

BRAINSCAN

NEWS & INFORMATION FOR PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

VOLUME 4 · NUMBER 4 · WINTER 2003

THE GERRY &
NANCY PENCER
**BRAIN
TRUST**



*"Making a Difference
in the Quality of Life
of People Living
with Brain Tumors"*

A Message from the Director



Holly Pencer Bellman

It's hard to believe that another year has passed so quickly. My sincere best wishes for a happy and prosperous 2003 to all our readers. This issue, as always, is filled to the brim with exciting news and information geared to brain tumor patients and their families. As you leaf through, you'll notice the usual great columns, plus some new additions.

"Here's to You – A Tribute to our Patients", is a column we will feature from time to time to honour the courage, strength and dignity of brain tumor patients. The inaugural column in this issue honors the memory of the one and only Guy Morrison, an active member of The Pencer Centre family, and our great friend. The beautiful thing about this new column is that anyone – families, friends, Pencer Centre staff – can use the space to tell a story about a loved one. If you have a submission you would like to share, please contact Maureen Daniels at 416-946-2240. I hope you will find Guys' story as inspiring as I do.

I'd like to begin this New Year's issue by thanking ALL of our donors over the past year. Thanks to you, The Brain Trust was able to report net proceeds of \$780,000 this year! I would like to congratulate all of you for contributing to this incredible success. Your support is our lifeline, enabling us to continue



providing the programs and services that have made having a brain tumor just a little more bearable for our patients and their families. In order to continue this level of excellence in care, we are always looking for additional support. As a result, we respectfully ask that you continue to offer your donations to The Brain Trust; or if you have never given before, please consider adding The Brain Trust to your preferred charity list. All contributions are appreciated – from \$5 to \$50,000, we are grateful for the support you provide. To make a donation to The Pencer Brain Tumor Centre at Princess Margaret Hospital, please contact the foundation office at 416-946-6560. If you would prefer that your gift goes directly to The Brain Trust, please contact Linda McKie at 416-923-2999. For another great way to give to The Brain Trust, check out page 2 in this issue: "Cards for a Cure" is the donation that lets you give AND receive!



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.

'let your hair down' 70's entertainment, retro cuisine, disco music (complete with go-go dancers), live and silent auctions, and lots of other great surprises! This year, Bell Bottom Bash is aiming for net proceeds of over \$500,000 to benefit patients and families of The Pencer Brain Tumor Centre. If you would like to get on our invitation list, or to become one of our distinguished corporate

continued on page 7

**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.**



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

Many of the unique services and amenities of The Pencer Centre are made possible by the support of The Pencer Brain Trust whose mission is to make a difference in the lives of brain tumor patients and their families.

The Brain Trust, in turn, would not be possible without the generosity of corporate and private donors. I know that I do not need to convince you that the Pencer Centre services make an enormous impact on the quality of life experienced by brain tumor patients and their families. The Centre itself is a testament to how private donations can enhance our hospital environment. The Princess Margaret Hospital, as part of a University Health Network sponsored campaign, has initiated a five-year fund-raising effort that will provide additional money to stimulate patient care and research at this institution. The physicians and scientists

affiliated with The Pencer Centre, in conjunction with the Princess Margaret Hospital Foundation, have identified a number of fund-raising goals for The Pencer Centre – including money to endow positions in experimental medical therapeutics, radiation oncology, and molecular biology. In addition to funds for new staff and trainees, The Centre hopes to raise money for a PET scanner and other state-of-the art technologies. To help us achieve our objectives, the Foundation has appointed Nancy Pencer as the honorary chair of The Pencer Centre campaign, a choice that surely guarantees the success of this effort. This campaign is an enormous undertaking, however, and will require the commitment of many individuals if our goals are to be realized. Indeed, the Patient and Family Advisory Committee of The Pencer Centre (PFAC) is already working on ways to assist in the effort to generate money for this cause. I personally believe that this campaign will be a great success, the direct result of which will be enhanced patient care, cutting-edge research, a meaningful contribution to improved treatments, and hopefully, someday, a cure for patients suffering with brain cancer. ☀

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



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

"The shortest distance between two people is a hug."

