



Thank you for reaching out for support. SCCR is a community based non-profit organization providing education, hope, and support to individuals with cancer and their families. This welcome package will introduce you to the programs and services available to our clients.

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## VOLUNTEER DRIVER

We provide a Door-to-Door service for clients who need rides to appointments and treatments related to their cancer diagnosis. Our volunteer drivers have been approved by SCCR and will fill out all appropriate forms required. We look after payment to the Volunteer Driver and there is no cost to the client.

Notify your Volunteer Driver Coordinator of your upcoming appointments so they can arrange transportation for you. **All Volunteer Driver rides must be made through your coordinator.** If the coordinator is unavailable, please call our office.

**Coordinator Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

## CLIENT DRIVER

If you prefer to drive yourself or have a family member drive you, we can assist you with transportation costs. Please fill out a Driver's Log Sheet provided by our office and submit it monthly. This form is also available on our website for your convenience. Payments can only be issued in the client's name.

Please note that we do not reimburse clients for meals. We do provide up to \$10.00 per trip to assist with parking for trips to Winnipeg, Brandon or Portage La Prairie. There is no need to submit receipts.

If you are in the hospital due to a cancer-related issue, we offer family transportation and accommodation for the primary caregivers. Please specify on the driver's log which dates are family visits.

**educate. hope. support.**

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#400-34 Stephen Street ~ Morden, Manitoba ~ R6M 2G3  
Phone: (204) 822.9541 ~ Toll Free: 1.866.287.4730 ~  
Email: [sccrprograms@gmail.com](mailto:sccrprograms@gmail.com) Website: [www.sccr.mb.ca](http://www.sccr.mb.ca)

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## **Parking at HSC**

If making multiple trips to CancerCare in Winnipeg, there are monthly parking passes you can purchase at the front desk of HSC. There is a transponder for William Street Parkade and Emily Street Parkade. This transponder will allow you to come and go as you please and there will always be a parking spot for you.

## **Transportation in Winnipeg**

Canadian Cancer Society has a Wheels of Hope transportation program and they can pick you up anywhere within city limits. Contact them at 1-800-263-6750 to make arrangements 3 days in advance of scheduled appointments. Cost may vary.

## **Binder and Receipts**

It is suggested that you record everything regarding your cancer diagnosis in a binder. Keeping everything is valuable for many reasons.

- Keep a record of appointments and lab results.
- Keep your receipts for meals and parking to use as a medical expense on your tax return.
- Always document mileage, sites of care, appointments, treatments, dates, doctors, medications and medication changes.

## **Hope Haven**

SCCR offers a wide selection of wigs, hats, and head coverings in our Hope Haven room, all available to our clients at no charge. Call or email our office to schedule an appointment.

## **Accommodation**

SCCR has teamed up with various accommodations for your treatment stay. For more information, please check the attached brochure. If you or your family need a place to stay, we can help with the costs. To access the special rate at Canad Inns, a discount code is necessary. Remember to submit all receipts to us for reimbursement.



## Client Log Sheet

Client Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

| Date | Client's Town | Destination | Reason for Appointment | Total KM<br>(Round Trip) | Parking |
|------|---------------|-------------|------------------------|--------------------------|---------|
|      |               |             |                        |                          |         |
|      |               |             |                        |                          |         |
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|      |               |             |                        |                          |         |

Fill out and return to South Central Cancer Resource **monthly**.

Mailing Address: #400 - 34 Stephen St. Morden, MB R6M 2G3

Email: [sccrprograms@gmail.com](mailto:sccrprograms@gmail.com)

Fax: 1-844-350-9343

Phone: 204-822-9541

Website: [www.sccr.mb.ca](http://www.sccr.mb.ca)

FOR OFFICE USE ONLY:

TOTAL TRIPS: \_\_\_\_\_ TOTAL KM: \_\_\_\_\_ TOTAL PARKING: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# ACCOMMODATION INFORMATION

## FOR SCCR CLIENTS AND FAMILIES



### HEALTH SCIENCES CENTRE

#### Canad Inns at HSC

0.3 km to HSC  
720 William Ave.  
Toll Free: 1-888-332-2623  
Direct: 1-204-594-9472  
*\*Contact SCCR for a discount code\**

#### Holiday Inn & Suites

1.8 km to HSC  
360 Colony St.  
Direct: 1-204-786-7011  
ext: 5104  
*\*Medical Rates available\**

#### Radisson Hotel

2.0 km to HSC  
288 Portage Ave.  
Toll Free: 1-800-333-3333  
Direct: 1-204-956-0410  
*\*Medical Rates available with proof of appointment\**

