

Clinical Coordinator  
Annual Report January 24, 2019  
Submitted by Deb Thiessen

As a client of mine said to me: “I am thankful for this Day” and this is the motto that I go by each day. Each of us do not know what the next day will hold for us, so therefore we each need to live a day at a time.

**INDIVIDUAL SUPPORT-**

Individual support is probably the most rewarding and most challenging areas of my day. Each client or family member or friend who comes in has different needs. My goal is to treat them with the respect they deserve and to validate that they are not alone and what they are feeling is ok, negative or positive. I need to answer questions honestly, but gauge how much information they can and want to know. I have realized that it is ok for me not to have all the answers. Some people don't even want to know what the answers are. They may just want to verbalize the fears and concerns they are having. I am there as an objective listening ear, to help in any way I can or to direct them to someone who can answer the questions they have.

Number of new clients- 119 (up by 49)

Number of current clients- 302

**Transportation/Accommodation-**

Number of rides/nights' accommodation- **3317** (up by 1465)

Total costs of transportation/accommodation -**\$164,932.26** (up by \$54,330)

The numbers have increased over the last year. Cancer is so unpredictable and so are the needs. Cancer is not cheap. It costs money and not everyone has the available cash to put gas in their vehicles to make those 30 trips to Winnipeg for radiation treatments. Not everyone has a large group of friends/family that can take them to Winnipeg for their treatments/appointments. SCCR was established to help people with those needs. Because of supports from our communities we service, SCCR Board has been able to change our policies so that there is assistance to families of the clients to assist with transportation/accommodation. If visitation is an issue with loved one in hospital and there is no money to put fuel in car to visit or no way of getting to hospital at all because unable to drive to city or BTHC we are able to give the families assistance financially. Also we assist with hotel stays if client needs are that they have long term stays in hospital in

Winnipeg, which saves driving back and forth everyday which is very tiring for client/ or if loved one needs to stay in hospital the spouse can stay in a hotel with financial assistance.

It is a known fact that having family around to give the love and support during hospital stays is a needed comfort measure in helping our client in the healing process.

Has cancer increased? Is this why our numbers are higher or is it that diagnosis's are happening quicker? We at SCCR are just happy we can be here for the people of our communities to give them the support that is needed, whether it is financial or maybe it is a wig/head coverings needed to the loss of their hair.

Almost every day we hear ..."I wish I had known about you sooner." We need to continue to spread the word that we are here to help those who need the help. It could be your neighbor or friend.

### **Emergency Fund-**

We have helped clients with emergency funds this year for a total of \$5,626.71. This included help with rent and groceries, help with transportation inside Winnipeg and extra expenses that have been incurred due to loss of work time.

### **Wigs/Head Coverings-**

Number of wigs loaned out— 6

Due to the generous grant we received through the Morden Area Foundation (Power of the Purse) we were able to purchase 21 new wigs, 20 new head coverings new heads to put the wigs on and new brushes for using to style the wigs. This allowed us to replace outdated wigs and to get some newer styles in head coverings that are comfortable to wear when not using a wig.

The ladies are very grateful for the variety we have to offer them.

### **Breast Prosthesis-**

Our certified mastectomy consultant continues to see people in our office for the convenience of the local clients. Morden Massage Therapy Center has a certified mastectomy consultants and they do fittings as well. We are fortunate to have these services in our area.

### **Prayer Shawls-**

Prayer shawls are given out as a gift to clients. We have ladies who knit/crochet these shawls and it comes with a prayer for the person who receives the shawl.

We have found that many clients already have prayer shawls from their support systems, which is great, so I do not give out as many as we use to.

#### **Lymphedema Support Program-**

This is one of the new programs that is just getting off the ground, where people in the community are finding out that we can assist them with treatment needs that physically affect our clients following their cancer. We are continuing to evolve this program to meet the needs of clients who have lymphedema. We need to get the word out there that SCCR can help and how SCCR will help.

#### **Radon Program-**

Education is the key to this program as well. It is not only important to have the radon testing done but also to know what to do with those results. So we continue to try and educate the public and clients of the importance of Radon testing.

#### **Skin Cancer Screening**

We hosted our annual free skin cancer screening day June 2018. Dr. Wiseman saw approx. 100 people in a day. With our donated cryo gun she is able to treat many people for early skin cancers and with the excellent referrals from local physicians, she is able to identify skin cancers early. You do not need a referral to get into this clinic, phone our office to get your name on the list and from the SCCR office we set up appointments. We have not gotten a date for the next clinic.

#### **Wellness Programs**

**Beautiful You** – Pure Anada has partnered with SCCR to facilitate a free cosmetic workshop for ladies going through the process or recovery of cancer treatment. The purpose of these workshops is to give ladies the tools they need to look and feel their very best, [These products are made with natural ingredients, locally made and are free from known toxins normally used in beauty products] We have organized classes and we also have ladies that have gone individually to seek out information on the use of cosmetics following cancer treatments. We have gotten great reviews from these classes and how special the individuals were made to feel during these classes.

**Expression of Art Through Your Eyes** – the concept of this program is to create an opportunity for individuals who are dealing with cancer to use art as a form of expressing their emotions, dealing with challenging situations, adjusting to changes in their body, coping with pain or discomfort, reducing stress and anxiety, and possibly expressing unspoken or unconscious concerns about their illness. We are striving to develop another classes in each of our community areas so clients don't need to travel to Morden.

**Fitness Programs** – fitness is a way to destress, cope with anxiety and sleep disturbances. I am again looking at fitness centers in our communities that would like to participate with SCCR and support our clients.

I am excited about our Wellness programs and establishing these different programs to benefit our clients. By coming together in group sessions, the goal is to encourage positive feelings and to connect with others in similar situations and provide a place where clients can express themselves through the different programs in a safe, supportive environment.

It has been a privilege of helping our clients through a portion of their cancer journey.

The clients/families and friends have taught me to be thankful for my health and blessings. They have taught me to look on the bright side. They have taught me that you don't always have to wear that mask of bravery. It is ok to hurt and be angry for a time. They have taught me to take one day at a time. They have taught me that even small gestures of kindness can change a day. They have shown me the importance of having a strong support system and it is ok to ask for help AND accept it when it is offered.