Reverend Roger McCombe, as spoken during his presentation at the Pencer Centre Open House, October 25, 2002

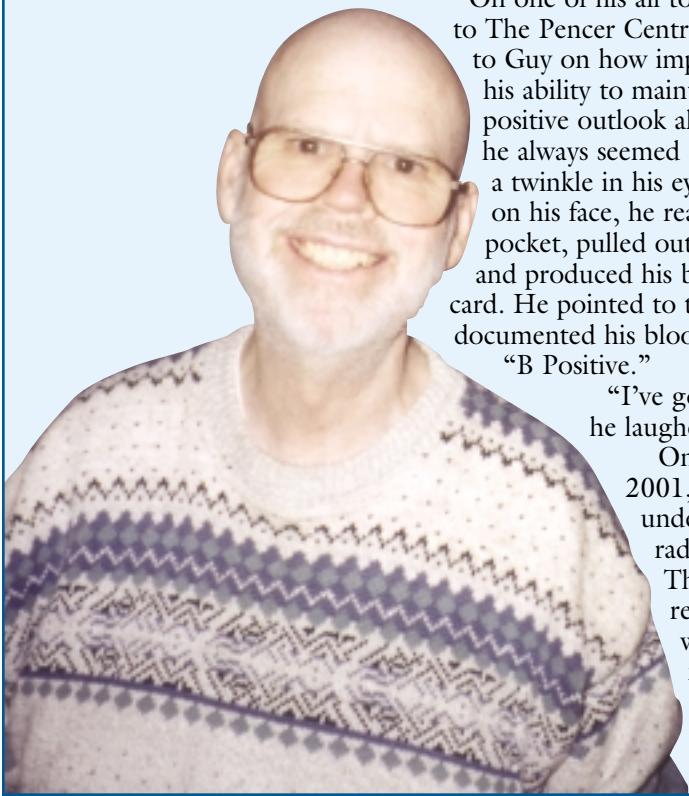
**Quarterly
quote**



A Tribute to Guy Morrison

WHAT A 'GUY'

Written by Maureen Daniels



Let me tell you about my friend Guy Morrison. Guy had a glioblastoma multiforme. He died in March of 2002. The reason I want to tell you about Guy is not because he died from his brain tumor, but because for four years he LIVED with his brain tumor... and I mean lived.

When faced with the reality of a brain tumor, Guy chose to put his efforts into making positive things happen. He spent a lot of time helping to raise public awareness about brain tumors, and comforting and empathizing with those patients who were more recently diagnosed than he was. In addition, he helped steer the course of The Pencer Centre from the beginning, by sitting on our Patient & Family Advisory Committee, working with us to create our Patient Information Binder, evaluating patient programs, and acting as a 'greeter of guests' at our annual Open House. He did all this in spite of the challenges his own illness put in his path, and he did so with an unrelentingly positive attitude, and spectacular sense of humor.

On one of his all too regular visits to The Pencer Centre, I commented to Guy on how impressed I was by his ability to maintain such a positive outlook all the time – he always seemed so "up." With a twinkle in his eye and a smile on his face, he reached into his pocket, pulled out his wallet and produced his blood donor card. He pointed to the line that documented his blood type... "B Positive."

"I've got no choice!" he laughed.

On October 31st, 2001, Guy was to undergo stereotactic radiosurgery.

The procedure required that he wear a heavy metal frame bolted to his head for several hours prior to

the treatment. With time on his hands and his usual sense of mischievousness, he decided to head up to The Pencer Centre. After all, it was Halloween, and he figured he had the best costume going. Once he arrived, he settled himself into our library and began to demand candy!

Now lest you get the impression from my reminiscing that Guy was just about fun and games, let me tell you that he had his serious side as well. In many PFAC meetings, Guy worked hard to ensure that we always kept the best interests of our patients and families in sight when it came to The Centre. He was not shy about voicing his opinions. But he did so in such a way that it was obvious he wanted to genuinely make life better for others facing this illness. In many ways, The Pencer Centre is the place it is because of Guy's influence.

If we are fortunate in life, we will meet a few extraordinary people who touch us in ways that we carry with us forever. I feel blessed as the coordinator of The Pencer Brain Tumor Centre, because I am touched by extraordinary people every single day. However, in my mind, there is a "short list" of very, very special people. Guy Morrison is at the top of that list.

Guy passed away on March 27th, 2002. He is survived by his wife Joanne, who he loved endlessly; two sons, Rob and Scott, who he was so fiercely proud of; and a wonderful new daughter-in-law, Kate.

