

BRAINSCAN

NEWS & INFORMATION FOR
PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

THE GERRY &
NANCY PENCER
**BRAIN
TRUST**



*"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.*

FALL/WINTER 2005

A MESSAGE FROM THE DIRECTOR



Holly Pencer Bellman, Executive Director

BRAINSCAN HAS UNDERGONE A MAKEOVER!!! With this Fall Issue, I am thrilled to introduce our 'new and improved' Brain Trust Newsletter that still boasts the same informative and exciting content, but with a fresh new look. A special welcome and thank you goes out to our long time gala designer, Sandra Aronowicz for taking over the design of this publication... I am confident that with Sandra on the job, BrainScan will be better than ever.

As the lazy days of summer give way to the

hustle and bustle of fall, the whirlwind of activity is upon us again!

This October marks 'Brain Tumor Awareness Month' in Canada, and The Pencer Centre staff is gearing up!

Be sure to earmark Friday, October 28th for The Pencer Centre's Annual Open House and Speaker Series! Start your day with an uplifting (and humorous) presentation by cancer-survivor Neil Crone, entitled 'Rectum? Darn Near Killed 'Em!' You'll laugh and cry as Neil discusses the two epiphanies of his life... being introduced to the world of improvisation and being diagnosed with colon cancer.

continued on page 6

Open House & Guest Lecture

AT THE PENCER CENTRE



Friday, October 28, 2005

Guest Lecture:

'Rectum? Darn Near Killed 'Em!'
with actor Neil Crone

10:30 am - 11:30 am

6th Floor Auditorium, Princess Margaret Hospital

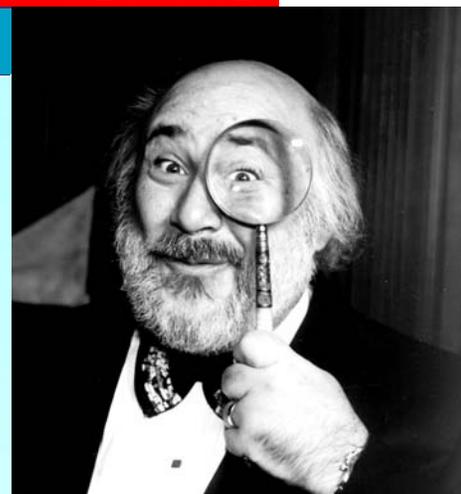
Admission is Free, but seating is limited! Reserve early by calling Maureen Daniels at (416) 946-2240

Open House:

Learn what's new in the treatment and care of patients and families living with brain tumors.

12:00 pm - 3:00 pm

The Pencer Brain Tumor Centre, 18th Floor, Princess Margaret Hospital





PATIENT & FAMILY SERVICES

THE GERRY & NANCY PENCER BRAIN TUMOR CENTRE

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

OUR MISSION:

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.



CLINICAL TRIALS UPDATE

By Neetu Malik

Rights and responsibilities of patients and caregivers while participating in a Clinical Trial

While receiving treatment for a Brain Tumor an individual may be offered an opportunity to participate in a Clinical Trial. Clinical trials are research studies, which test a new treatment or method that appears to prevent, treat, or manage cancer and its symptoms. Participation in clinical trials should be seen as a two-way street where the patient gets the benefit of an experimental treatment (for the most part), which is not available to the general population, and the researcher is able to answer set questions about a disease, treatment, or the current standards. While on a clinical trial, patients are monitored very closely by the research team and have a reliable support system. Clinical trials allow us to move forward with our treatments and develop new improved drugs, way of treating diseases, and its symptoms, or better ways of diagnosing and preventing cancer.

As research participants you have certain rights. Know that:

- Clinical Trials are experimental treatments that may be offered as an option.
- Participation in a clinical trial is **VOLUNTARY- NOT MANDATORY!**
- The study treatment may or may not benefit you in any way. Clinical trials are usually for the benefit of patients in your situation in the future.
- The decision is a personal one and does not affect the care or treatments one receives.
- A study participant may withdraw his/her consent to participate at any time without any penalties.