### BRANDON HOSPITAL

#### Clarion Hotel & Suites

3.9 km to Brandon Hospital  
3130 Victoria Ave.  
Direct: 1-204-728-5775  
*\*SCCR Client rate available\**

#### Holiday Inn Express

2.8 km to Brandon Hospital  
1148 18th St.  
Direct: 1-204-717-4444  
*\*Medical Rates available with proof of appointment\**

### GRACE HOSPITAL

#### Holiday Inn Airport West

1.8 km to Grace Hospital  
2520 Portage Ave.  
Toll Free: 1-877-660-8550  
Direct: 1-204-885-4478  
*\*Medical Rates available with proof of appointment.\**

#### Howard Johnson

3.5 km to Grace Hospital  
3740 Portage Ave.  
Toll Free: 1-800-407-9832  
Direct: 1-204-837-5831  
*\*Medical Rates available with proof of appointment\**

#### Super 8 - Winnipeg West

3.4 km to Grace Hospital  
3760 Portage Ave.  
Toll Free: 1-866-850-3050  
Direct: 1-204-831-9800  
*\*Medical Rates available\**

### OTHER

#### Lions Foundation

#### Rural Housing

1.6 KM to HSC, 5.2 KM to St. B  
320 Sherbrook St.  
Toll Free: 1-800-772-1899  
Direct: 1-204-552-6820  
*\*Approved Hostel Provider with Manitoba Blue Cross\**

### ST. BONIFACE HOSPITAL

#### Norwood Hotel

0.4 km to St. B  
112 Marion St.  
Toll Free: 1-888-888-1878  
Direct: 1-204-233-4475  
*\*Medical Rates available with a doctor's note\**

#### Radisson Hotel

2.5 km to St. B  
288 Portage Ave.  
Toll Free: 1-800-333-3333  
Direct: 1-204-956-0410  
*\*Medical Rates available with proof of appointment.\**

### VICTORIA HOSPITAL

#### Canad Inns - Fort Garry

2.2 km to Victoria Hospital  
1824 Pembina Hwy  
Toll Free: 1-888-332-2623  
Direct: 1-204-261-7450  
*\*Medical Rates available\**

#### Best Western

2.6 km to Victoria Hospital  
1714 Pembina Hwy  
Toll Free: 1-800-780-7234  
Direct: 1-204-269-8888  
*\*Medical Rates available with proof of appointment\**

#### Four Points Sheraton

2.5 km to Victoria Hospital  
2935 Pembina Hwy  
Toll Free: 1-800-368-7764  
Direct: 1-204-275-7711  
*\*Ask for the "Victoria Hospital discount rate"\**