We miss him. He was a very special man, and because of him, it is easier for me to look my patients in the eye and share with them that it is possible to LIVE with this illness. A very special 'Guy' showed me how it is done. Thanks Guy, I will never forget you.

Here's to You – A Tribute to our Patients is a new column that will appear from time to time in *Brainscan* to honour the courage, strength and dignity of brain tumor patients. If you would like to share your personal tribute to a loved one, please contact Maureen Daniels at 416-946-2240.

TOP TEN WAYS TO KEEP WARM THIS WINTER

1

Snuggle under a big blanket with someone you love

2

Build a roaring fire and toast marshmallows

3

Help yourself to a steaming mug of apple cider or hot chocolate

4

Hug a friend

5

Bundle up (don't forget your Pencer Centre hat!) and go for a brisk walk around the block

6

Take a nice hot bath with a few drops of calming aromatherapy oil, such as lavender

7

Bake some cookies, and fill your house or apartment with the delicious warmth

8

Dig out your coziest sweater and slippers and curl up with a good book

9

Fill your living space with the warm glow of candles

10

Make a donation to The Pencer Centre and warm your heart... and ours!

Staff Profile



**Dr. Barbara-Ann Miller
Radiation Oncology Fellow**

Patients of The Pencer Centre, and regular readers of *Brainscan* are aware that an important part of our mandate is to educate medical professionals in the state-of-the-art management of brain cancer. Physicians who join us at The Pencer Centre for training are referred to as "Fellows" and are said to be completing a "Fellowship." These physicians, who have already completed extensive medical training and are qualified to work as physicians, have committed themselves to completing additional training in a very specialized area of practice, such as radiation oncology or neuro-oncology.

In the last issue of *Brainscan*, it was our pleasure to introduce you to Dr. Ruxandra Costa, our fellow in Neuro-oncology. In this issue, it is with equal pleasure that we would like to introduce you to Dr. Barbara-Ann Millar. Dr. Millar is into the second year of her fellowship in Radiation Oncology at Princess Margaret Hospital, where her area of focus is treating patients, both adults and children, who have tumors of the central nervous system.

Dr. Millar joined the staff at The Pencer Centre in July 2001. Prior to coming to Princess Margaret Hospital, she completed her medical training in the United Kingdom. Having attended medical school at the University of Sheffield, England and graduating with honours, Dr. Millar is the

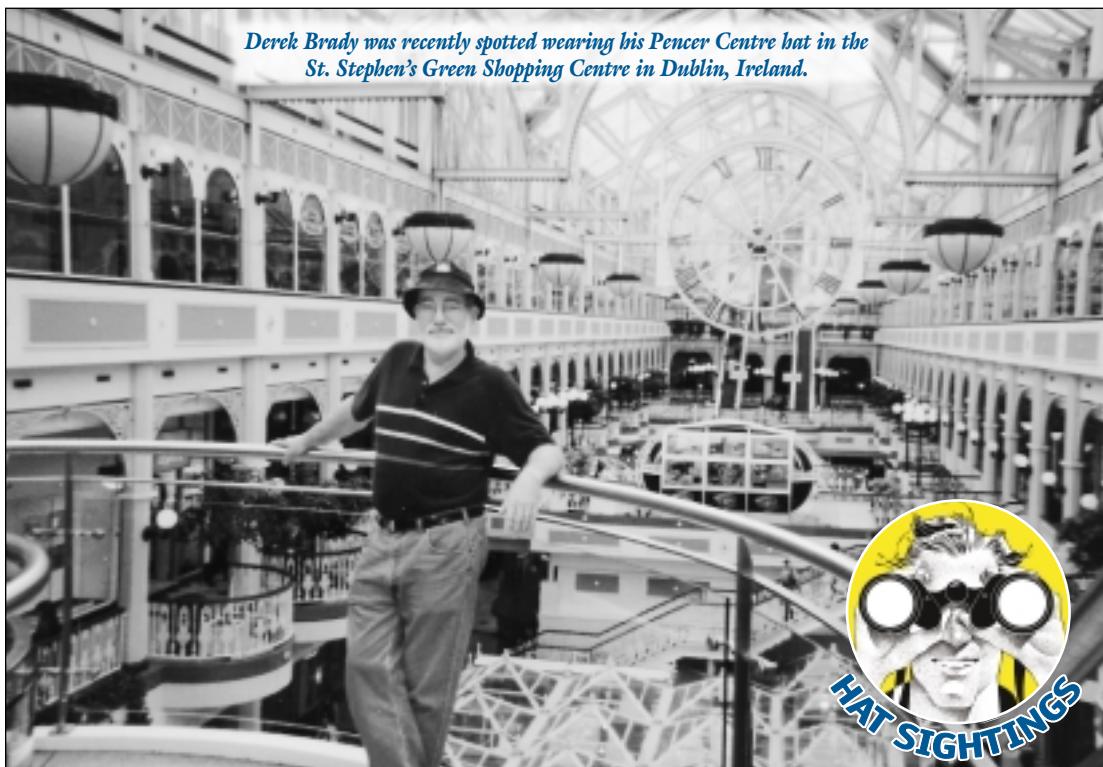
recipient of a number of awards and prizes, including the Gold Medal for Clinical Medicine and Surgery.