Good data is key to the quality of a clinical trial and in order to achieve that we need the cooperation of the patient and their caregivers.

Here are things that you may need to keep in mind when participating in a clinical trial. Caregivers of patients with brain tumors may find themselves fulfilling some of the responsibilities a participant has while in a clinical trial:

- Ensuring medications are taken as prescribed and scheduled.
- Directions for study related tests are followed.
- Clinical trials team is kept informed of any changes since your last contact with them- even things like the family doctor increasing the dose of one or more medications is important information for the study team to be aware of.
- Symptoms and side effects are recorded and reported along with their severity, start, and stop dates.
- Change of contact information is reported.
- Study treatment is discussed with other health care professionals who may become involved in the patients' care.

As a caregiver you might feel obliged to help your loved one continue participating in a clinical trial even though they may not be able to participate actively - you may even feel guilty - but you have the right to advocate for the patient and stop participation on their behalf especially if they are not able to do that on their own. **IT IS YOUR RIGHT!**

Knowledge is power and you must take every opportunity to ask questions, and ensure your satisfaction before you go ahead with any treatments or research studies. To find out more call: **Neetu Malik at 416-946-4624.**



Sandy Ayers, Administrative Secretary, The Gerry & Nancy Pencer Brain Tumor Centre

Since January of this year there has been a new, smiling face at The Pencer Centre. Sandy Ayers has joined the staff of The Centre in the position of Administrative Secretary.

Sandy has been part of UHN for 23 years. Fifteen of those years were spent in the Division of

Cardiology as an Administrative Secretary at Toronto General Hospital. Most recently, Sandy worked as a Billing Administrator for the Division Hematology/Oncology at Princess Margaret Hospital. Although Sandy is new to the field of neuro-oncology, personal experience with a loved one has opened her eyes to what kind of an impact brain disease can have on a patient and their family.

Since her arrival, Sandy has lifted The Pencer Centre to a new level of organizational efficiency! In addition, her years of experience in the Division of Cardiology has afforded her an understanding of the stress and anxiety experienced by any patient who is dealing with a serious illness. In her position, Sandy has regular contact with patients and families, whether it is to book or change appointments, or connect patients with other Pencer Centre staff. Her kind, empathic and helpful nature is appreciated by every - one she comes in contact with.

Now that she has had a few months to settle in to her new surroundings, Sandy is enjoying her new role more with each passing day. Regular contact with patients is a part of her position that she finds very rewarding. Sandy says she is inspired by the positive outlook of the patients and families at The Pencer Centre.

It is a pleasure to welcome Sandy to The Pencer Centre!

Here's To You **RANDY YEE**

By Maureen Daniels

If you looked up the term "gentleman" in the dictionary, I am quite certain you would see a photograph of my friend Randy Yee, smiling back at you. Sadly, we lost Randy on May 3, 2005. To regular readers of BrainScan, Randy's name will be very familiar. Randy was our champion hat seller, a dedicated volunteer for any event, founding member of our Patient & Family Advisory Committee and yes...a patient at The Gerry & Nancy Pencer Brain Tumor Centre.

In addition to all of that, he was indeed a gentleman. He had such strength of character and a strong sense of integrity. He would open doors, stand up to offer his seat, make sure that his hat money balanced to the last penny, and in spite of his own illness and the challenges it brought, he was always interested in what other people were doing. Randy was also a gentle man, quiet, soft spoken and charming. When you spent time with Randy, you always felt that you had his full attention and that he was giving a lot of careful thought to everything you talked about. That is the Randy that I came to know during his time with us at The Pencer Centre, but I realize that

as lucky as I am to have known him, I only got to know a piece of him.

