

BRAINSCAN

NEWS & INFORMATION FOR

PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

VOLUME 4 · NUMBER 5 · SPRING 2003

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.*

A Message from the Director



Holly Pencer Bellman

It's hard to believe that five years have passed since my father took his last breath on that terrible day in February. He lives on in my heart everyday – I still hear his voice, remember his laugh that made his whole body shake, and how his hand felt when he held mine. A little piece of him also lives on in every member of my family and in his endless roster of close friends and business associates. In a lot of ways it's like he never really left us... he really was 'larger than life'. And, every time I sit down at my desk to get to work on The Gerry & Nancy Pencer Brain Trust, I am realizing his great dream – to make a difference in the lives of patients and their families who live with brain tumors. I hope and pray that wherever my dad is, he knows how far-reaching his vision has been, how many thousands of people he's helped, and what an extraordinary difference he's made. Each week, approximately 80-100 patients are seen in the Pencer Brain Tumor Centre. They come from all walks of life... there are lawyers, doctors, firefighters, computer technicians, plumbers, stay-at-home moms, postal workers... and my dad's vision has helped bring their lives together. How amazing is that? The Centre is not only a treatment facility, but a safe haven for patients to come with their families and participate in a

workshop, have coffee with a friend, talk to a social worker, or just snuggle under a warm blanket in the library. The staff at The Pencer Centre are 'second to none' - top in their fields, compassionate, and so caring. In addition, The Centre itself offers so much more than just great medical care. It's the "fringe benefits" that make The Pencer Centre so special. The complementary therapy programs are regularly held up as a model for other Centres in North America – art, relaxation, support groups, memorial services, caregiver workshops, the list goes on and on. I think my dad would be so pleased that his little "idea" has become such a huge reality. On behalf of him, I thank each and every person who has helped make this happen: our wonderful staff, volunteers, patients and families, and all of our extraordinary corporate and private supporters that help to sustain my dad's dream and make sure that it will always stay alive.

And, speaking of support – are you looking for a fun way to support The Gerry & Nancy Pencer Brain Trust? 'Bell Bottom Bash' is the answer! Dig out your disco shirts, leisure

suits, and go-go boots and get funky with us at Liberty Grand Entertainment Complex, Exhibition Place, on May 29th. This groovy 70's party will feature 'let your hair down' live 70's entertainment, retro cuisine, disco music, go-go dancing, live and silent auctions, and lots of other great surprises. Guests can look forward to bidding on exciting live auction items including: a Las Vegas vacation, including first-class airfare and a three night stay at the luxurious Four Seasons Hotel, an

THE GERRY & NANCY PENCER
**BRAIN
TRUST**

**BELL BOTTOM
BASH**

Thursday, May 29, 2003 @ 7:30 pm
Liberty Grand Entertainment Complex

Groovy 70's Entertainment *
Retro Cuisine *
Disco Dancing *
Live Auction, Silent Auction *

Cott
Evening Sponsor

All proceeds from Bell Bottom Bash will support research and patient care at The Pencer Brain Tumor Centre at Princess Margaret Hospital

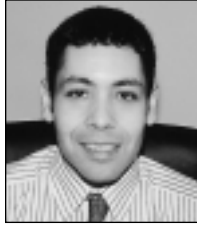
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**THE GERRY & NANCY PENCER
BRAIN TUMOR CENTRE**

- 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.

Medical News



Dr. Warren Mason
Medical Director

Last month the Canadian Brain Tumour Consortium organized a weekend workshop on brain tumours at Lake Louise, Alberta. This meeting brought together many health professionals from across Canada for an update on the current management of brain tumours, including a series of workshops where health care professionals had opportunities to discuss controversies surrounding the management of these illnesses. Amongst topics discussed were the care of elderly patients with malignant brain tumours, the management of patients with low-grade brain tumours, and quality of life and caregiver issues surrounding patients with brain tumours. This meeting, in addition to providing many unique opportunities to learn from leading brain tumour specialists in Canada, the United States and Europe, also created an environment for casual interaction amongst professionals involved in the care of patients with brain tumours. I hope that this interaction will strengthen the ties that already exist in the Canadian brain tumour community, and provide new opportunities for

future collaborations. I personally was impressed by the quality of the formal lectures and interactive workshops, and by the number of outstanding health care professionals who devote much or all of their time to brain tumour research and the care of patients with these tumours. Despite ongoing concerns surrounding the quality of health care in Canada, I genuinely felt that most regions in this country have access to knowledgeable brain tumour specialists – an observation that I'm sure will provide comfort to most readers of this newsletter. Finally, despite the beautiful venue of this meeting, and the obvious temptation of great skiing, the lectures were incredibly well attended – a testament no doubt to the quality of the presentations, and the dedication of the Canadian brain tumour community.