Dr. Millar explains why she has a special interest in treating patients who have tumors of the central nervous system. According to Dr. Millar, "This is a very interesting area to be working in because there are a wide variety of diagnoses, with new areas for improving treatment, and new developments in research. I am very happy to be doing my fellowship at Princess Margaret Hospital. There are very few centers that can provide exposure to such a large and varied patient population, and the ability to utilise state-of-the-art technology," Dr. Millar adds. "It's a great team to work with: Not only is there good communication among the staff, we all enjoy working together."

The schedule of a Fellow is particularly demanding. Not only does Dr. Millar see patients to plan their treatment, and then follow them through the course of that treatment, she is also involved in several research projects.

For those patients and families of The Pencer Centre who have already had an opportunity to get acquainted with Dr. Millar, we are sure you will agree that she is a very knowledgeable physician who brings a real sense of compassion and empathy to her practice. We are confident that those patients and families who will meet her in the days ahead will feel similarly. It is a privilege for the staff at The Pencer Centre to work with such a vibrant lady! ☺

Derek Brady was recently spotted wearing his Pencer Centre hat in the St. Stephen's Green Shopping Centre in Dublin, Ireland.



Rhetta and I met in 1995, when we were both students at the University of Toronto. She was a linguistics major, and I was studying engineering. Our paths crossed at Varsity Arena, where we ended up playing on the same intermural hockey team. As I got to know Rhetta better, I felt that I had surely found a true friend and foil with whom to travel on this journey of life. Five short years later I learned that we were destined to share a much different journey – a much shorter journey – as her exhaustion and headaches were found to be the result of a brain tumor. It was after the surgery that I heard the name “glioblastoma multiforme” for the first time, followed by words “this is a terminal cancer, but we’ll try to control it as long as we can”. I was numb. The internet provided cold clean facts – 14 weeks. Three months. Six months. When I did hear the prognosis I actually felt some relief – one to two years. In comparison it seemed long, but in my heart I knew better.

In the end Rhetta lived for almost 23 months from the date of her initial diagnosis. Twenty-three months containing two surgeries, five weeks of radiation therapy, nearly a dozen rounds of chemotherapy, about 10 MRIs, several CT scans, stereotactic radiosurgery, and innumerable blood tests. But also many trips to the cottage, more than half a dozen trips to Nova Scotia to see her family, witnessing her first niece learn to walk and talk, living to see her second niece born, and knowing that another niece or a nephew was “on the way”, a snowboarding trip to Whistler, summer hockey, mountain biking, three completed triathlons, and many, many walks in our neighborhood, in the peace of Mount Pleasant cemetery, and at the cottage. Twenty-three months of anger, sadness, joy, exhilaration and fulfillment.

During the last trip we took to Nova Scotia together, in May of 2002, we hiked the Cape Split trail. It is a beautiful trail through widely varying landscape to a rocky bluff jutting out into the Bay of Fundy. As we hiked back to the trailhead she stopped me: “Just promise me that you will never forget you’re alive”, she said. I will never forget that moment. It’s

Rhetta Morse (left) and Katherine Bryce at Golden Lake.



STILL WALKING WITH RHETTA

by Katherine Bryce

a harsh reality that it is only through loss that we truly realize how much we take for granted.