In the 50 years before Randy came in contact with The Pencer Centre, he had a rich, full life. He was a champion wrestler; he loved to race cars, snow-mobiles and boats. He was devoted to his wife Nancy, his children Brian and Stacey and their growing families. He was so proud of all them and was always (quietly) willing to talk about them and their accomplishments or share a photo of the newest grandchild.

When Randy was diagnosed with a brain tumor he never questioned "why me?" As he wrote in the summer 1999 issue of BrainScan "it was just a part of life and I accept that." I beg to differ though. Randy didn't just accept it. He seized his diagnosis as an opportunity to help others who were facing a similar diagnosis and to make a difference. After all, what else would a gentleman do?

A quote from the Spanish novelist and playwright Miguel de Cervantes states simply "fair and softly goes far." My friend

Randy was a fine example of exactly that. In his fair and soft way he enriched our lives and made a difference with his life well lived. Here's to you my friend. There's a special place in my heart reserved for you.



Randy and his wife Nancy pose at a recent Pencer Open House



ON TURNING

50

By Bob Aldersley



Vicky and Bob Valetta in Malta

I guess I had always thought of it as just another birthday, nothing to think too long and hard about. At least that's what I would have thought once.

The five of us (husband, wife, son, daughter and Seba the goose - a black lab/border collie cross so named by daughter) live in Oakville. On Sunday May 15, 2005, after church, my daughter, Steph, said she had volunteered to stay and set up the gym for a Suzuki violin recital that afternoon - you know, those community hours that you need to graduate. Clue 1.

My wife, Vicky, said we would be back around 2:00 pm to pick her up. We left the church right after the service as it was almost 11:00 am and Vicky wanted to grab breakfast at McDonalds before they stopped serving. Clue 2. We never go to McDonalds for breakfast. We did that day.

After going over to the Erin Mills Centre, where we did a little shopping, we arrived back at the church at about 2:00 pm. I said to Vicky "There are a lot of cars here!" as we drove into the parking lot. Clue 3. (You'd think I would be cluing in by now, must be a guy thing.) As we walked through the main door, I noticed that the lights in the gym were out. This is your last

clue. I opened the gym door, the lights went on, the band, Sophisticated Swing, started playing "Happy Birthday" and I'm staring at 150 faces and thinking "I know all these people!"

It was a wonderful afternoon. My son, Brendan, was there with his girlfriend, Emilie. My folks, Vicky's folks, people I work with, people I used to work with, people I grew up with, people I perform with (I drum with the Oakville Wind Orchestra), neighbors, church members, friends - all there to celebrate with me. I tried my best to thank each and every one. And the band! I had the privilege of playing with Sophisticated Swing on a few occasions when their regular drummer was away - the one I remember most was a New Year's Eve Dance in Hamilton. I was as nervous as ever and loving every minute of it. To have Sophisticated Swing at my birthday celebration, performing great swing classics like "Sing, Sing, Sing", "String of Pearls" and "In the Mood" was very special.

My wife and her co-conspirators did a marvelous job - I was totally surprised. My actual birthday was May 30 so I didn't expect anything. It was a day I won't forget!

On May 30, Vicky and I took off

(sans children) for 5 days in Malta and 5 days in London, England. We only returned last Friday. This holiday we planned together although Vicky had already booked the flights on Aeroplan points before I knew about it. It was a great trip. We stayed with friends, Wilf and Rita, in Malta. They are Canadian but have family there. We stayed at Wilf's brother's summer flat. Our hosts showed us the sites. Wilf rented a Peugeot and thankfully did all of the driving. They drive on the left side of the road, have numerous traffic circles (which you can spend a few hours in, getting dizzy, if you're not aggressive) and have many stop signs and red lights which, Wilf tells me, are optional. We were continually awed by the churches, the history, the architecture and the people. Vicky was very pleased to have fish four nights in a row, each one a different kind, all delicious. A most enjoyable time!

