

BRAINSCAN

NEWS & INFORMATION FOR PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

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

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



A MESSAGE FROM THE DIRECTOR Holly Pencer Bellman, Executive Director

Our “Raising the Bar” event in late Spring did exactly that... We totally Raised the Bar, marking 2013 as our most successful ever Gala event!!!

Raising the Bar took place on May 29th, 2013 with an intimate

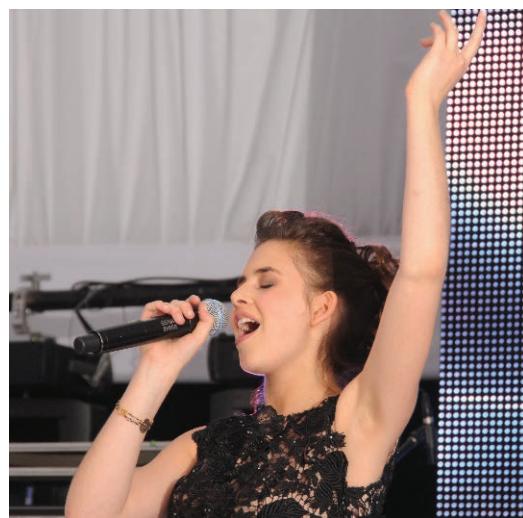
gathering of our family, friends and supporters for a celebration in true ‘Gerry Style’. The evening was special in a way those who knew Gerry could truly appreciate, with a special performance by The Temptations revue, featuring Dennis Edwards (the original voice of 'My Girl', 'Just my Imagination' and 'Papa was a Rolling Stone'); and a surprise performance by X Factor sensation Carly Rose Sonenclar. Due to the tremendous work being done at The Pencer Centre, this year The Princess Margaret Cancer Foundation matched every dollar we raised at our 'Raising the Bar' Gala, resulting in an unprecedented gift of \$2 million to The Centre!

Net proceeds from ‘Raising the Bar’ will continue to fund state-of-the-art patient care, treatment, support and research activities at The Pencer Brain Tumor Centre, and ensure that it lives on until a cure is found.

Hot on the heels of ‘Raising the Bar’, we recently hosted BV Tea to rave reviews. On October 23rd, about 200 people joined us for an afternoon of friends, fashion, shopping and of course fundraising for The Pencer Brain Tumor Centre. This fun fete featured fabulous fashions from the merchants of Bayview Village, with gorgeous walk-about models, silent and mystery auctions that did not disappoint, and delicious food. Special thanks to all of our BV Tea supporters and, especially to Bayview Village for their friendship and extraordinary generosity. BV Tea net over \$50,000 which will be matched to \$100,000 for our cause.

On Friday, November 1st, 2013 The Joe Di Palma Brain Tumor Foundation hosted their Sixth Annual Gala, Viva Las Vegas. Over 600 guests revelled in an evening of dining, dancing, gambling and a performance by Legends Live featuring Dean Martin, Frank Sinatra and Frank Valli. Successful live auction bidders went home with one of a kind items like a signed Rolling Stones Guitar and a trip to the American Music Awards; and a hold-em poker tournament was held with some winners taking home up to \$1,000 cash! As always the sold-out evening was a smashing success, raising an amazing \$60,000 that evening and culminating in close to \$400,000 raised in Joe’s name over 6 years for The Pencer Brain Tumor Centre at Princess Margaret Cancer Centre. Special thanks to Peter Bordignon and his incredible team.

Thanks to all our supporters and everyone who contributed to this issue and as always, if you have any ideas or suggestions about the newsletter, or you would like to get on our mailing list, or have a story to share, please feel free to contact me by phone or by e-mail at (416) 923-2999 or holly@pencerbraintrust.com.



Carly Rose Sonenclar, performing at Raising the Bar



My Keys to Success

by Raidis Zemdegs

I am an engineer by profession, and for the better part of my 40 year career I have worked in the field of nuclear energy with Ontario Hydro and Atomic Energy of Canada. Solving problems, with attention to detail has been a large part of my life for a long time. So in June of 2012, when I was told I had a malignant brain tumour, it was just natural for me to go into problem solving mode. The problem at hand, of course, was "how am I going to live with this?"

As I started to contemplate my problem, it wasn't long before my "**5 Keys to Healing**" began to take shape in my mind. They have provided the framework on which I continue to balance my life. My Five Keys to Healing incorporate several dimensions.