In July 2002 I drove to Nova Scotia once again, bringing the ashes of my sweetheart home to be buried in Berwick cemetery with her ancestors. When I returned to Ontario I decided to spend a week at my cottage. One day I was up in our wooded lot with my binoculars, watching the birds. I came across a fallen ironwood tree, which is not unusual because there are many ironwoods, and quite often there are several dead ones lying around, waiting to be picked up and thrown into the BBQ pit. I saw this one – it was very straight with few branches, which is usual for ironwoods – and I thought to myself “that is the perfect size for a walking stick”.

There really was no reason for me to fixate on making a walking stick out of that particular ironwood tree (something I’d never done before), other than it seemed to beg for it. So I dragged it down, and plopped it behind the cottage where the wood shed is. I left it there, and the next day my dad commented on it, saying that he was going to cut it up to use it for the BBQ that night.

I debated with myself whether to say anything about wanting it for a walking stick, or just letting him cut it up



and forgot about the idea. But for some reason, I felt obliged to make the stick. I felt silly about it. I even said to myself, “this is ridiculous, that tree has nothing to do with Rhetta”. But because I believe that those strong feelings we sometimes get are deeply rooted messages and ought to be heeded, I felt I should follow through with my plan. I went inside and told my dad I wanted the top part for the walking stick. I helped him cut the rest up for the BBQ, and had him stop a few inches above where I wanted to make the cut for the handle. There was a good bulb there which I thought would make a perfect grip.

I went and got the handsaw and cut it where I wanted it. When I was finished cutting, I looked at the cut face, and honestly, there is a perfect heart shape in darker wood in the middle of the face. I swear to you, it is perfect. I have never seen anything like it. I suppose it had everything to do with Rhetta. I’ll never know. When nature smiles at you, there’s nothing you can do but feel blessed.

I finished the stick and varathaned it so it shines. I kept the top portion of the cut too, because here is the unusual thing: where my dad made the cut with the chainsaw, there is no heart shape. It seems the message was meant for me.

One of my favorite writers is Wally Lamb. He wrote a great book called “I Know This Much is True”. In the last paragraph he cites as one of those things which he knows to be true that “the proof of God exists in the roundness of things”. I like this statement because, though I am not a religious person and do not believe in God as a divine being, it allows a certain degree of flexibility in an interpretation of God. God may “simply” be a pattern or fluidity or interconnectedness in what often appears to be a totally chaotic world. I think that this

curious occurrence is a great example of the roundness of things.

What I know for sure is, I will carry her words and my promise with me for the rest of my life, and when I carry those words and my beautiful stick, I am still walking with Rhetta.



Delores Dholah

Clinical Trials Coordinator

What Happens When the Trial is Over?

Clinical Trials are vehicles we use to test new treatment options for our patients. By doing this, we are able to better understand the disease, the way the tumor behaves and responds to different treatments.

On several occasions in this column, we have discussed the purposes of clinical trials and the difference between the various phases of those trials. This article aims to address what happens at the completion of a trial – either if the trial closes, or if your individual participation in the trial is completed.

While you are participating in a clinical trial you can expect to be closely monitored by the staff who are involved in the study. This may involve some extra visits to the clinic or hospital, additional tests or lab work and may in fact lengthen the time of your clinic visits.

Patients involved in clinical trials may have their participation terminated for a number of reasons. The first reason is that the trial itself may be completed: Some trials can go on for many years, others last only a couple of years, while some have an even shorter life span. There may be a number of reasons for this. Sometimes a trial involves many different geographical centres, and a large number of patients are required to participate in the trial. This can take years. Sometimes trials only need a small number of participants. In this case, once the treatment is given, the patients will be followed for a certain period of time. At that time the researchers who are conducting the trial will close the trial and no more patients will be enrolled in the study. Another reason patients may have their participation in a clinical trial terminated is if their tumor is seen to progress while they are involved in the study. Regular MRI's and assessment of the patient for new signs or symptoms always help to evaluate evidence of tumor progression. Should tumor progression

occur, the patient would be taken off the study and started on another treatment.

Finally, it is an important part of any clinical trial to monitor status of the participants, to ensure that if problems arise from the trial itself these are identified very quickly. Should a problem with a trial become evident, that trial may be suspended.

Regardless of the reason that one's participation in a trial may be completed, patients who have taken part will continue to be followed, usually every three months. These visits with the doctor will include a thorough physical exam to monitor for any unusual signs and symptoms, completion of a mini mental examination, and also completion of a questionnaire regarding quality of life issues.

