

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

THIS PAST SPRING marked our 12th Spring Gala in support of The Gerry & Nancy Pencer Brain Tumor Centre! ROCK was 'Off the Charts' and, as promised, took our Patrons to the edge and back! The evening began with an exclusive Supper Under the Stars (for key sponsors of \$14,000 and above), featuring an unplugged performance by Grammy-award winning singer-songwriter Marc Cohn of 'Walking in Memphis' fame. The party continued with amazing Food and Drink, Rock Boxes and Raffle in 'The Viper Room', as our crowd of 700 Rocked out to the Grammy-Nominated Queen of Rock and Roll herself, Joan Jett and the Blackhearts!

To up the Rock Factor, guests were also treated to smashing performances by 'Rock of Ages' and 'We Will Rock You' cast-members. The evening culminated in over \$800,000 in proceeds to benefit patient care, support services and cutting edge research at The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital.

The Gerry & Nancy Pencer Brain Tumor Centre lives up, in every way, to Gerry's wishes. He would be so proud that, into our second decade of operation, The Pencer Centre is internationally recognized for providing revolutionary care, treatment and support, while conducting clinical research that is being translated into effective treatments for patients the world over.

THE BRAIN TRUST IS GOING green!

TO RECEIVE EVENT UPDATES, REGISTER YOUR EMAIL ADDRESS WITH US AT

www.pencerbraintrust.com

VISIT US ONLINE AS WE UNVEIL THE EXCITING DETAILS FOR

GALA 2013

www.pencerbraintrust.com

WE WILL SURPRISE YOU!!!

Proceeds to benefit treatment and research at The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital.



The success of ROCK would not have been possible without the support of the corporate community, especially our Supper Under the Stars Sponsor, Nancy Pencer; our Décor Sponsor, The William and Ida Pencer Foundation; our Entertainment Sponsor, The David and Stacey Cynamon Family Foundation; our Entrepreneur Sponsors, Richard and Gloria Cole and Family, Deans Knight Capital Management, and Andrea and Stephen Halpern and Family; our Printing Sponsor, PPG Advertising; our Wine and Prosecco Sponsor, Halpern Enterprises; our Tequila Sponsor Henri Cynamon, Rock Box Prize Sponsor, Gentec International; Liberty Grand and LOUNGE Rentals. We thank them for their leadership and generosity along with every one of our Sponsors, and of course, all our guests. Sincere thanks also to our 2012 Gala committee, Brain Trust staff and all our volunteers for a job well done. And to the team at Liberty Grand for once again helping us achieve the highest success. Again, a final thank you to **EVERYONE INVOLVED**.

If you would like a full listing of everyone who contributed to ROCK, please call (416) 923-2999 and request a souvenir copy of our Magazine.

Our 2012 'Head for a Cure' (HFAC) 5K run in support of

The Gerry & Nancy Pencer Brain Tumor Centre will take place on Sunday, October 14th. Join the 'Head for a Cure' team, and all the funds you raise will be directed to The Pencer Centre, helping patients and their families cope with the devastating diagnosis of a brain tumor, and funding ground-breaking research in search of a cure. The team or individual with the most raised will be the recipient of The Randy Yee Trophy. This high honour was initiated in memory of Randy Yee, a dear friend of The Pencer Centre, founding member of PFAC and tireless fundraiser and volunteer. We miss you Randy! Last year, participants brought our total raised to an incredible \$1 Million!! Help us top last year's success and join the HFAC team today by going online at www.headforcure.ca or contacting Maureen Daniels at (416) 946-2240.

Thanks to all our supporters and everyone who contributed to this issue and 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 e-mail at (416) 923-2999 or holly@pencerbraintrust.com.