We enjoyed London, too. Westminster Abbey, St. Paul's, museums, Changing of the Guard, West End shows (go see Mary Poppins when/if it comes to Toronto), Piccadilly Circus, Trafalgar Square, Harrods (ouch!), and more. We even fit in a visit to 221B Baker Street - a little commercial I suppose, but I

remember being an avid Sherlock Holmes fan as a kid.

If I have one complaint, it is that my birthday was the shortest birthday I have had. We stopped in St. John's on the way over and flew out at exactly 12:00 midnight Newfoundland time. It was then May 31. My birthday was only 22 1/2 hours long! Pity.

Last year, at this time, I wasn't planning any holidays. I was trying to adjust to news that turned my life, and the life of my family, completely upside down. On April 28, 2004, I was diagnosed with a brain tumor. I had had some tingling in the fingers and facial droop in the weeks prior, and was undergoing tests for possible stroke or TIA. Then the headache started. I was sent to Emergency, a CT scan was done, and I was asked whether I wanted to see a neurosurgeon in Hamilton or Mississauga. I chose Mississauga and the next day, I met with Dr. Mintz at Trillium Health Centre in Mississauga. Thankfully, Vicky was with me as I was on pain killers and not thinking too clearly. Dr. Mintz said that surgery would be required at which time they would confirm the type of tumor. He expected it was a glioblastoma - not one of the better ones to get. We were given a booklet from the Brain Tumor Foundation of Canada describing different types and treatments for brain tumors along with many sources for more information and support. My surgery was scheduled for May 10, 2004. I can't describe all of the feelings I had in the week leading up to surgery - emptiness, fear, loss of control of my life. Between this and the drugs I was taking, I had very little sleep.

On the big day, I managed to remain optimistic. They didn't expect any complications and I didn't look past the surgery. The surgery went well and I woke up in the Intensive Care unit, where I stayed for two days. I had the corner office, windows on both sides, and service like you wouldn't believe. I had tubes coming out of my head, my arm, and I won't go on.

Every five minutes (I expect hourly) someone was taking my temperature and my blood pressure and asking me my name, date of birth, where I was and which way was up. I remember Vicky feeding me. It was pretty funny - I could only open the left side of my mouth and not very wide and Vicky was pushing through a small spoon of jelly that tasted green. Boy, did it taste good!

I was in the hospital five days. Dr. Mintz told me the surgery went well. He removed as much of the tumor as he could see. Although they didn't have the pathology yet, he still expected it was a glioblastoma. I saw my family doctor shortly after getting home. The pathology indicated a glioblastoma

As much as this journey is a train I wish I had missed, I have met some wonderful people over the last year.

multiforme Grade IV. Brain tumors are graded on a scale of 1 to 4 with 4 being the most aggressive. I had brain cancer and the prognosis wasn't good. When I got home, I cried.

I have been on a journey since then, a journey I share with so many people - the cancer journey. I am a patient of Dr. Laperriere, radiation oncologist and Dr. Mason, medical director, at the Pencer Brain Tumor Centre at Princess Margaret Hospital. I went through six weeks of radiation every day combined with the chemotherapy drug, temozolomide, last July. Since then, I am on oral chemotherapy five days out of every twenty-eight. Right now, I am on day four of this cycle, and I don't feel great, but I'm not complaining. I see Dr. Mason monthly and have MRI scans every three months. The last one

was May 20. The results indicated my condition was stable and, hence, off to Malta. What happens next? I'll have been on this treatment for one year in September. We'll discuss it then.