South Central  
Cancer Resource



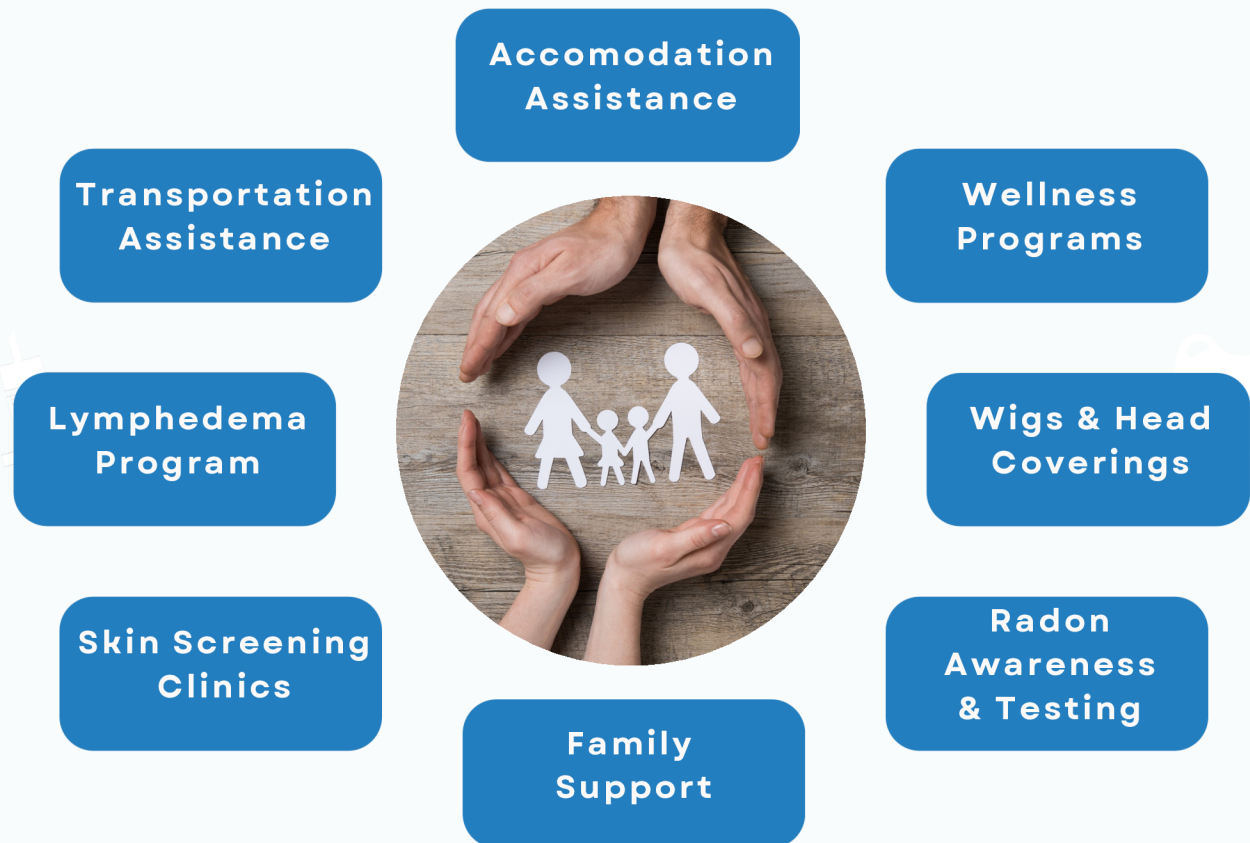


# South Central Cancer Resource

**DONATIONS  
CAN BE MADE  
ON OUR  
WEBSITE  
ANY TIME!**

**A community based charitable organization providing  
education, hope and support to individuals with cancer and their families.**

## **PROGRAMS & SERVICES:**



**Signing up to become a client is easy!  
Simply click "REGISTER" on our website to begin!**



**Phone: 204.822.9541  
Toll Free: 866.287.4730  
Website: [sccr.mb.ca](http://sccr.mb.ca)  
Email: [sccrprograms@gmail.com](mailto:sccrprograms@gmail.com)**



Scan to learn more

**educate. hope. support.**

# SCCR WELLNESS PROGRAM

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## Balance & Strength

SCCR wants to encourage our clients to get out and exercise no matter your ability, so you can focus on mental and physical strength. Even a short walk or stretches are beneficial.

If you attend a physical activity facility (e.g. yoga, gyms etc.) - bring SCCR your receipt and we will reimburse you 50% of your bill, up to a maximum of \$200 per year for up to 3 years.

We invite you to make the most of this opportunity and trust that you are doing everything you can to achieve better health following your diagnosis.



*Physical activity is a benefit to the body and mind.*

Our ability to provide these services stems from the kindness and support of our communities.

“Everyone can gain by the health benefits of physical activity – age, ethnicity, shape or size do not matter.”

~Canadian Healthy Living Department

[HTTPS://SCCR.MB.CA](https://sccr.mb.ca)

# BALANCE & STRENGTH

## Community Partners

The following local fitness facilities support the SCCR Balance & Strength Wellness Program which allows our clients to get more out of their fitness programs! All of the facilities listed below offer SCCR clients a special discount and/or additional programs to make joining a facility or class more accessible, please contact them or SCCR directly for more details.

### Altona:

- Altona Yoga  
[www.altonayoga.ca](http://www.altonayoga.ca)
- Outland Fitness  
<https://outlandfitness.com>



### Winkler:

- Aura Studios  
[www.aurastudiopv.com](http://www.aurastudiopv.com)
- become.yoga  
[www.become-yoga.ca](http://www.become-yoga.ca)
- The Forge Gym  
[theforgegym.com](http://theforgegym.com)
- RISE Athletics and Wellness  
[www.riseactive.ca](http://www.riseactive.ca)



### Morden:

- Fittwell Centre  
[www.fittwell.net](http://www.fittwell.net)



### Manitou:

- Muellers Gym  
Facebook @ Muellers Gym



[HTTPS://SCCR.MB.CA](https://sccr.mb.ca)





# HOPE HAVEN

Conveniently located in the SCCR office, Hope Haven provides a wide range of wigs and head coverings for clients to borrow, helping them feel empowered, self-assured and confident.



**CONTACT THE SCCR OFFICE TO SCHEDULE YOUR APPOINTMENT:  
204-822-9541 OR [SCCRPROGRAMS@GMAIL.COM](mailto:SCCRPROGRAMS@GMAIL.COM)**



# Beautiful You

"Courage doesn't always roar.  
Sometimes courage is a little voice  
at the end of the day that says, I'll  
try again tomorrow."

**Beautiful You is one of the wellness programs offered by SCCR. We want to provide each of our clients with the tools they need to feel their very best throughout their cancer journey.**

**Shear Bliss Salon & Day Spa located in Morden has generously partnered with SCCR to provide this program.**

## **Services available:**

- Free head shaves - wherever you are the most comfortable! At your home or at the salon during business hours, Sunday's are also an option.
- Advice and education on makeup, scalp and skin care, styling tricks and new hair growth
- Wig styling and education on how to care for it
- Complimentary classic manicure or express pedicure (voucher required for this service only, contact SCCR to receive your voucher)



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**Please contact Shear Bliss directly to book your appointment  
or contact SCCR if you would like more information/to obtain your voucher.**



204.822.8077  
[www.shearblissalon.ca](http://www.shearblissalon.ca)



# Cancer Support Groups -For Women-

## Morden/Winkler

RM of Stanley Offices

**Please contact Ingrid for more information.**

Contact: Ingrid Dyck

Call or Text: 204-362-4166

## Altona

Altona Hospital, Resource Room

**Please contact Evelyn for more information.**

Contact: Evelyn Kehler

Call: 204-327-6610



**TOGETHER  
WE'RE  
STRONGER**

If you are a woman who is on a cancer journey or who has had a cancer journey in the past, we invite you to join one of your local cancer support groups to make connections and offer/receive support

*No cost, No commitment*



## What is radon?

Radon is an invisible, odourless gas. You can't see radon. You can't smell it or taste it. But it may be a problem in your home.

Radon comes from the natural breakdown of uranium in soil, rock and water. When radon seeps into a closed-in space like a house, it can be harmful. The radon gas can become trapped inside. Any home, no matter the age, could have high levels of Radon.

## Did you know...

Manitoba has some of the highest levels of radon in the country!

Radon levels vary from house to house, even in neighbouring homes!

Radon is the #1 cause of lung cancer in non-smokers.

The best time to test is during heating season for 3+ months.

## How do I know my radon level?

**The only way to know, is to test!**

SCCR wants to ensure everyone in the SCCR service area has access to Radon Testing.

Please contact SCCR for assistance in locating a test kit.

## Learn more:



[www.healthcanada.gc.ca/radon](http://www.healthcanada.gc.ca/radon)

<https://takeactiononradon.ca>

<https://polarplumbing.ca>



South Central  
Cancer Resource

[www.sccr.mb.ca](http://www.sccr.mb.ca)

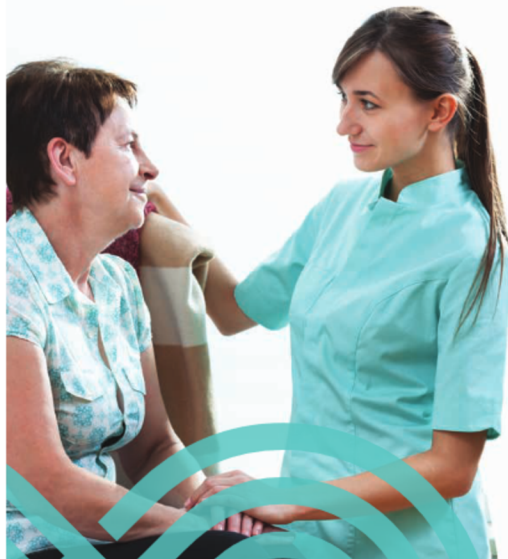


## What are Cancer Navigation Services?

A diagnosis of cancer can affect patients and families physically, emotionally, financially, spiritually and socially. The cancer journey is often complex and overwhelming.

Cancer Navigation Services can help you to meet your needs, make informed decisions and provide guidance and support for you and your family in your cancer journey.

Cancer Navigation Services in your health region consists of Nurse Navigators, and Psychosocial Oncology Counsellors who provide information and support for patients and families in a timely manner, helping to reduce distress and anxiety.



## The Nurse Navigator

The Navigators are Registered Nurses with specialized training in cancer care. They work closely with your health care team to coordinate your care.