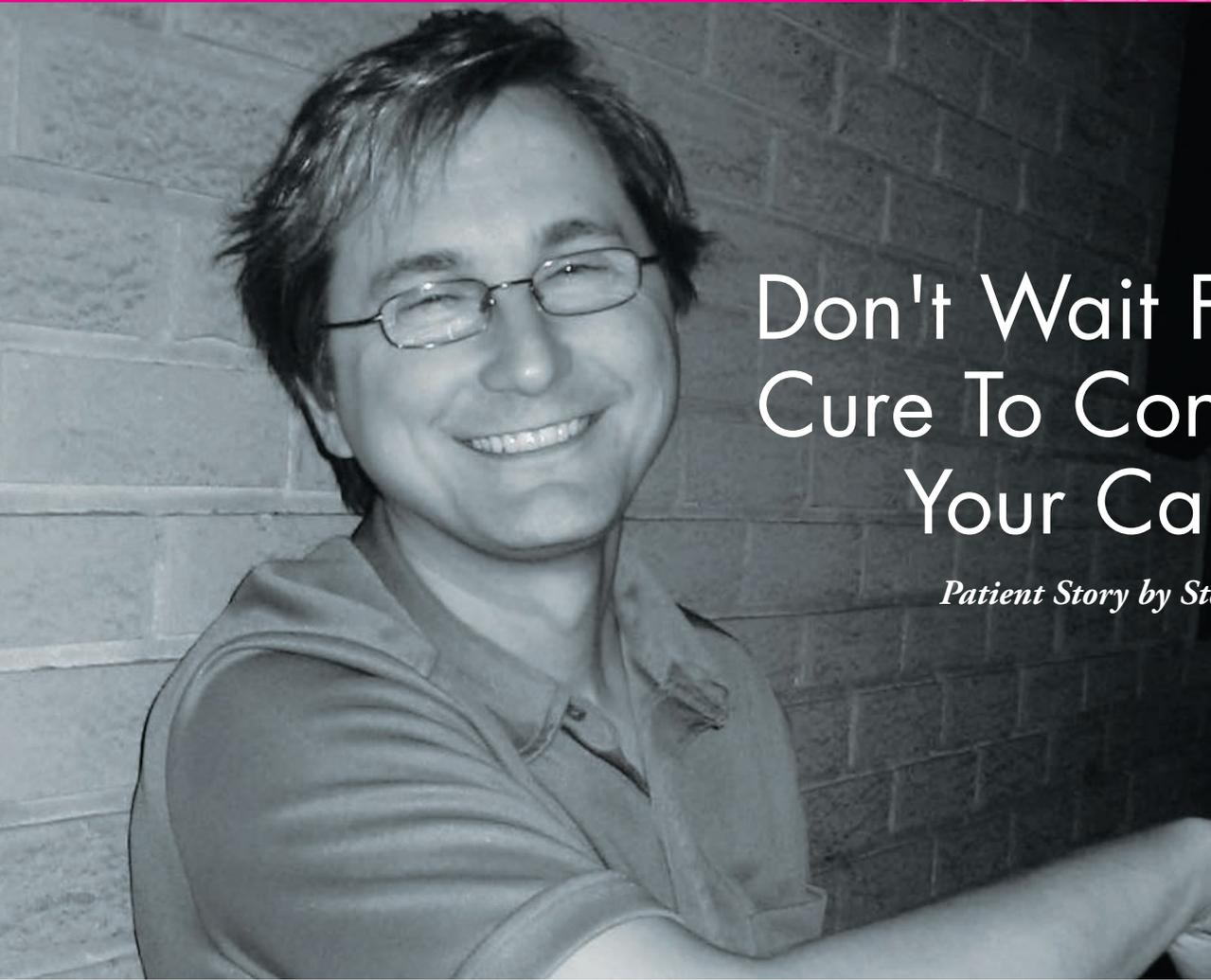
There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them." – **Dr. Denis Waitley**



State-Of-The-Art Care • Physical Rehabilitation • Consultation • Participation in Clinical Trials
 Social Worker and Psychiatrist • Resource Library • Live and Learn Program • Patient and Family Advisory Committee • Complementary Therapies • Links to Hospital and Community Support Services
 Patient Information Binder • Art Therapy • Support Group Meetings • Internet Access
 Translational Research • A Calm and Positive Environment for Patients and Families

THE GERRY & NANCY PENCER
 BRAIN TUMOR CENTRE
 MISSION STATEMENT

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.