As much as this journey is a train I wish I had missed, I have met some wonderful people over the last year. My medical caregivers are exactly that. They care. They are there when I need them (Hi Neetu, me again) always giving advice, answering questions they have probably answered a hundred times, and helping me stay positive through this disgusting disease. Neetu, Maureen and Dolores at the Pencer Brain Tumor Centre, Sharon at Trillium Health Centre and Margaret and Heather at the Brain Tumor Foundation of Canada meetings in Mississauga. Terrific support. I also participate actively in cancer support groups. Halton-Peel Wellspring - Judi, Cathy, Catherine, Susie, the volunteers, Claire at Odette in Toronto (I can't say enough about all of these people) - offers many programs such as yoga, tai chi, healing journey, music therapy, and art therapy. I always look forward to my Friday morning relaxation, quiet imagining and discussion sessions with the group. And music therapy is a riot - we should be coming out with our first single as soon as we can all sing in the same key.

The most inspiring people I have met in the last year are my fellow travelers. We share, we laugh, we sing, we listen, we console, we cry. I have learned so much about the pain, anguish and uncertainty people live with but also about their strength and determination. We move on. We take the next treatment when the current one no longer works. We keep going. And we try our damndest to smell today's roses! I know the depressing statistics for my type of cancer. But I'm not a statistic, I'm Bob!

Vicky, bless her, put together a collection of songs on a CD as a thank you for the guests at my 50th birthday party. Music has always been a love of mine. The tunes all have meaning to me

continued on page 7

DID YOU KNOW?

The Brain Trust has a toll-free number!

1-877-282-HOPE 4673

Directors Message from page 1

Through it all, Neil says he's been taught the most important lesson of all....How to say 'Yes' to life. This 'must-see' presentation takes place from 10:30 am -11:30 am in the 6th Floor auditorium, Princess Margaret Hospital. As always, admission is free, but register early to avoid disappointment. To register, just call Maureen Daniels at (416) 946-2240.

Following Neil's talk, be sure to join us on the 18th floor at The Pencer Brain Tumor Centre for our annual Open House from Noon until 3:00pm. Munch on delicious snacks while you peruse the exciting interactive displays designed to educate about the latest in care and treatment of patients and families living with brain tumors, and go home with a jam-packed loot bag filled to overflowing with goodies.

Our 2005 'Head for a Cure' (HFAC) 5K run will take place on Sunday, October 16th, 2005 beginning at 8:30 am at Queen's Park, held in conjunction with the Toronto Marathon. Join the 'Head for a Cure' team, and all the funds you raise will be directed to The Pencer Brain Tumor 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. Last year, over 150 participants raised over \$80,000 collectively.... A record-breaker! Help us top last year's success and join the HFAC team today. Look for details in this issue. To learn more about how you can participate in Brain Tumor

Awareness Month activities, check out page X in this issue for 'Upcoming Events'.

The Brain Trust Annual Gala 'Sparkle', was a shining success! On June 2nd, 2005, over 900 guests were transported to a shimmering world of fun and fantasy at Liberty Grand Entertainment Complex in Toronto. Celebrity designer Nicholas Pinney transformed the stunning Governors' Room into a sparkling Crystal Palace where guests dined on gourmet fare, danced to the sounds of The Travolta's and DJ Aristotle and browsed the all-new outdoor market of silent auction items under the stars. Net proceeds came in at over \$550,000, once again benefiting the patients and families at The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital.

As usual, the success of 'Sparkle' would not have been possible without your support. Dollars raised will allow Pencer Centre doctors and researchers to build on the recent breakthroughs in brain tumor treatment and in the meantime, continue providing a haven for patients and their families to access the best information, treatment and support during their illness.

Special thanks to the corporate community, especially our Evening Sponsor, Cott Corporation, our Décor and Magazine Sponsor, TD Securities and our Entertainment Sponsor, David & Stacey Cynamon and Family. We thank them for heartfelt generosity along with every one of our sponsors, and of course, all our guests. Sincere

thanks also to our 2005 gala committee, Brain Trust staff and all our volunteers for a job well done. And to the great team at Liberty Grand for, once again, helping us achieve the highest success. The generosity of Liberty Grand continues to ensure that more dollars from our events are able to go to our bottom line. Again, a final thank you to EVERYONE INVOLVED. If you would like a full listing of everyone who contributed to 'Sparkle', please call (416) 923-2999 and request a souvenir copy of our Magazine.