Some trials will follow patients for life, while others have a set number of months or years that they wish to follow patients. Of course, as the patient, you always have the option to withdraw from a clinical trial at any time.

Once all the data has been collected and analyzed, a report of the findings will be published. This can take several months to several years before final results are known. Should results prove favourable, the treatment under study may then become a standard treatment offered to all patients with this type of illness.

Participation in one clinical trial does not prevent you from participating in others. Should you meet the eligibility criteria for another trial, you would have the option to participate if you choose to do so.

If you have questions concerning clinical trials, please do not hesitate to contact me at 416-946-4624.

Editors Note: The Pencer Centre is pleased to welcome Delores Dholah to the position of Clinical Trials Coordinator. Delores will be with us for the next 10 months while Neetu Malik is off on maternity leave. Many patients and families will fondly remember that Delores was the R.N. Case Manager in Dr. Mason's clinics until November 2001. We are glad to have her back with us!

It's a Girl!

**Brainscan is pleased to announce that
The Pencer Centre's Clinical Trials
Coordinator Neetu Malik gave birth to a
beautiful, healthy baby girl on October 15,
2002. Baby Kaiya arrived at 3:52 pm
(a very civilized time of day!), and weighed
in at 6 lbs. 15 oz. Mom and baby are doing
just fine. Congratulations to Neetu, Kesh,
and big sister Zoe! Welcome Kaiya, may the
years ahead hold many wonderful and
exciting things for you.**



Ask the Expert



QUESTION

I have just recently been diagnosed with a brain tumor. This has all happened so quickly and there is so much to try and absorb. Are there any suggestions about how my family and I should proceed in this situation?

ANSWER

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

This situation is not an uncommon one. By their very nature, brain tumors can seem to come out of nowhere. An individual who was well one day may exhibit a symptom the next day that could lead to a diagnosis of a brain tumor. This is a situation that leaves everyone involved anxious and confused, to say the least. There is often a flurry of tests and procedures that need to be done, and the amount of information that needs to be absorbed can be overwhelming.

While each person's experience will be an individual one, here are some suggestions that may be helpful in making sense out of what is happening to you:

Attend all the medical appointments that have been set up for you, and be sure to bring a family member or friend along with you. In addition to having the support of someone close to you during a difficult time, having another person with you at appointments means there will be two people listening and taking in all of what the doctors will be discussing with you. These appointments will be very important, as they will be opportunities to meet the physicians, nurses, and other healthcare professionals who will be involved in your care. During these appointments, treatment options will be discussed, and you will be able to ask any questions you have about your diagnosis and the treatment being recommended. Be sure to write down any questions you have before the appointment. This will ensure that you don't forget what you would like to ask. Your family may have questions as well, so ask them to bring their questions along too.

Take care of yourself. This means eating properly. The best guidelines are those recommended by Canada's Food

Guide. It is also important to get proper rest. The rigors of treatment and stress can contribute to a greater than normal sense of fatigue. If you find you are tired in the afternoon, have a nap. Listen to what your body is telling you. Moderate exercise is also beneficial. Perhaps a leisurely walk around the block in the morning or evening. These suggestions apply to caregivers as well as patients, as this is a stressful situation for everyone.

Educate yourself. You don't have to do it all at once, but learning about your illness gradually can help you to make informed decisions about your treatment. You are the most important partner on your treatment team. The Resource Centre at The Pencer Centre offers a variety of materials on a range of topics that relate to living with a brain tumor. Of particular interest is our Oncology Interactive CD-ROM that deals exclusively with brain tumors. In addition, the Brain Tumor Foundation of Canada has a wonderful website that has a wealth of information, including a great patient handbook. There are many more places to look for information, but these will get you off to a good start.

Consider attending a support group. There are a number of support groups throughout the greater Toronto area designed exclusively for patients and families living with brain tumors. The support group at The Pencer Centre is a drop-in group that runs on the second Tuesday of each month from 7:00-8:30pm (See the "What's On Column" in this issue for more info.) Support groups can be very beneficial, as they provide an opportunity to talk with others who are experiencing many of the same thoughts, feelings and emotions that you are.

Ask for help when you need it! The Pencer Centre is fortunate to have an excellent staff of dedicated professionals from many disciplines, all of whom are very familiar with the challenges associated with living with a brain tumor. If you have questions about an issue, or feel that you need additional support, don't hesitate to speak to one of our staff members. If they cannot help you sort out the problem or issue directly, they will be more than happy to connect you with the right person who can. 

