

# The Mission Statement

June 2008  
Volume 3, Issue 1

## SAVE THE DATE

SEPTEMBER 19<sup>TH</sup>, 2008

### 2<sup>ND</sup> ANNUAL PROSTATE CANCER GOLF TOURNAMENT

COUNTRYVIEW GOLF COURSE  
351-4811

## FREE PARKING AT CKHA

HOSPITAL FOR CANCER  
PATIENTS ON TREATMENT  
PROVIDED BY  
M.M.M - CANcer Assist

*Your donations  
hard at work!*

WALMART B.B.Q  
JUNE 14TH

**Boston Pizza  
Invites You to Support  
Those on a Cancer Journey  
July 9th**

**Tickets \$15  
All U Can Eat!  
Tickets available at  
Cancer Centre and  
Boston Pizza**

Because of your donations to  
M.M.M - CANcer Assist  
We can continue to help  
people with the practical  
issues related to cancer.



Please donate



Wow wasn't that a PARTY!  
Crystal Gage and Doug Sophonow  
Bringing down the house.

Bayshore Home Health did it again, and bigger! Thank you to the hard work of staff at the local branch, those in Chatham-Kent facing a cancer diagnosis will benefit from the proceeds raised at this year's event. \$10,000.00 will go along way in providing programs FREE of charge to those in Chatham-Kent. With very little overhead the impact of donations has a huge affect on the programs and services that are available in our community. We thank everyone who bought tickets to this sold out event and to all those that donated to the auction, your gift reached further then you can imagine. Thank you for making cancer care in our community a priority.

## Do You Know A Cancer Survivor?

We are looking for submissions for our first edition.

Submission Process: It is very easy. Send in a photo of yourself, black and white, the photo should be up close and be a portrait of sorts. Show your personality or your love of life. Along with your photo, you will submit a description of your cancer journey with no more then 400 words. Please include your name and diagnosis with your submission. There is no cost, but we will only be able to take the first 50 submissions. Mail your submissions to the Cancer Wellness Centre. Download guidelines at [www.mylesmiraclemission.ca](http://www.mylesmiraclemission.ca)

*Your story can inspire and offer hope to those right here in Chatham-Kent*

All submissions become the property of Myles' Miracle Mission to use for promotions and fundraising. Each year we will publish a book, with 100% of the proceeds going to support programs at the centre. These programs are then offered free of charge to individuals in Chatham-Kent facing a cancer diagnosis.

If you require more information please feel free to contact us at the office. (351-4811) No age limit. It's time to tell your story!

If you would like us to come to your work place to present what "Myles' Miracle Mission" is And how you can help, please call the office at 351-4811

*"Cancer is a word, not a sentence. "*

*- John Diamond*

*"The last place we tend to look for healing is within ourselves."  
Wayne Muller*



Cancer Wellness Centre is open  
Monday - Thursday 9 – 4pm  
Friday 9- 1p.m

Please park across the street at  
the church parking lot

# What to ask the doctor

Being informed can help alleviate some of the uncertainty and stress of living with cancer. But knowing what, and how, to ask about your condition can be more difficult than you might think.

*When faced with a diagnosis of cancer, most people's minds go blank. Only a limited amount of the information being offered might be absorbed, because another part of the brain has headed off into the stratosphere with all kinds of concerns. Earth-shattering questions of life and death vie with mundane worried about practical, day-to-day living. One patient remembers, when told she had cancer that the two thoughts which came to her were, "Will I die tomorrow?" and, "Where is the bucket if I need to vomit?"*

*With crucial, life-changing questions surrounding people as they proceed along this surrounding people as they proceed along this 'cancer journey', how can they best be helped to make some sense of this desperately confusing world-turned-upside-down? This is a time when anyone would be at their most vulnerable and in need of all the help they could get; yet they may not find the right words to ask.*

## **Outer and inner journeys**

*In some ways there are two parallel journeys here. The outer journey is represented by the numerous hospital appointments, scans, blood tests, brie conversations imparting serious information, and so on. This is mirrored by the inner journey of the healthy person-who implicitly thought they' live forever-becoming a 'patient' with a diagnosis of cancer. They may well be cured, but they will live with the possibility of recurrence hanging over them for the rest of their lives. Some, of course, will find that their cancer in incurable. No one is the same after a diagnosis of cancer.*

*There are man sources of information available, but one key element is having your own key questions answered by the relevant people involved in your care. However, just asking the questions can be a problem-it is easy to become muddled, or forget some of the answers; plus, of curse, you don't know what you don't know. Patients and caregivers need detailed information t become shared-decision makers and help create 'customized' care. Informed choice can lead to a greater involvement in decision-making, and a better sense of control.*

*Come check out our lending library for you or a family member  
Book list can be found on our website [www.mylesmiraclemission.ca](http://www.mylesmiraclemission.ca)*

### Question Checklist:

#### To ask your GP on referral

- Why are you referring me?
- Who are you referring me to and are they a specialist?
- How quickly will I be seen?
- What tests can be done and how will I get the results?
- Who else will help me?