The first was to assure myself that I was getting the best medical care possible. I have two devoted and smart sons whose help I enlisted to find out where that might be. It was comforting to know that all of their research pointed to Princess Margaret Cancer Centre, which was exactly where I was. Knowing that my medical care was in the hands of experts who are as familiar with treating my disease as I was with the workings of a nuclear power plant was very reassuring.

The second key in my set was to begin to address the

psychological component of my illness. A brain tumour diagnosis certainly stops you in your tracks and leads you to think about a lot of things. I needed to find a way to be able to frame my situation in a positive light. My desire to do this led me to "The Healing Journey Program" developed and run by Dr. Allistair Cunningham. The Healing Journey is a program for people who want to learn how to help themselves when they have cancer, or other serious chronic illness. It is a practical course, providing simple, psychological and spiritual tools which promote inner harmony, peace and healing, methods that can help any of us become a "healed person". I have completed 3 levels of this program and it has helped me immensely.

My involvement with "The Healing Journey" led me to my **third key**, which is meditation. I enjoy this process because the quietness of meditation helps me to appreciate the fullness of my world in a peaceful and contemplative way.

My fourth key is to have a warm heart. I am blessed to have the love and support of my family. They help me in so many ways, and having them close to me, both physically and emotionally provides a steadfast source of support that is irreplaceable.



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

THE GERRY & NANCY PENCER
BRAIN TUMOR CENTRE
MISSION STATEMENT

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



“Luck” is my fifth key. I think you either have it or you don’t. I think I have it!

A poor farmer and his son had only one horse. One evening their horse leaves their farm. The villagers lamented this and expressed their dismay to the farmer and his son and that they are indeed most unlucky. The farmer simply said "we'll see".

The next morning, the horse returns with a companion "filly". Now the villagers were euphoric and declared that the farmer was very lucky. The farmer replied "we'll see".

The farmer's son was trying to "break" the filly in but was "thrown" and broke his right leg. The villagers again were dismayed and they said that the farmer was unlucky.

The farmer responded "we'll see".

The next morning World War I broke out and all eligible males (including the farmer’s son) were conscripted. Except that because he had a broken leg he was exempted. Villagers exclaimed "what a lucky farmer". The farmer responded "we'll see".

Without a doubt, the months since my diagnosis have been challenging ones. But life is a gift and my set of keys help me to continue to make the most of it. My wife and I enjoy traveling and do so regularly. After a lifetime of learning and problem solving, I still enjoy learning new things—like sometimes you have to let others help you.



DEIRDRE IGOE - Rehabilitation Consultant

Patients diagnosed with a brain tumor experience many challenges throughout the course of their illness. Recovering from surgery and tolerating the

rigors of the radiation and chemotherapy that often follow can present many difficulties from fatigue to learning to manage on-going neurological problems such as the impaired mobility of a limb or generalized weakness. Thanks to on-going support from the Patient & Family Advisory Committee (PFAC) at The Pencer Centre, our Rehabilitation Consultant Deirdre (Derry) Igoe is here to help!

Derry joined the staff of The Pencer Centre in April, 2013. A graduate of the University of Toronto Masters of Physiotherapy program, she also has a Bachelor of Science degree in Nutrition and Biology from Acadia University in Nova Scotia. Prior to coming to The Pencer Centre, Derry worked with the paediatric neuro-oncology patients at Sick Kids for 3 years. All of these qualifications make Derry a perfect fit for the job of Rehabilitation Consultant.

In her role of Rehabilitation Consultant, Derry is able to fully assess the physical and cognitive challenges patients and their families may be struggling with. She has a broad knowledge of the community rehabilitation resources that are available, and can liaise with community rehabilitation

personnel such as visiting physio and occupational therapists to provide guidance and help to establish realistic goals for treatment.

Not only is she available to assess patients “on-the-spot” when they come to their Pencer Centre clinic appointments with rehabilitation issues and concerns, she is also happy to book separate appointments for consultation by phone or in person to discuss your issues. Since joining the Pencer Team, Derry says that the most challenging aspect of her role is advocating for patients who would benefit from community support. Often the diagnosis of a brain tumor can make it difficult for patients to access beneficial rehabilitation programs and other services. Strong advocacy skills are sometimes required to ensure patients get access to programs that will help them to return to safe independence and lessen some of the stress experienced by family members as well. Derry shares that “helping people to regain function and improve their quality of life in some way is a very nice and very rewarding way to be involved in patient care.”