Feel Groovy?

See page 6 for details
on how to win free tickets
to 'Bell Bottom Bash'

Feel Lucky?



CARDS FOR A CURE

The Gerry & Nancy Pencer Brain Trust is proud to present a new collection of cards. These cards are a perfect way to mark a special occasion, remember a loved one, or send as a holiday gift.



TO PLACE YOUR ORDER:
PLEASE CALL 416-923-2999 TOLL FREE 1-877-282-HOPE

All proceeds will benefit The Gerry & Nancy Pencer Brain Trust and Brain Tumor Centre at Princess Margaret Hospital, Toronto. Charitable Registration Number 88177 7569 RR0001

At the Pencer Centre's open house last October, the Patient and Family Advisory Committee (PFAC) unveiled their project for our booth. It was a Dream Catcher. Jo-Ann Kakekayash our native teacher from the Chippewa Tribe was on hand to explain the meaning of each aspect of it, from the spiritual and legend, to the meaning of each stone, bead, feather and fur.

This project began months before the open house, when all the members of the committee decided we wanted to make a dream catcher. Our wish was to have a native person teach us about all aspects of the project, as we felt this would make it more meaningful. Our teacher Jo-Ann proved to be both a wonderful person and an excellent teacher. I explained to her that we were a combined group of brain tumor patients and caregivers from the Pencer Centre. We had the idea that each participant wanted to make his or her own small dream catcher, and incorporate each individual one inside a larger, group creation. Jo-Ann had never made one like this. So, she prayed to the creator, and had a vision of how it could be accomplished. It was then that I received a call to say she was ready to help us.

We were all excited and anxious to start the project! After Jo-Ann gave us the spiritual meaning and the legend behind the project, we had a smudging. This ritual uses a combination of sage, sweet grass, cedar and tobacco. It is done to fill us with positive thoughts and love, and to bless us, as well as our materials, and our surroundings. When Jo-Ann began, we each took handfuls of the smoke and washed it over our bodies from head to foot. We were then ready to get to work on our dream catcher. The large ring in the center was covered with deerskin. Then the sinew began, and was woven in and pulled taut. This formed the spider's web

The Dream Catcher



design. The web catches bad dreams, while allowing good dreams to pass through the hole in the middle. While we worked on our own individual dream catchers, choosing the beads and stones that we wanted, it was exciting to see the spider's web forming. Each of us took turns working on the

large dream catcher when the time came to add our own to it. Jo-Ann gave each of us an eagle feather for our individual dream catchers. This is the highest honour one can receive in native culture.

We started work on this project at 10:00 am. While our plan was to complete it in two or three sessions, the experience took hold of us, and once we

started, we wanted to see it finished. For all of us, it was a very moving experience. By 8:00 pm, we were exhausted yet exhilarated at the same time.

This is how we see our project: The central dream catcher is the caregiver. The four surrounding it are the patients. To us, it signifies how our lives are intertwined. While it is beautiful, the dream catcher is not simply an 'ornament' – it has deeper meaning and healing qualities. It represents the circle of life, and reminds us that the spirit is eternal and lives on even after death.

I would like to thank Jo-Ann for teaching us how to make our dream catcher. I would also like to thank the following patients who participated in the project: Carole Griffin, Randy Yee, and Tim MacKenzie; as well as caregivers Noriko Ferguson and Nancy Yee for making such a beautiful, healing creation. I would also like to say a special word of thanks to my husband Bill for serving lunch and making sure that we had tea and cold drinks. ☀

Irona Fraser is a brain tumor survivor and member of the P.F.A.C. since it's inception.