In other event news, on August 29th, 2005, the fifth annual 'Gerry Pencer Golf Tournament' teed off at the historic Scarboro Golf and Country Club. Hosted once again by our friends at Cott Corporation, this great day brought out over 100 golfers, all playing to benefit The Gerry & Nancy Pencer Brain Tumor Centre. The day included 18 holes of golf, a cocktail reception and dinner plus exciting contests and fabulous live and silent auctions. All told, we doubled our net proceeds from last year, bringing in an amazing \$60,000! Special thanks to Mark Benadiba, Karen McBain, Ines Marra and Linda McKie for all their hard work and planning this great day.

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; hollybellman@aol.com





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

The autumn is a very busy season for all of us at The Pencer Brain Tumor Centre. Of course October is Brain Tumour Awareness Month, and a number of important and entertaining events are planned. On October 16th many of us will be participating in the Head for a Cure Walk. For the past several years, many of our patients, family and friends have participated in this fundraising event, and have been very successful in generating money that has been put to good use at The Centre. I am sure that this year will be no exception. Also, The Pencer Centre will hold its annual Open House on October 28th, another event that draws huge crowds to the 18th floor of the hospital. I know that staff of The Centre plan

well in advance to showcase the activities and resources that we have for our patients and families. Unfortunately, but as usual, I will not be able to attend this event because I will be at a semi-annual meeting in Europe with colleagues from the EORTC, a cancer treatment organization. The purpose of these meetings is to discuss and plan new clinical trials for brain cancer. In fact, the new treatment for glioblastoma that is now a standard of care for this disease was conceived at one such meeting, so we hope that we can continue with this good luck...There will be many trials opening in the next few months for a variety of tumours. Some will be collaborations with the EORTC, others will be through the NCIC and others will be independent trials. We will be opening trials for low grade gliomas, glioblastoma, and meningioma, so I will keep everyone informed as things develop.

OCTOBER

is Brain Tumor Awareness Month

Upcoming Events for Brain Tumor Awareness Month October 2005

October 14th & 15th: Brain Tumour Foundation of Canada Information Day, London, Ontario. For more information call; Brain Tumour Foundation of Canada at 1-800-265-5106 or email support@btfc.org

October 16th: 3rd Annual Head for a Cure. This 5K Run in support of The Gerry & Nancy Pencer Brain Tumor Centre takes place in conjunction with the Toronto Marathon. To register online at www.TorontoMarathon.com or contact Maureen Daniels at 416-946-2240 or Maureen.Daniels@uhn.on.ca for a registration form.

October 28th: The Gerry & Nancy Pencer Brain Tumor Centre Annual Open House, Princess Margaret Hospital, Toronto, Ontario. For more information see ad in this issue of BrainScan or contact Maureen Daniels at 416-946-2240.

“Imagine a Cure” bracelets. Help spread awareness about the special challenges faced by people living with a brain tumor and their families by wearing one today's hottest trends. Bracelets are available through The Pencer Centre for \$2 each.

2005 Hat Tribute: The Travelling Hat Display, begun last year continues to grow. This year it will travel across Canada throughout the month of October to help raise awareness about brain tumors. Be sure and see this moving display when it visits The Pencer Centre during our Open House on October 28th.

On Turning 50 from page 5

From Abba's "Thank You for the Music" to "Sing, Sing, Sing", a swing drummer's classic. One of them, Flight of Valour, which I drummed on and was recorded by the Oakville Wind Orchestra in March 2004, I played for our music therapy group at WellSpring. I introduced it as follows: "This piece is about courage. People have said to me I have courage in dealing with my cancer.

I never think of it that way; it's the hand I was dealt and I deal with it the best I can. But I think the word "courage" is very uplifting and positive, very strong. I try to stay positive as much as I can and I try to keep the down times as short as possible. If that makes me courageous, that's OK. None of us know what the future holds. But I have today, it's mine."

