registration at www.headforcure.ca is now open. For additional information about the event please contact Maureen Daniels at 416-946-2240.
- **Inner Workings 2015.** Don't miss an opportunity to be part of this special event! We are looking for anyone who is affected by a brain tumour, to share you artistic talents in our second annual “Inner Workings” art show in October 2015. Dates to be announced. For more information contact Maureen Daniels@ 416-946-2240.
- **Patient Information Binder.** Our Patient Information Binder is as popular as ever. Included in each binder is a copy of “Brainspirations,” a treasury of inspiring stories, poems, and recipes published by our own Patient & Family Advisory Committee (PFAC). If you are a patient of the Pencer Centre and have not received a copy of our Patient Information Binder please contact Maureen Daniels at 416- 946-2240. This binder is an excellent organizational tool for keeping track of appointments and all the other information you need during your ongoing treatment. It also contains a wealth of information on brain tumors, treatment, available support services, and much, much more. With thanks to Merk

Canada, the binder also contains a DVD copy of our educational video “Radiation Therapy and You”. Thanks also to The Brain Tumor Foundation of Canada for providing copies of their invaluable Patient Resource Handbook.

- **CD Rom:** Our highly acclaimed CD-rom, “Understanding Brain Tumours” contains over 20 hours of information on brain tumors, available treatments, supportive care services and even real life patient experiences. This CD is accessible via the computer in the Resource Library of the Pencer Centre. In addition, copies are also available to borrow through the main Patient & Family Library at Princess Margaret Hospital. The staff at The Centre or one of our resource volunteers would be happy to help you learn how to use this wonderful tool. If you would like to book a time to come in please call Maureen, at 416-946-2240 or drop by the Resource Centre.

- **AYA Program:** Are you a young adult (under 40) and diagnosed with a brain tumour. The Adolescent and Young Adult (AYA) program offers support and information that address concerns that are unique to young people. If you would like to be connected to the program, speak to your Pencer Centre Team or contact aya@uhn.ca. For the across Canada program visit www.ayacancerCanada.wix.com/resources.

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Answers from Page 6

	PRINTING
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