Director's Message *from page 1*

exclusive opportunity for ten girls and their parents to spend a magical day with prima ballerina Karen Kain, including watching a private coaching lesson, tours of The National Ballet's Walter Carsen Centre, including the spectacular costume department, tea with Karen Kain, and souvenirs of the day like signed pointe shoes; an all-expenses paid dinner party at your own home for 35 people, including a sumptuous three-course meal, martini bar, waitstaff, valet parking, and all the fixings, and a kids playroom package jam-packed with so much fun stuff it will make your children's heads spin!! Our silent auction is better than ever this year also, so come early to place your bids.

The best part of this exciting event is that all proceeds will go to The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital. This year, with your help, we are aiming to net \$500,000 to help patients and their families cope with the devastating diagnosis of a brain tumor. Once again, Cott Corporation has come on board as our evening sponsor and, we are pleased to announce this year

that David and Stacey Cynamon & Family are our entertainment and magazine sponsors. The corporate and private support for 'Bell Bottom Bash' to date has been overwhelming! Please show your support too, by buying tickets at \$150 each or becoming one of our distinguished corporate sponsors. To get on our invitation mailing list, or to order your corporate package, call our 'Bell Bottom Bash' hotline at 416-923-2999.

For all you golfers out there, mark Monday, August 25th, 2003 on your calendar for Cott Corporation's 3rd Annual Gerry Pencer Golf Tournament. Held at the historic Scarborough Golf & Country Club, all proceeds from this great day go to The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital. This exciting tournament always sells out early so arrange your foursome today. For more information, please call Karen McBain at (905) 672-1900 ext. 538.

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. ☀



To get yourself ready for **Bell Bottom Bash**, see how many of the following **TOP 10 Fads** and **Styles** of the 1970s you remember:

..... 😊 1

Disco!

..... 😊 2

Lava Lamps

..... 😊 3

8-Track Tapes

..... 😊 4

Pet Rocks

..... 😊 5

Platform Shoes, Bellbottoms and Hotpants

..... 😊 6

TV Dinners

..... 😊 7

Streiking

..... 😊 8

Farrah Fawcett Hair

..... 😊 9

Smiley Face

..... 😊 10

Mood Rings

If you haven't been to the PMH Wig Salon lately, you are missing out on some exciting changes. For many years the Wig Salon has provided a valuable, conveniently located service to Princess Margaret Hospital patients. Now, through the dedicated efforts of Zain Haji and Sarah Paglialunga, the wig specialists who work in the salon, the PMH wig salon has entered the 21st Century!

When you enter the salon (located on the 3rd Floor, Room 642 of Princess Margaret Hospital), you are immediately struck by a dazzling rainbow of colours, luxurious scarves, stylish hats and fabulous wigs. All this, and a quiet, serene environment in which to make your selections. As Sarah and Zain point out, many patients find that losing their hair is a traumatic experience – it is the most public of side effects. With this in mind, they are committed to supporting patients through this difficult transition, despite its overwhelming nature.

Both Sarah and Zain bring a wealth of experience to the PMH Wig Salon. Zain has been working in hair for 14 years and has an extensive background in both hair styling and make-up artistry. When his own father became ill with cancer, he began to explore how he could tie together his artistic skills and his caring nature to help improve the lives of

cancer patients and help them feel great about their appearance. Zain has accomplished this goal in many ways: he is a member of Wellspring, where he currently co-facilitates support groups for caregivers of cancer patients, and he is an active volunteer with the Look Good Feel Better program. In addition to the seven Look Good Feel Better workshops held at PMH each month, Zain also runs the workshops at Wellspring Sunnybrook.

Similarly, Sarah has an extensive background in hair styling and wig selection. She has been working in salons for over 30 years! Prior to



joining the staff at the PMH Wig Salon, she worked in the wig department at Eaton's for 10 years. During that time she developed strong skills in wig selection, styling and support for those people experiencing hair loss. Sarah's gentle manner provides caring support for patients who are looking for guidance during a hair loss experience. Her extensive knowledge of appropriate headwear is a comfort to many people.

Together, Sarah and Zain make up an expert team that can address any question people may have about living with their hair loss. In the 21st century, there are many options to deal effectively with treatment-related hair loss. Wigs come in several varieties (i.e., human hair, synthetic hair or a combination of the two) and in hundreds of styles. Zain and Sarah can help you to choose a style that suits your look, is natural in appearance, is comfortable to wear, and fits your budget.