So I made it to 50. I don't think I look too bad either. All that gray was cut off - have a number 2 buzz now. My head's a little bumpy now from the operation - gives me a weathered look. I'm glad I turned 50. Next year I'll be turning 51. I can't imagine what Vicky is going to do for my surprise 60th birthday party.



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:

- **Lawrence S. Bloomberg**, Director & Advisor, National Bank of Canada
- **Richard Cole**, President, R.J. Cole Financial Consulting Limited
- **David Cynamon**, Chairman & CEO, KIK Corporation
- **Dianne Lister**, LL.B., CFRE, Principal, The Dianne Lister Group
- **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.

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.

Open House 2005. On Friday October 28, 2005, the Pencer Centre will hold its annual Open House. Beginning at 11:30 am, a variety of interesting exhibits and displays will fill the Centre - ranging from those created by the healthcare professionals involved in the care and treatment of people living with brain tumors, to those created by community agencies that offer support to our patients. Immediately before the Open House, please join us in the 6th floor auditorium at Princess Margaret Hospital from 10:30am to 11:30am for presentation by Neil Crone, actor, improviser, writer and all round good guy. A cancer survivor himself, Neil's presentation will focus on the power of laughter in healing. Admission to this presentation is free, but, SEATING IS LIMITED! To reserve a seat call Sandy at 416-946-2277. We anticipate a very enthusiastic response, so please book early.

Head for a Cure 2005. The Patient & Family Advisory Committee of The Pencer Centre hope patients, families and friends will join them on Sunday, October 16th for the 3rd annual Head for a Cure 5K run in support of The Gerry & Nancy Pencer Brain Tumor Centre. Last year's walk raised over \$80,000 for the support of patient care programs and activities at The Pencer Centre. To register online please visit the Toronto Marathon website at www.TorontoMarathon.com. For further information on how to register contact Maureen Daniels at 416-946-2240.

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 Cheryl Kanter, Neetu Malik, and Maureen Daniels at The Pencer Centre. 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.

Relaxation Therapy. Summer is over but you can learn how to maintain that relaxed summer feeling all year long by attending one of our drop-in relaxation therapy sessions. This program takes place each Wednesday afternoon from 1:00 pm - 1:45 pm. Led by occupational therapist Julie McNally, this program 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.

Art Therapy. With the arrival of fall, our Art Therapy Program is up and running again full steam! This fall two six-week sessions will be offered. Lead by well-known art therapist Gilda Grossman, this program uses art as a means to explore and share feelings. No prior art experience is necessary. This program is free and space is limited, so for a complete list of fall dates or to register, please call Maureen at 416-946-2240.

Patient Information Binder. A copy of this useful organization tool is provided to each new patient at The Pencer Centre. Not only does it provide valuable information and an organizational system, but also includes 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, or require additional sheets for your existing copy, please contact Maureen Daniels at 416-946-2240.

Radiation Therapy and You Video. If you are about to undergo radiation therapy, or have already done so and would like additional information about the treatment, our educational video "Radiation Therapy and You" is a must see. This 20-minute video contains information about how the treatment is planned, what types of side-effects are typical and who to contact should you have questions or concerns. The video may be borrowed from the library in The Pencer Centre and is also available on the radiation therapy treatment units on level 2B. You can also obtain a copy by contacting Maureen at 416-946-2240.

"Understanding Brain Tumours" CD Rom: Our highly acclaimed CD-Rom, which contains over 20 hours of information on brain tumors, available treatments, supportive care services and real life patient experiences, is accessible via the computer in the Resource Library of The Pencer Centre. In addition, copies are 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.

Pencer Centre Website: Our website can keep you updated on programs at The Pencer Centre, as well as upcoming special events. It also includes biographies of staff, back issues of BrainScan and much more. Simply visit www.uhn.on.ca/programs/pencer.

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