Don't Wait For A Cure To Conquer Your Cancer!

Patient Story by Stephan Bevan

ON A BLIZZARDY WINTER NIGHT ON JAN 24, 1994, STEPHAN BEVAN (AGE 23) RECEIVED A WAKE-UP CALL HE WON'T SOON FORGET.

After eight months of ignoring muscle spasms in his left leg, Stephan collapsed on his driveway and blacked out, alone, for an unknown period of time. That sent him running to his doctor the next day, but the night before his scheduled tests, he experienced pins and needles along the left side of his body, and what he describes as "brain frost". Being rushed to the hospital, it was soon discovered that Stephan had had a brain hemorrhage from a malignant tumor that had been growing in his brain, which left him paralyzed on his left side (like a stroke). Doctors operated the next day for a biopsy, only to discover that was the most they could do.

With his own wedding just 6 months away, Stephan was optimistic about recovering as soon as possible. So after a full round of radiation, physio & occupational therapy, Stephan was rehabilitated enough and just in time to marry his beautiful wife Sylvia in July of that year.

Eighteen years later, Stephan attributes his recovery to his strong Christian faith, his supportive family & friends, and an intense desire to make a difference. He has never lost hope, and has developed a motto he shares with other cancer patients: "*A diagnosis of cancer does not have to be a death sentence.*" Stephan got rid of the negativity in his life, including toxic relationships. Forgiving people, himself and GOD was also a big part of his healing process.

Stephan did not rely on conventional medicine alone, but sought out alternative forms of healing such as organic foods, juicing, vitamins, naturopathic medicine, and of course prayer. He has also looked into hyperbaric chambers, infra-red saunas, intravenous "C", and high-pH therapy, as other options.

Stephan constantly surprises people (and his doctors) with what he can do, pushing his limits, despite still having a weakness on his left side. He continues to live a relatively normal life, having been horseback riding, canoeing, and running a full-time internet marketing business.

To reach Stephan you can email him at revival@theafterlife.ca.



Head for a Cure 2012

**THE 10TH ANNUAL WALK IN SUPPORT OF
THE GERRY & NANCY PENCER BRAIN TUMOR CENTRE,
PRINCESS MARGARET HOSPITAL**

Sunday, October 14, 2012

**FOR MORE INFORMATION CONTACT MAUREEN DANIELS AT 416-946-2240
OR ONLINE AT WWW.HEADFORACURE.CA**



HEAD FOR A CURE

We need your Support!

Story by Lynne Terry

AS TEAM CAPTAIN I JUST WANTED TO WRITE A FEW WORDS ABOUT WHAT THE "HEAD FOR A CURE 5K WALK" MEANS TO US AND WHY WE TAKE PART EACH YEAR.

Strangely enough, when you take part in the walk, it isn't necessarily always about raising money; some people walk to celebrate and support a life that may still be fighting our disease and some to remember and honour a life that was taken away. Some people walk to raise awareness for a disease that only too few people know about until it is too late, and yet others just want to join in an event with the patients, families and friends of loved ones who share a cruel disease. The outcome is a joyous, sad, funny and happy bag of emotions and memories. The feeling of walking together with people who understand what it is like to live with a brain tumor is overwhelming - in a positive way! I have taken part in the walk since 2007 for all of the reasons listed here.