Director's Message *from page 1*

sponsors, please contact our event hotline at 416-923-2999 for more information. Bell Bottom Bash will be a party you won't want to miss, so stay tuned for more exciting details as the date draws near!

In other news, a huge congratulations goes out to Maureen Daniels and her amazing team for another "sold-out" Open House. Held on Friday, October 25, 2002, The Pencer Centre hosted its 4th annual Open House, welcoming over 250 people to the event. The day began at 10:30 am with an inspiring presentation by Reverend Roger McCombe, who taught a "standing room only" crowd how to "Squeeze More Out of Life". What an incredible guy! The audience roared with laughter and shed a few tears, but learned a very important lesson along the way: Life is a roller coaster, with lots of ups and downs which none of us are prepared for. However, the journey brings many gifts, so slow down and take in all that life has to offer! A very special thanks to Reverend McCombe, whose inspiring words will not soon be forgotten, and to Schering Canada for their ongoing support of our 'Open House Speakers Program'.

Following the presentation, everyone was welcomed to the 18th floor to tour the beautiful Pencer Brain Tumor

Centre, meet the incredible staff, and view the dynamic displays. Organized by the healthcare professionals of The Pencer Centre, the 16 interactive booths educated visitors about a range of issues – including everything from nutrition to art therapy to social work. As always, our very own Patient and Family Advisory Committee (PFAC) were in fine form, using the Pencer library as their vehicle to inform visitors about their amazing contributions to The Centre. Consulting on the various programs and services offered at The Centre, PFAC is made up of patients, families, staff and others who want to make a difference in the lives of people who live with brain tumors. In addition to all their hard work throughout the year, PFAC always makes a tangible contribution to the inspiring décor of The Pencer Centre. This year, many hours were spent labouring over an authentic native Dream Catcher. This breathtaking symbol of a cure for brain tumors now hangs proudly in the large conference room of The Centre. Thanks again to PFAC for their tireless efforts.

October 31st is already booked for next year's exciting Open House. We hope you will mark it on your 2003 calendar and come visit us again. A dynamic guest speaker is already in the works, and The Pencer Centre staff are determined to put on another great event. We look forward to seeing you soon. 



THE GERRY & NANCY PENCER BRAIN TRUST
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 Bloomberg, CFA, Co-Chairman and Co-CEO, National Bank Financial Ltd.
- Richard Cole, President, R.J. Cole Financial Consulting Limited
- David Cynamon, Chairman & CEO, KIK Corporation
- Lloyd Fogler, Q.C., Partner, Fogler, Rubinoff, LLP
- Dianne Lister, LL.B., CFRE, President & CEO, The Sick Kids Hospital 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, President, Kilmer Van Nostrand Co. Limited

For more information about The Brain Trust contact Holly Pencer Bellman at 416-946-4565.

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. Our support groups run the second Tuesday of each month from 7:00-8:30 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 back from a month-long vacation, and is feeling very relaxed! Now she wants to teach you how to feel that way too, without even having to leave Toronto. 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, 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.

Art Therapy. Our popular art therapy program will take a short hiatus for the month of January and will resume again in early February. 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 to benefit from this program. Space is limited for this no-cost program. 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 if

you 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 11:00-11:30 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 session, 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 The Pencer Centre's Resource Centre. 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 and learn how to use the CD-ROM, please call Maureen, at 416-946-2240 or if you are already familiar with this technology, just 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.

BrainScan is published quarterly by The Gerry & Nancy Pencer

Brain Trust. Inquiries or requests to reprint any of the articles should be directed to Holly Pencer Bellman, Executive Director, The Gerry &

BRAINSTAN

Nancy Pencer Brain Trust, c/o Princess Margaret Hospital, 610 University Avenue, 18th Floor, Room 712, Toronto, Ontario M5G 2M9 Tel: 416-946-4565 or email: holly.pencer@uhn.on.ca

Editors: Holly Pencer Bellman, Maureen Daniels Project Consultant: Joanne Rosenberg, J.R. Communications Revenue Canada Charitable Business Number: 88177 7569 RR0001 Design: Joel Rotstein + Associates Inc.

PRINTING COURTESY OF:

