**Programs Coordinator Report**

**October 22, 2020**

As a client of mine said to me: “I am thankful for this Day” and I have kept this as 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 for year Oct 1, 2019 to Sept 30, 2020 – 136

Number of current clients is anyone that has been registered with SCCR. Once a client has registered with SCCR they are able to access our resources at any time. We are currently changing this process and to reregister clients if they have not been currently using our assistance so that it will reflect more accurately the clients we assist.

***Transportation/Accommodation for fiscal year***

Number of rides - **3831**

Total costs of transportation – **$120,784.00**

Accommodation **$ 6,813.00**

Due to the COVID-19 we needed to change what we did in the office to assist clients to their cancer related appointments. Our volunteer driving program was suspended so we have been assisting clients with their trips whether they drive themselves or find a friend/family member drive them that they feel comfortable with. If they needed to stay in the city due to treatment schedule we also assist with accommodation to offset their cost.

***Emergency Fund-***

If our clients are struggling financially we can assist them to offset some of their bills by registering with us and giving us details to as their needs. Please see financial report to what we do for clients.

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

Number of wigs loaned out for Oct 1 – Sept 30 2019-2020 — 15 wigs

Due to donations we have been able to keep our wig room updated with styles that the ladies that come in to access this program are very grateful for the variety they have to choose from.

***Breast Prosthesis-***

*We are now more of a resource to our clients when the need to see a certified consultant.*

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.

***Lymphedema Support Program-***

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. Lymphedema can be very depilating if no treatment and the treatment can be very costly.

We have assisted 16 clients that have lymphedema due to cancer.

Spent $8313.00 in our fiscal year assisting client with their treatments.

***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***

Due to Covid we have not been able to host this clinic this year. Hopefully we are able to host this clinic again next year. You can continue to call our office and I put your name on a waiting list and will be in contact when we are able to schedule a 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. Ladies go individually to seek out information on the use of cosmetics following cancer treatments. We have gotten great reviews from these sessions and how special the individuals were made to feel during their time spent with the cosmologist.

***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. Contact SCCR office as to how you might participate in a class in your community. As of current this program is on hold as well due to COVID.

***Fitness Programs* –** fitness is a way to destress, cope with anxiety and sleep disturbances. Clients are able to participate in a facility of their choice in their community and receive assistance towards the cost. Please reach out to SCCR office to find out how this is possible.

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.

As of now some of our programs are on Hold but as soon as it is safe to reopen we will do so. Please be in contact with SCCR if you are interested in any of our programs and I will let you know where we are at, it is a wait and see as of right now.

Due to a grant received from the Winkler Area Foundation we were able to host a Nutritional and Wellness workshop open to the public to give very informative information on nutrition for eating and living a healthy life style. Presenter was Sonia Funk from “The Whole Avocado”.

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It has been a privilege helping our clients through a portion of their cancer journey. I am so thankful for the people that thought to establish an organization like SCCR to assist people on their cancer journey. To think how far SCCR has come and how we can assist our clients is really mind boggling. It is quite a story. This year has been particularly difficult for our clients with all the changes that have taken place due to COVID. Just glad SCCR was here to assist where we could.

Respectfully submitted,

Deb Thiessen

Programs Coordinator