If you would like to meet with Derry to discuss your rehabilitation questions or concerns, simply ask your oncologist or contact her directly at 416-946-4501 Ext. 3995. You will quickly come to appreciate her expertise and find her quiet, confident approach to helping both reassuring and beneficial.

Head For A Cure

by Lynne Terry, Irona Fraser & Sue Woodward

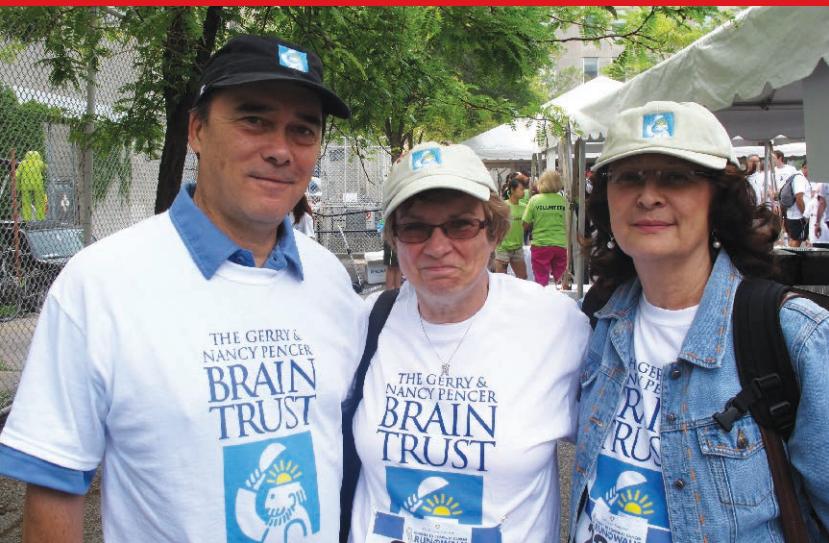
This year saw the inauguration of the first “Journey To Conquer Cancer” event, a co-operation between the Princess Margaret Cancer Foundation (PMCC) and all the different types of cancer support causes represented in the PMCC. As in previous years, our cause, Head For A Cure, is one of the main players in this fundraising event. Over all, there were 2300 participants and 232 teams. Our Head For A Cure numbers were 180 participants and 15 teams.

The new race organizers had taken note of the feedback given to them and re-established the old route that took the walkers/runners past Princess Margaret, something of great importance and significance to all participants. In addition, registration for kids under 12 was free! This is a great way to encourage younger family members to get involved with fundraising and giving back for a good cause. This event also introduced a “tiered” pricing scheme, whereby the earlier you registered, the lower the registration cost – something for everyone to think about for Head For A Cure 2014!

On race day the weather was fantastic, warm and sunny – so unlike the race in October of 2012 where we needed umbrellas, rain jackets and hot drinks to keep ourselves going! The whole atmosphere was different from previous events – we were all together, representing our special causes with the option to do 1k, 3k or 5k and all at our own pace.

Before the race there was a fun “Group Warm-Up” session to get us all limbered up plus two great speeches given by Olivia Chow, the local MP and Paul Alofs, CEO of the PMCC. The route entertainment was also great fun with an amazing Steel Band, a bagpiper, fantastic cheerleaders and a funky DJ all doing their thing to add to the excitement of the day. The water station was manned (literally) by Toronto Professional Fire Fighter Volunteers! Needless to say, water from Mr. May and Mr. March suddenly became very popular and some of the route times being recorded for the walk may have been (negatively) influenced as a result!





The organizers outdid themselves with a wonderful after-party with tasty food and drinks for all. There were plenty of free post-race activities including massage, face-painting and also 2 tattoo artists to spray-paint on those all-important tattoos - something which the kids (and the adults) really loved.

We are pleased to announce that together, all the teams from Head For A Cure raised a grand total of **\$87,099** for The Pencer Centre! This is an astonishing achievement made possible by all the hard work and support of our dedicated fundraisers.

The Randy Yee Trophy 2013

Each year the individual and the team who have raised the

most funds through Head for a Cure are acknowledged with the special presentation of the "Randy Yee Trophy". This trophy is given in memory and honour of Randy who himself was a dedicated fundraiser for The Pencer Centre.

This year's winner in the individual fundraising category is **Victoria Lee** who personally raised the astounding amount of **\$9,490** as a member of The Firecrackers team. Our congratulations and our sincerest thanks go to Victoria for all her hard work. Congratulations also go to **The Firecrackers**, who raised an amazing **\$28,370** to win the title of Top Fundraising Team! What great team work! A special ceremony will be held in 2014 to officially award The Randy Yee Trophy to these tireless fundraisers.