The Nurse Navigator will:

- Support you and your family from the time of a clinical suspicion of cancer through the diagnostic period, and on to treatment.
- Work closely with your family doctor, surgeons and other members of the health care team to assist in the coordination of diagnostic testing and referral to a cancer specialist.
- Help you prepare for tests and appointments, and understand your diagnosis and plan of care.
- Assist you in finding information to make informed decisions.
- Listen to your needs and assist you to find answers to your questions and concerns.
- Provide information about resources and services you may need.

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Navigators recognize that just as individuals may have different needs and beliefs, individuals will also deal with cancer in different ways.  
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Cancer Navigation Services are provided **free of charge** to residents living within Manitoba.



## Psychosocial Oncology Counsellor

When dealing with cancer, counselling can help you and your family to cope with:

- distressing feelings like uncertainty, sadness, worry, anger, feeling discouraged;
- practical issues like work, finances, transportation;
- talking to children, grandchildren, friends and family at home, work, school and socially;
- changes in your body, self-esteem, finding hope, fatigue, poor concentration;
- finding the right support services all along the way.

The counsellor will work closely with your health care team and you.

Psychosocial care may help you and your family enhance the quality of your life, find solutions, and maintain some control during difficult times.

## Community Engagement Liaison

- Helps communities to learn about cancer services and supports
- Develops and shares culturally responsive information
- Works with communities to increase knowledge of cancer prevention and early detection

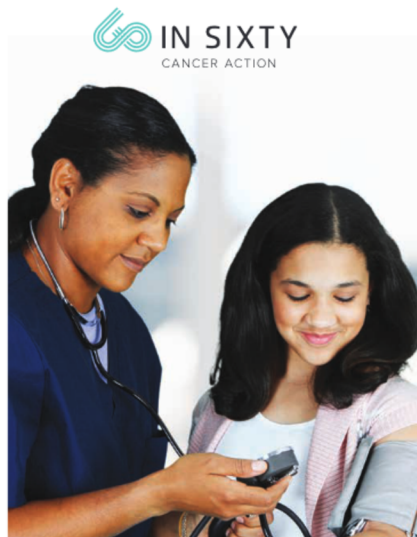
The goal of Cancer Navigation Services is to improve each cancer patient's journey by helping Manitobans and their families connect with compassionate and high quality cancer care.

Manitoba Health, CancerCare Manitoba, Diagnostic Services Manitoba, Regional Health Authorities, Family Physicians, specialists and other health care providers are working in partnership to quickly move from suspicion of cancer to first treatment, if needed, in sixty days or less.

In addition to talking with your family doctor, you can connect with Cancer Navigation Services.

A health care provider may have recommended Navigation Services to you. If you have agreed to this service a referral can be made on your behalf and you can expect to be contacted by a member of the Navigation team within two business days.

If you would like more information or to speak to a member of the Navigation Team please call the toll free number below.



Services are supported by CancerCare Manitoba and Manitoba's Regional Health Authorities

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**SOUTHERN HEALTH - SANTÉ SUD  
CANCER NAVIGATION SERVICES**

**Toll Free: 1-855-623-1533**

**Fax: 1-204-331-8899**  
.....





## South Central Cancer Resource

educate. hope. support.

*SCCR's Mission is to be a community based non-profit organization providing education, hope and support to individuals with cancer and their families.*

**Community partnership helps SCCR to provide the following programs:**

### **Transportation Program:**

Ensure you get to your cancer related appointments.

We offer a door-to-door service for clients who need rides.

For clients who drive themselves, we can provide ways to reduce the financial burden of traveling.

### **Accommodation:**

SCCR has partnered with several places to stay during treatment away from home. We can assist you with the cost if you require accommodation.

### **Head Coverings & Wigs:**

Hope Haven is a room that provides comfort and privacy for clients who require wigs and headwear.

### **Lymphedema Program:**

Access to licensed certified therapists that will provide treatments and garments. Financial assistance available.

### **Skin Screening Clinics:**

Offered at no cost and open to the public, a Dermatologist can check for possible skin cancer.

### **Radon Awareness & Testing:**

We have partnered with local plumbers who can test your home for radon, a cancer causing gas. If your home is tested, we can reimburse the lab testing fees.

### **Wellness Programs:**

Clients utilizing the wellness programs have the opportunity to improve mental, emotional and physical health during and after treatment.

**Call or visit our website to view our current programs.**

*It is because of the generosity from our communities we are able to provide these services. Working together, we can ease the burden that comes with a cancer diagnosis.*

204-822-9541 · 1-866-287-4730

sccrprograms@gmail.com

www.sccr.mb.ca

**400-34 Stephen Street**

Morden, MB

R6M 2G3



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