If a hat is more your style, Zain and Sarah will have something that is right for you. Fabric, colour, fit, and style are all considerations when choosing the right hat (or two). They have ensured that the Wig Salon carries hats and caps in low-key styles that will flatter you without flaunting you! Gentleman need not feel left out either, as the Wig Salon does carry a good selection of hats for men as well.

Zain and Sarah also suggest that women who are interested in assistance with appearance-related side effects of cancer treatment, consider participating in a Look Good Feel Better Workshop. Information about these sessions is available at the Wig Salon.

It's easy to arrange for a private consultation at the PMH Wig Salon. Both Zain and Sarah offer exceptional professional care to all their clients, and would be happy to meet with you. To book an appointment, simply call the Salon at 416-946-6596. 🌟



Mary-Lynne Ashby-Cornell (centre) gets a wig fitting from Zain Haji (l) and Sarah Paglialunga.

Quarterly quote

Never save something for a special occasion. Every day in your life is a special occasion.



HIKING THE INCA TRAIL IN PERU

by Kate Barnes

Peru is a beautiful country with ancient sights to see, wonderful local people to meet, mountain trails to follow, and interesting food – including tasting guinea pig! Well that is what my sister had told me. I knew that I had to go to Peru to see all of this for myself. I do love traveling around the world, and so I decided to be brave and take a two-week holiday to go on this adventure trip.

Why am I writing about this to you? Why did I need to be brave? It is because I have a low-grade astrocytoma brain tumor. It was found in 1996 after I had a seizure one day while leaving work. This, for me, was the most terrifying experience of my life. The surgery took place soon after, with radiation therapy following three months later. At the age of 26, I knew that this experience was going to create major changes in my life. In 2000, the MRI scan showed that my tumor was growing again, so I had to have surgery again, followed by a chemotherapy treatment that lasted for 11 months. By now I realized that I had one life to live, and I was determined to live it the best that I could!

Now, I will admit that I was quite nervous about hiking up along The Inca Trail in the higher altitudes of the snowcapped mountains in Peru. I knew that I would be more vulnerable to having a seizure being up so high, over 10,000 feet. While Dr. Mason was pleased that I was going on this adventure, he did say that I would feel a "bit more tired" than usual when I got up into the higher altitudes. He also made me promise that I would tell the tour group leader about my tumor and the medication that I was taking. Okay, okay, okay – now I was really quite nervous! So I took two bottles of Dilantin with me just in case I lost one. And I took a wee bottle of

sedatives prescribed by Dr. Mason just in case I had a seizure. And I tried as hard as I could to get in the best possible shape before my day of departure to Lima, Peru. I was determined to be as strong and sure as possible for this adventure I was about to go on!

I was ready to spend 14 days in the high altitudes of Peru – I met the rest of the tour group when I arrived in Lima. Ten Brits, two Irish and then there was me, the token Canadian. What a great group of people to travel with in Peru! The trip included standing on the floating reed islands near Puno, a boat ride on the highest lake in the world known as Lake Titicaca, seeing the sights at Sacsayhuaman, and getting ready in Cuzco (my favorite place) for the four-day hike along the Inca Trail.

The Inca Trail, walked along centuries ago by the Incas, winds in and around the Andes Mountains. As the hike started, it became very emotional for me. I was utterly speechless hiking along the trail amongst the mountains! The views were breathtaking! The experience was inspiring! To be as high as 13,000 ft at "The Dead Woman's Pass" and see the

world below me made me think how lucky I was to be alive. Finally, as I walked through the "Sun Gate" on the morning of the fourth day and could see the ancient Macchu Picchu site from afar – I burst into tears! I was so proud of myself! I made it and I felt great! It made me realize that I can do what I need to do. I can do what I want to do. Yes I have a brain tumor and yes I take Dilantin on a daily basis. But I took care to prepare myself to be as strong as possible. It was the pride I felt when I walked along the Inca trail and through the Sun Gate that has given me the strength to move on with my life. There is a quote that I thought I should share with you. I saw it written on a wall somewhere several years ago. It said: "We all have one life to live, live it to the best of your ability". 🌟



Kate Barnes, and friend, on the Inca Trail

We Ate What?