SIGN UP NOW! HEAD FOR A CURE 5K



JOURNEY TO CONQUER CANCER **RUN^{5K}WALK**

Benefiting Princess Margaret Cancer Centre

SUNDAY, JUNE 22ND 2014

- Support The Gerry and Nancy Pencer Brain Tumor Centre
- 5k, 3k and 1k options
- No fundraising minimums
- Kids are free



WWW.HEADFORACURE.CA





HEAD FOR A CURE 2014 WILL TAKE PLACE ON SUNDAY JUNE 22ND 2014. SAVE THE DATE!

Each year we encourage our existing and new patients, their families and their friends to register online for the race as it is such an important source of funds for The Pencer Centre. If you have participated in the past and plan to return next year, let us extend a big Thank You! If you have never taken part, we would like to invite you to join in the fun, either as an individual participant, or by entering a team of your own. Participation in the event is a rewarding experience and you are supporting a great cause at the same time.

Plans for Head for a Cure 2014 are well underway and we are currently looking for corporate sponsors. If you know somebody who has a small (or large) business who might be willing to provide sponsorship for Head for a Cure 2014, please have them contact Maureen Daniels at Maureen.Daniels@uhn.ca. There

are a number of sponsorship levels. Sponsors will receive promotion of their goods or services in variety of ways at the event.

The registration page for Head For A Cure 2014 is now up and running! To register simply go to www.headforacure.ca. Just click on “register”, create a username and password and you are ready to start fundraising. The earlier you register, the lower the registration fee. See the website for details. The registration fee includes a t-shirt and post-race breakfast. Kids under 12 will continue to be free but you must still register them online.

We look forward to having you join us on June 22nd, 2014 for a fabulous and fun filled day in support of The Gerry & Nancy Pencer Brain Tumor Centre.

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



SPECIAL PROJECT

BRANDAN

Triple Trouble

ONE GOOD DEED DESERVES ANOTHER



\$25 each
Includes shipping

WRITTEN AND ILLUSTRATED BY
PENCER CENTRE PATIENT FRED LEVINE

This delightful book for children is all about the power of kindness!
To purchase the perfect gift for a child that's dear to your heart

Visit us at www.pencerbraintrust.com

OR CALL US AT 416.923.2999

All proceeds to benefit research and patient care at
The Pencer Brain Tumor Centre

TRIPLE TROUBLE

Fred Levine is one of our many remarkable Pencer Centre patients. His 14 year old daughter and 12 year old triplets were the inspiration for a series of children's books he has written and illustrated called Triple Trouble.

Fred met with the Brain Trust a few months ago and presented us with a hard copy sample from the series, this one named One Good Deed Deserves Another, and offered to donate any and all proceeds from the book to The Pencer Centre. We couldn't resist and have printed 1,000 copies in what we hope is the first of many runs.

In the book's prologue Fred says "This book is all about the power of kindness. And it's not just about kindness, it's about the way in which kindness is spread. Scientifically, this assessment has not been proven but 'speculatively' it sounds absolutely right! The formula is as follows:

Be Nice to Others...

Making Others Feel Better About Themselves...

Inspiring Them to...

(repeat)"

With the positive message the book sends, every child should have a copy. We received our first shipment of One Good Deed Deserves Another just in time for our BVtea Fashion and Shopping event on October 23rd, 2013. Fred and his wife Nancie, along with their daughter Jordyn joined us for an amazing afternoon. Fred autographed each copy sold and the delightful book managed to raise \$1,000 in just a few short hours! We believe Fred's Triple Trouble series has an incredible journey ahead and we're happy to help spread the word.

With the holiday season soon upon us, please consider giving this wonderful book to a child you love. We are charging \$25 per book including shipping and handling, and all proceeds will benefit research and patient care at The Pencer Brain Tumor Centre. Visit our website at www.pencerbraintrust.com/tripletrouble to purchase a copy online or call us at 416-923-2999.

to benefit **The Pencer Centre**

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

| UPCOMING EVENTS | | PAST EVENTS | |
|------------------|--|------------------|---|
| April 27, 2014 | B-Strong Walk 3rd Annual Walk in Honour of Lindsay Bolger | March 29, 2013 | The Grey Event Fundraising Evening in Honour of Walter Bazzano |
| June 17, 2014 | Pickle Barrel Golf Tournament 6th Annual Tournament in Honour of Andrew Valade | March 30, 2013 | Todd Wonacott Memorial Curling Tournament 7th Annual Tournament in Memory of Todd Wonacott |
| June 21-23, 2013 | RACH 3-Pitch Baseball Tournament 11th Anniversary Tournament in Honour of Rachel Higgins | April 21, 2013 | B-Strong Walk 2nd Annual Walk in Honour of Lindsay Bolger |
| June 22, 2014 | 2014 Head for a Cure/Journey to Conquer Cancer Annual 5km Walk or Run organized by Patient & Family Advisory Committee | May 29, 2013 | Raising the Bar, 13th Annual Pencer Brain Trust Gala in Memory of Gerry Pencer |
| August 11, 2014 | Kathy Morrison Golf Classic 6th Annual Tournament in Honour of Kathy Morrison | June 2, 2013 | Team Ed Annual 50km bike ride In Honour of Ed Poty |
| November 7, 2014 | The Black & White Ball 2014 7th Annual Gala in Honour of Joe Di Palma | June 18, 2013 | Pickle Barrel Golf Tournament 5th Annual Tournament in Honour of Andrew Valade |
| | | June 21-23, 2013 | RACH 3-Pitch Baseball Tournament 10th Annual Tournament in Honour of Rachel Higgins |
| | | June 23, 2013 | Head for a Cure Walk PFAC's Annual 1km, 3km or 5km Walk or Run |
| | | July 13, 2013 | Daniell's Diamonds - Tournament of Hope Baseball Tournament in Honour of Danielle Provost |
| | | August 12, 2013 | Kathy Morrison Memorial Golf Classic 5th Annual Tournament in Honour of Kathy Morrison |
| | | August 24, 2013 | Dan's Backyard BBQ Annual BBQ in Honour of Dan Sheehan |
| | | October 23, 2013 | BVtea PBT's afternoon of friends, fashion and shopping! |
| | | November 1, 2013 | Viva Las Vegas 6th Annual Gala in Honour of Joe Di Palma |

Ask The Expert

By Derry Igoe, Rehabilitation Consultant

Question: Since being diagnosed with a brain tumor, I am unsure if it is safe or a good idea to continue with my usual exercise program. Are there exercises I should be doing specifically to address my weakness and balance changes? What do you recommend for exercise for people with brain tumors?

Answer:

I often get asked this question by patients who are in different stages of their brain tumor journey. It is always important to speak to your oncologist about your specific situation, but in general, exercise is an important part of your overall health and wellbeing, even during brain tumor treatment.

Research shows that exercise can offer many benefits for people undergoing chemotherapy and radiation. Exercise has been shown to help decrease fatigue and improve appetite and anxiety, as well as positively impact memory, cognitive skills, as well as recovery post-treatment. A challenge for many brain tumor patients is that they may have weakness on one side of their body, or balance changes and this limits their ability to participate in exercise as they did before.

The role of the rehabilitation consultant at The Pencer Centre is to assess your specific limitations and provide you with a program or link you with community partners who can help address your needs. Depending on the level of your limitations, you may be okay to continue with your pre-diagnosis program, require at home therapy or attend therapy at a rehab hospital.

If you are unsure of where to begin, ask your medical team to link you with a rehabilitation professional, such as a physiotherapist or an occupational therapist. They can help you address your specific needs and ensure you are following a safe and effective program.

Train your Brain

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

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Puzzle by websudoku.com

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Puzzle by websudoku.com

**Dr. Warren Mason,**

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

Since my last message there have been considerable changes at The Centre. For starters, the new academic year has brought two new clinical neurooncology fellows that many of you will meet during your clinic appointments. Dr. Catherine

Maurice is a neurologist who trained at the Universite de Montreal. She is interested in drug development for brain tumours and as a neurologist, has a keen interest in the neurologic complications of cancer and its treatment. Our second neurooncology fellow is Dr. Sergio Cabrera from Medellin, Colombia. During his fellowship, Dr. Cabrera will also gain expertise in cognitive neurology. His research will focus on the neurocognitive aspects of brain cancer, and for this he will be directly supervised by Dr. Kim Edelstein, the neuropsychologist at The Centre, and Dr. Carmella Tartaglia, a behavioural neurologist at University Health Network.

There have been several recent amazingly successful fundraising activities for The Centre and I wish to highlight

two. The Gerry and Nancy Pencer Brain Trust have had the most successful campaign to date. This event, aptly named "Raising the Bar," was hosted at David and Stacey Cynamon's house and raised an astonishing \$2 million dollars for the Centre. Kudos and a heartfelt thank you to the Pencers on behalf of The Centre, its patients and families. Not surprisingly as well, the PFAC of The Centre organized another successful Head for a Cure walk in June. Plans are already underway for next year's event, details of which are included in this issue of Brainscan.

Finally, the autumn brings much travel for speaking engagements and conferences. I have recently given lectures in St. John's, Newfoundland, Bangkok, Thailand and Bologna, Italy. Also, the largest brain tumour research meeting of the year will be held in a few weeks in San Francisco. The World Federation of Neurooncology will hold its quadrennial meeting at this time and no doubt the most promising and exciting new developments in the research and treatment of brain cancer will be presented at this time.

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

Corrections!

With sincere apologies, BrainScan would like to make the following corrections to articles that appeared in our Winter 2013 issue. Our Patient Story was written by Marc DOHRENDORF, not Marc Dohrendor as was printed in the article. While Marc graciously noted that this was "not the first time his name had been misspelled" we sincerely apologize for the error.

We would also like to correct the information listed in the Calendar of Upcoming Events related to the June 2, 2013 event in honour and memory of Ed Poty. This event should have been described as: TEAM ED 50 km bike ride In Memory of Ed Poty. Thanks to tireless organizer Suzanne Leonard and all the dedicated riders who took part in Toronto or Halifax in memory of Ed Poty.

**"HOW MANY SLAMS IN AN OLD SCREEN DOOR? DEPENDS HOW LOUD YOU SHUT IT.
HOW MANY SLICES IN A BREAD? DEPENDS HOW THIN YOU CUT IT.
HOW MUCH GOOD INSIDE A DAY? DEPENDS HOW GOOD YOU LIVE 'EM.
HOW MUCH LOVE INSIDE A FRIEND? DEPENDS HOW MUCH YOU GIVE 'EM."**

— Shel Silverstein

WHAT'S ON?

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

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

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

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

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

Support Groups for Brain Tumor Patients and Families.

Our support groups run the second Tuesday of each month from 7:00 – 8:30 pm. These groups are facilitated by several Pencer Centre staff members. Patients meet as one group while caregivers meet separately in another room. This is a drop-in program and no prior registration is required. Simply come to the Centre on the evening the group meets. The groups provide a wonderful way to gain support by connecting with others who are going through a similar experience. For further information contact Maureen Daniels at 416-946-2240

Relaxation Therapy. The diagnosis of a brain tumor combined with the stresses associated with treatment can often lead to feelings of anxiety. Learn how to "actively" relax by attending one of our drop-in relaxation therapy sessions. This program takes place each Wednesday afternoon from 1:00 pm – 1:45 pm. The program is led by occupational therapist Derry Igoe, and offers patients and family members an opportunity to learn a number of useful techniques for relaxation. This is a drop-in program and no prior registration is required, simply come to the Centre at the above noted time.

Head for a Cure 2014 5K Walk: Online registration at www.headforacure.ca is now open. Sign up early for \$25 and beat the registration price increase on January 1, 2014! Head for a Cure 2014 in support of The Pencer Centre will take place on Sunday, June 22, 2014. For additional information about the event please contact Maureen Daniels at 416-946-2240.

Patient Information Binder. Our Patient Information Binder is as popular as ever. Included in each binder is a copy of "Brainspirations," a treasury of inspiring stories, poems, and recipes published by our own Patient & Family Advisory Committee (PFAC). If you are a patient of the Pencer Centre and have not received a copy of our Patient Information Binder please contact Maureen Daniels at 416- 946-2240. This binder is an excellent organizational tool for keeping track of appointments and all the other information you need during your ongoing treatment. It also contains a wealth of information on brain tumors, treatment, available support services, and much, much more. With thanks to Merk Canada, the binder also contains a DVD copy of our

educational video "Radiation Therapy and You". Thanks also to The Brain Tumor Foundation of Canada for providing copies of their invaluable Patient Resource Handbook.

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

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Puzzle by websudoku.com

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

Puzzle by websudoku.com

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Inquiries or requests to reprint any of the articles should be directed to Maureen Daniels, Coordinator, The Gerry & Nancy Pencer Brain Tumor



Centre, Princess Margaret Hospital, 610 University Avenue, 18th Floor, Toronto, Ontario M5G 2M9 Tel: 416-946-2240 or email: maureen.daniels@uhn.on.ca

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