"The Firecrackers" started out at the 2010 Head for A Cure 5k walk with the uniting of "Lynne's Lynx" and "Team Boucher". Many people will say this, but I believe our team is unique in that it consists of 4 patients who are currently being treated at The Pencer Centre. First of all is myself, Lynne Terry, diagnosed in Oct of 2006, then there is Irona Fraser - a Pencer institution (if I may say so), diagnosed in March of 1988, following her is Victoria Lee, diagnosed in March of 2003 and finally Yves Boucher, diagnosed in

August of 2008 (and winner of the Randy Yee Trophy for the largest individual amount of money raised).

Of these 4 individuals, 3 (the Ladies) are also members of Pencer's Patient and Family Advisory Committee (PFAC). PFAC consists of patients, caregivers, family members and Pencer staff and they decide how the money raised at the 5k walk is spent. The 3 of us (along with the rest of PFAC) ensure that the cash raised goes specifically to Pencer patients; some examples of that are: new beds in the treatment rooms, redecoration of patient treatment rooms, specialized equipment for patients and also research targeted specifically to brain cancer. The other dedicated members of our team are husbands, partners, Linda from The Pencer Brain Trust, co-workers and good friends, not to mention the generous group of other individuals who choose to support us with donations year after year.

For me personally, the ultimate result of the walk is always positive. It unites people, harnessing their love and dedication to our cause with a positive side effect of generating cash, which then filters back into the place that takes/took care of us all so well - The Gerry & Nancy Pencer Brain Tumor Centre.

Thanks and don't forget to sign up or make a pledge for any of the Head for a Cure 2012 teams!

DID YOU KNOW?

The Pencer Centre has a toll-free number!

1-877-282-HOPE 4673



Dr. Warren Mason,
Medical Director, The Gerry & Nancy Pencer Brain Tumor Centre

I would like to take this opportunity to congratulate The Gerry & Nancy Pencer Brain Trust for yet another successful fundraising event last May. The continued and inde-fatigable support of the Pencer Family

and its organization provides invaluable assistance to us at The Pencer Brain Tumor Centre and enables us to continue providing exemplary care to our patients and their families.

I also want to extend my heartfelt thanks to The Centre's PFAC for organizing the annual Head for a Cure Walk that is scheduled for October 14, 2012. This annual fundraising event regularly generates great interest and has always been a very lucrative and successful undertaking. We at The Pencer Centre are immensely grateful for this display of support from the people who matter to us most- our patients, their families and friends.

The Society for Neurooncology, the world's largest and most prestigious professional organization for brain tumor research, convenes in November in Washington, DC, for its annual meeting. This year, results of the Roche-sponsored phase III trial evaluating the addition of bevacizumab (Avastin) to

standard radiotherapy with temozolomide for patients with newly diagnosed Glioblastoma will be presented. The results of this trial are eagerly anticipated and will shed light on the true value of this antiangiogenic agent for Glioblastoma. As many of you know, bevacizumab has been approved for the treatment of recurrent Glioblastoma in this country and in the United States, but the drug itself is highly controversial and its role in the management of malignant primary brain tumors remains unclear. This phase III trial is expected to help us understand better how this agent might be used in brain cancer.

We at The Pencer Centre are deeply committed to caring for our patients and to promoting brain tumor research. We are always deeply touched when our patients and their families assist us in our efforts. With this in mind I would like to acknowledge an extraordinary philanthropic donation to the Princess Margaret Hospital from one such family. The donation will be used to recruit a brain tumor scientist at our institution. A search is underway at this time for an outstanding basic researcher. We are excited about the prospects of enhancing the brain tumor research program at Princess Margaret Hospital. I hope that the next column I write for this newsletter will announce the successful candidate.

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!

Answers on page 12

7		2	3			1		
				8				
5			2			8	4	
			7				2	
		1				3		
	6				8			
	1	9			4			2
				9				
		8			1	4		3

								9
2			5			3	1	8
1		6	4					5
			7			5		
		8		3		6		
		1			4			
6					1	7		2
7	2	3			9			4
4								

Puzzles by www.websudoku.com



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.

BE SURE TO MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- October 14, 2012 Head for a Cure, PFAC's 10th Annual 5K Walk
- October 19, 2012 Sexy Fireman Night aka Diva Night
- November 2, 2012 FIVE, Joe Di Palma Foundation's 5th Annual Gala

THE GERRY & NANCY PENCER BRAIN TRUST GRATEFULLY ACKNOWLEDGES FUNDRAISING EVENTS HELD THIS YEAR TO BENEFIT THE PENCER CENTRE:

- May 30, 2012 ROCK, Pencer Brain Trust's 12th Annual Gala
- June 3, 2012 Ride for Ed
- June 19, 2012 4th Annual Pickle Barrel Golf Tournament
- June 22-24, 2012 9th Annual RACH 3-Pitch Baseball Tournament
- June 24, 2012 Wyatt Pellew Tennis Tournament
- August 13, 2012 3rd Annual Kathy Morrison Golf Classic
- August 25, 2012 Dan's Annual Backyard BBQ

OUR HEARTFELT APPRECIATION TO THE ORGANIZERS AND VOLUNTEERS OF THESE 2011 FUNDRAISERS:

- January 11, 2011 Conquering Kili to Conquer Cancer
- April 16, 2011 5th Annual Todd Wonacott Memorial Curling Tournament
- May 25, 2011 DISCO, Pencer Brain Trust's 11th Annual Gala
- June 6, 2011 Ride for Ed
- June 14, 2011 3rd Annual Pickle Barrel Golf Tournament
- June 18-20, 2011 8th Annual RACH 3-Pitch Baseball Tournament
- June 26, 2011 Wyatt Pellew Tennis Tournament
- August 15, 2011 3rd Annual Kathy Morrison Golf Classic
- August 27, 2011 Dan's Annual Backyard BBQ
- September 11, 2011 Narci Mastroianni Memorial Golf Classic
- September 20, 2011 Gary Warner Memorial Golf Tournament
- September 26, 2011 10th Annual Gerry Pencer Golf Tournament
- September 30, 2011 The B-Strong Bash
- October 16, 2011 Head for a Cure, PFAC's 9th Annual 5K Walk
- October 21, 2011 Sexy Fireman Night aka Diva Night
- October 23, 2011 Brunch & Silent Auction in Honour of Sam Rea
- November 4, 2011 Carnival in Venice, Joe Di Palma Foundation's 4th Annual Gala



Ask The Expert

Maureen Daniels, *Coordinator The Gerry & Nancy Pencer Brain Tumor Centre*

QUESTION

I have recently been diagnosed with a Glioblastoma and am now undergoing radiation and chemotherapy. Several members of my medical team have suggested that I consider attending a brain tumor support group. I would like to get support, but I am concerned that I might find the group upsetting.

ANSWER

A new diagnosis of a brain tumor raises many questions, not only about the medical treatments you will require, but also about ways in which you and your loved ones can get emotional and psychological support.

Support groups are an excellent, easy way of connecting with other people who are dealing with similar diagnoses and life challenges in a less formal, more relaxed setting. The Pencer Centre offers separate support groups for both patients and caregivers. These groups are facilitated by professionals and attendance is open to any patient living with a brain tumor and their loved ones.

The drop-in format of the group allows patients and caregivers to come when they feel up to it, or when busy schedules allow. The group is restricted to patients and families who are living with the diagnosis of a brain tumor. This ensures that the discussions always centre around issues that are pertinent to brain tumor patients, rather than on “generic” issues that are common to support groups and open to patients with a variety of cancer diagnoses.

The group provides a setting in which patients have an opportunity to learn from each other’s experiences. Discussions about making decisions around returning to work, traveling, or how to find a new, satisfying rhythm to life are a few examples of topics that are often explored. Attendees to the group are usually always willing to share their experiences with treatments and what helped them manage it all.

Your concerns about attending a support group are quite normal and the same fears are often vocalized by other patients who are contemplating attending a group. Generally speaking, patients who attend have a proactive approach to their treatment and a positive attitude and, for these reasons, the group is usually very upbeat. From time to time tears are shed in the group, but in those instances, the group provides a supportive and caring atmosphere.

The Pencer Centre is pleased to be able to offer a separate support group for patients and caregivers. The groups run simultaneously but in different rooms. This gives both patients and their loved ones an opportunity to speak frankly about whatever they choose, without the worry of upsetting their loved one.

Our wonderful colleagues at Brain Tumor Foundation of Canada also offer a number of drop-in support groups across the country. For more information on the dates and locations of these groups, visit their website at www.braintumor.ca

The Patient and Caregiver Support Groups at The Pencer Centre occur once a month on the 2nd Tuesday of the month, from 7:00 – 8:30 PM. There is no cost to attend and no prior registration is needed.

**For more information contact
Maureen Daniels at 416-946-2240.**

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



PENCER BRAIN TRUST GALA 2012

ROCK



JOAN JETT

MARC COHN



Holly Pencer Bellman, Nancy Pencer, Stacey Cynamon



Sara Waxman



Melissa Grelo & Steve Anthony, CP24 Breakfast Television



Julia Paisley



Lynne Terry & Yves Boucher



Pencer Centre's Maureen Daniels, Dr. Laperriere along with family and friends



Jennifer and Alex Latta and Friends



Rock Tattoo Parlour



Laurel Linetsky Fleisher and Model



Top Ten Websites

The internet can be both a blessing and a curse. It can provide a wealth of information, but it can often be difficult to separate the good and accurate from the embellished and inaccurate.

The websites listed below contain good information on a variety of topics that may be of interest to those people affected by a brain tumor. Take some time to check them out.

The Pencer Brain Trust: www.pencerbraintrust.com

The Gerry & Nancy Pencer Brain Trust is a not-for-profit organization with a mandate to make a difference in the quality of life of people living with brain tumors. This interactive site will keep you updated on what is happening at The Pencer Brain Trust, including information about upcoming events in support of The Gerry & Nancy Pencer Brain Tumor Centre.

Brain Tumor Foundation of Canada: www.braintumor.ca

The Brain Tumor Foundation of Canada is made up of dedicated volunteers, patients, survivors, family members, health care professionals and staff, determined to make the journey with a brain tumor one full of hope and support. This website provides a comprehensive overview of the support services they offer, along with the other resources they provide.

Canadian Alliance of Brain Tumor Organizations: www.cabto.braintumor.ca

The Canadian Alliance of Brain Tumor Organizations (CABTO) is an alliance of organizations, dedicated to enhancing the quality of life of brain tumor patients and families. The objectives of the members are to advocate, both politically and publicly, for better patient care and increased government funding for brain tumor research, and increased public awareness about brain tumor disease and to accomplish objectives collectively that our organizations would not be able to accomplish on an individual basis. Visit this website to see the moving virtual tour of the “Traveling Hat Display”, a fascinating collection of dozens of hats that tell the story of many patients.

The International Brain Tumor Alliance: www.theibta.org

The International Brain Tumor Alliance seeks to be an alliance of the support, advocacy and information groups for brain tumor patients and carers in different countries and also includes researchers, scientists, clinicians and allied health professionals who work in the area of brain tumors. Their regularly published e-newsletter also provides a wealth of information.

Neurological Health Charities of Canada: www.mybrainmatters.ca

Neurological Health Charities Canada (NHCC) is a collective of organizations that represent people with chronic, often progressive, neurological and/or neuromuscular diseases, disorders, conditions and injuries (brain conditions) in Canada. The NHCC's role is to provide leadership, evaluating and advancing new opportunities for collaboration specific to advocacy, education and research projects, related to brain health.

American Brain Tumor Association: www.abta.org

For nearly 40 years, the Chicago-based ABTA has been providing comprehensive resources that support the complex needs of brain tumor patients and caregivers, as well as the critical funding of research in the pursuit of breakthroughs in brain tumor diagnosis, treatment and care.

National Cancer Institute: www.cancer.gov

The distinguished network of NCI cancer centers includes 67 U.S. institutions that meet the highest standards of scientific research aimed at improving the lives of all those touched by cancer. The brain tumor section of this website is very comprehensive.

Central Brain Tumor Registry of the United States: www.cbtrus.org

The Central Brain Tumor Registry of the United States (CBTRUS) is a not-for-profit corporation established to provide a resource for descriptive statistical data on all primary brain tumors irrespective of behavior. This website provides the most complete statistical data on incidence of brain tumors.

National Brain Tumor Society: www.brainumor.org

National Brain Tumor Society is fiercely committed to finding better treatments, and ultimately a cure, for people living with a brain tumor today and anyone who will be diagnosed tomorrow. This means effecting change in the system at all levels. This comprehensive website contains a wealth of information including an interactive tour of the brain.

Canadian Cancer Society: www.cancer.ca

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. This site provides valuable information on brain tumors, including information on signs and symptoms, diagnosis and treatment.

ROASTED ROOT VEGETABLES

With Thyme

Source : Canadian Living Magazine: December 2011

Preparation time: 15 minutes • Total time : 1-3/4 hours • Portion size: 6



INGREDIENTS

- 2 lb (907 g) beets, peeled
- 1 lb (454 g) parsnips, (about 3), peeled
- 12 oz (340 g) carrots, (about 4), peeled
- 6 cloves garlic
- 6 fresh thyme sprigs
- 3 tbsp (45 mL) olive oil
- 4 tsp (18 mL) balsamic vinegar
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper

PREPARATION

Cut beets, parsnips and carrots into about 3/4-inch (2 cm) pieces; place in large bowl. Add garlic, thyme, oil, vinegar, salt and pepper; toss to coat.

Roast in greased roasting pan in 375°F (190°C) oven, stirring once, until golden and tender, about 1-1/2 hours. (Make-ahead: Cover and set aside at room temperature for up to 2 hours. Rewarm to serve, if desired.)



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 Lizette Alexander, 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. For further information contact Maureen Daniels at 416-946-2240

Head for a Cure 2012 5K Walk:

Don't miss your chance to register for this year's Head for a Cure walk in support of the The Pencer Centre on Sunday, October 14, 2012. Online registration at www.headforacure.ca is now open. Last year's event sold out well in advance of the deadline. For additional information about the event please contact Maureen Daniels at 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 Tumors” 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.

Answers from page 6

7	8	2	3	4	5	1	6	9
1	4	6	9	8	7	2	3	5
5	9	3	2	1	6	8	4	7
8	3	4	7	5	9	6	2	1
9	5	1	4	6	2	3	7	8
2	6	7	1	3	8	9	5	4
3	1	9	6	7	4	5	8	2
4	2	5	8	9	3	7	1	6
6	7	8	5	2	1	4	9	3

Puzzle by websudoku.com

8	5	7	1	2	3	4	6	9
2	9	4	5	6	7	3	1	8
1	3	6	4	9	8	2	7	5
9	4	2	7	1	6	5	8	3
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3	6	1	8	5	4	9	2	7
6	8	5	3	4	1	7	9	2
7	2	3	6	8	9	1	5	4
4	1	9	2	7	5	8	3	6

Puzzle by websudoku.com

BrainScan is published by The Gerry & Nancy Pencer Brain Trust. Inquiries or requests to reprint any of the articles should be directed to Maureen Daniels, Coordinator, The Gerry & Nancy Pencer Brain Tumor Centre, Princess Margaret Hospital

*The Gerry & Nancy Pencer Brain Tumor Centre
610 University Avenue, 18th Floor,
Toronto, Ontario M5G 2M9
Tel: 416-946-2240 or email: maureen.daniels@uhn.on.ca*

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