Decipher These 70s Snacks!
Sample answer: TV Dinners

Do you feel lucky? To get people in the mood for our 'Bell Bottom Bash' event coming up on May 29th, we thought it would be fun to take you back a few decades to see if you remember all those groovy 70s snacks.

Match up the descriptive words in column 1, with the correct endings in column 2, to come up with the correct names of these delectables. Email your answers to hbelleman@sympatico.ca. On May 10th, your name could be drawn for two free tickets to 'Bell Bottom Bash' (value: \$300).



Head for a Cure

When?
Sunday, October 19 2003
Start: 8:30 am

What?
 Please join patients, families and staff on Sunday, October 19th, 2003 for the inaugural "Head for a Cure" walk



Registration
 Must be completed no later than **Saturday, October 18, 2003.**

Why?
 A 5 km walk in support of **The Gerry & Nancy Pencer Brain Tumor Centre**



How Much?
 Entry Fees (Cdn \$)
By June 30 - \$25
By September 13 - \$30
After September 13 - \$35

Where?
 The 5K Run Walk will begin at Queen's Park opposite Hart House and run south on University Avenue to Front Street turning north up University Avenue and finishing at Queen's Park.

(5K walk is part of the Toronto Marathon)

Following the completion of the walk, complimentary refreshments will be provided.

T-shirts will be provided to all of the participants

Pledge sheets are available at the Pencer Centre or by contacting Maureen Daniels at 416-946-2240





STRATEGIES TO FIGHTING FATIGUE

QUESTION

I have just recently finished my five week course of radiation therapy to my brain, and find that I am still fatigued. How long should I expect this to last and is there anything I can do to combat it?

ANSWER:

Stephanie Phan, Occupational Therapist

Fatigue following radiation therapy is very common. It should gradually decrease over time, but it can take several weeks or months or sometimes even longer. In the meantime, there are a number of things you can do to make it easier to cope:

Pace Yourself: Maintain a slow and steady pace. Rest before the point of exhaustion so that you can extend your energy level longer during the day. Short periods of rest are better than long ones. If your activity is too tiring, break it up into smaller, more manageable steps, and spread the steps over several days. An activity doesn't need to be completed from start to finish all at once.

Prioritize and Plan Ahead: Plan your activities to ensure that you schedule in rest periods. Ask for and accept help when people offer it. Delegate tasks to supportive others. Alternate heavy and light tasks. Gather all needed supplies before starting an activity.

Watch Your Posture and Positioning: Sitting whenever possible promotes better posture and takes about 50% less energy than standing for an activity. Change your position and stretch often. Push/pull things rather than carry them. Improper work heights can make you tired so organize your work areas and adjust them as needed. For example, raise the height of beds or chairs on furniture blocks to make it easier to get on/off. Store frequently used items within easy reach, usually between your hip and shoulder height.

Use Aids: such as long-handled sponges, shoehorns, dustpans, jar openers, adapted cutting boards, trolleys, etc. to save your energy and time.

Minimize Stress: by creating realistic goals for what you can accomplish. Fatigue and stress are closely related. Give yourself permission and set time aside for relaxing activities or exercises. Try some relaxation techniques such as deep breathing, progressive muscle relaxation and visualization. 🌻



Delores Dholah
Clinical Trials Coordinator

As discussed in the Fall 2002 edition of BrainScan, we now have a Clinical Trial that is up and running: A Trial of Dalteparin Low Molecular Weight Heparin for Primary Prophylaxis of Venous Thromboembolism in Brain Tumor Patients. This is a complicated way of saying that this trial is examining whether the use of a specific blood thinner, low molecular weight heparin, will be helpful in preventing the formation of blood clots in people diagnosed with brain tumors.

This trial has a "sub-study" as well, which asks whether such a blood thinner might prevent the cognitive decline that can sometimes occur following treatment for brain tumors. The principal investigators of the sub-study are at the Sunnybrook & Women's College Health Sciences Centre: Dr. Lori Bernstein a neuropsychologist, and Dr. James Perry, a neuro-oncologist. The purpose of this sub-study is to compare the quality of life and cognitive abilities of patients with malignant glioma who receive either low molecular weight heparin, or a placebo.

Only those patients participating in the blood-thinner Clinical Trial are eligible to participate in this cognitive sub-study. Participation in the cognitive study involves testing thinking abilities, such as your ability to solve problems and remember things. Dr. Bernstein will also discuss with you strategies to improve memory and/or other cognitive difficulties you may be experiencing. The first session will last two to three hours, and follow-up appointments will be scheduled every six months for a period of 36 months. As with any clinical trial, you can withdraw at any time. The first appointment must be scheduled no later than two weeks after starting radiation treatment. While the principal investigators of this study are at Sunnybrook Health Sciences Centre, patients at Princess Margaret Hospital are also eligible to participate. Appointments can take place at either The Pencer Centre or at Sunnybrook Hospital. If you feel that this is something you would be interested in, please contact: Delores Dholah at Princess Margaret Hospital at 416-946-4624 or Dr. Lori Bernstein at Sunnybrook & Women's College Health Sciences Centre at 416-480-6100 ext. 7363. 🌻



The Pencer Centre Team and Friends were recently spotted on the ski slopes at Lake Louise, Alberta sporting their Pencer hats (left to right): Susan Marshall, Executive Director, Brain Tumor Foundation of Canada, Michele Lough, Maureen Daniels, Dr. Barbara-Ann Millar, Cheryl Kanter, Dr. Lori Bernstein, Crolla Family Brain Research Unit, Sunnybrook





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 multi-disciplinary 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
- **Lloyd S.D. Fogler, Q.C.**, Partner, Fogler, Rubinoff, LLP (Law Firm)
- **Dianne Lister, LL.B., CFRE**, President & CEO, The Hospital for Sick Children Foundation
- **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 running at the Pencer Centre are drop-in programs. This allows 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 prior to coming to the Centre, to ensure that the program is running on the day that you may be planning to attend. Please feel free to call Maureen Daniels at 416-946-2240.

Support Groups for Brain Tumor Patients and Families. Living with a brain tumor presents many challenges for both patients and their families. Our support groups provide an opportunity to share your experience with others in similar circumstances. Learn what coping mechanisms work for others, and gain support from your peers. The groups run the second Tuesday of each month from 7:00 pm – 8:30 pm. These groups are facilitated by Cheryl Kanter, Delores Dholah, Stephanie Phan 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. Stephanie Phan, our occupational therapist, is an expert in relaxation! She wants to teach you a variety of relaxation techniques you can use to help get relaxed and stay that way. Why not join her for one of her drop-in relaxation therapy sessions? This program takes place each Wednesday afternoon from 1:00 pm – 1:45 pm. Patients and family members are welcome to participate in this drop-in program. Simply come to The Centre at the above noted time.

Art Therapy. The dates for the next two Art Therapy sessions have been confirmed. Join well-known art therapist Gilda Grossman, beginning either April 24th or June 19th for this 6-week program. Gilda will lead you through the use of art to explore feelings and ideas. No prior art experience is necessary to benefit from this program. There is no cost but space is limited. To register for the next session, please call Maureen at 416-946-2240.

Patient Information Binder. Our Patient Information Binder is as popular as ever. Included in the latest edition 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, or require additional sheets for your existing copy (like new calendar pages for 2003), 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.

Radiation Therapy Information Sessions: Every other week in the Radiation Therapy department on level 2B of Princess Margaret Hospital from 11:00 am – 11:30 am, our dedicated Radiation Therapists provide an information session on Radiation Therapy to the brain. Take this opportunity to learn more about this form of treatment, how it works, and what the expected side effects might be. Time is also provided for questions. This program is a drop-in program so no prior registration is required. For a complete list of upcoming dates, please contact Maureen, at 416-946-2240.

Our highly acclaimed **CD-ROM**, which contains over 20 hours of information on brain tumors, available treatments, supportive care services and even real life patient experiences, is now accessible via the computer in the Resource Centre in 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.

Be sure to watch the "What's On" column in upcoming issues for information about new programs and exciting, **NOT TO BE MISSED EVENTS** happening at The Pencer Centre over the next few months!

Did you know? The Brain Trust has a toll-free number!
1-877-282-HOPE (4673)

BrainScan is published quarterly 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

BRAINSCAN

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