#### To ask your GP at diagnosis, and beyond

- What is my plan of care and what is the timescale?
- What will happen if I worsen and who else will help me?
- Who will support my family and/or caregivers; and how?
- How will I know if I am worsening?
- Who is my first point of contact?
- Where can I be cared for if my condition deteriorates? What support can be offered at home?
- Where else can I get help?

#### To ask other hospital staff

- Has my cancer spread?
- What is my treatment plan? What are the possible side-effects?
- What would happen if I didn't have treatment?
- Who can help me if I have questions?
- What are my chances of a cure? What are the chances of reoccurrence?

*A Cooperative Effort: If you or someone you love is living with cancer, there's help close to home. Myles' Miracle Mission – CANcer Assist Wellness Centre we specialize in resources and guidance for people who are dealing with cancer.*

*Students in Mrs. Burfield's grade 3&4 class Held a class party to benefit Myles' Miracle Mission Cancer Wellness Centre. Thank you to all those involved in this fun day and donating items that were needed. Thank you to McFadden lawn service for their financial contribution as well.*

*Gordon, Langdon and Larissa McFadden presents the proceeds to Susan McLellan, at the Cancer Wellness Centre.*

*Susan, said that they will make a purchase of children books to help families facing a cancer diagnosis.*



Thank you to Union Gas Helping Hands Program for their generous donation and volunteers who installed a beautiful landscaped garden in front of the Cancer Wellness Centre.

Once again Union Gas has stepped up to the plate in leading the way not only in corporate donations but through employee involvement.

Special thank you to the Glasshouse Nursery, Dave VanRaay for project design and leadership.

From all of those who come to us for support we thank you for making cancer care important in Chatham-Kent.

Please remember

IN MEMORIAL DONATIONS  
ACCEPTED AT ALL  
CHATHAM-KENT FUNERAL  
HOMES

when it matters  
MOST

## MYLES' MIRACLE MISSION -

No money leaves the community which means that money donated for programs and services receive that money, allowing for educational seminars, library books, reiki, yoga, healing touch, cooking classes and our financial grant programs.

Lymphedema session please call to reserve your spot to this limited space educational session. Call 351-4811

Please park across the street church parking lot.

# DEFEAT Cancer

DEFEAT Cancer (Diet, Exercise, Family, Education, Attitude, Thriving)

Upcoming Workshop Call to register:

## Cancer Patient Communicating with you doctor

Learn how to be a "Patient Active", Wherever you are in the continuum of the cancer experience, (newly diagnosed, in active treatment in post-treatment, or a long-term survivor, this workshop is for you. Communicating with your Healthcare Team is just what the patient ordered. Empowering you to navigate your choices and make active decisions with the knowledge that it takes an entire community to achieve total wellness. This is a 6 week program

Lymphedema Information Session  
July 5<sup>th</sup> 2008 10am – 12pm

**WITH**

Freda Yako-Malott, BSc  
Registered Massage Therapist  
Certified Manual Lymph Drainage Therapist  
Certified Lebed Method Instructor

### ***The Main Lessons I have learned from living with lymphoma are:***

***Stay informed:*** keep up-to-date about your cancer, especially if it is chronic form.

***Be informed:*** Be an active participant in your own health care team and in your life generally.

***Get support:*** Support comes in many forms, but you learn enormously from being in touch with other people who have your cancer.

***Set goals:*** It is hard to see beyond diagnosis and treatment. Surviving each treatment course becomes a priority. Long term goals are also important.

As well, as your experience can help others through challenging times. While a diagnosis of lymphoma is devastating, it is not insurmountable.

Help is close by at Myles' Miracle Mission – CANcer Assist Wellness Centre

Services are offered free of charge in comfortable home-like settings. The trained volunteers work in your community to offer a variety of options to complement your medical care. Our programs can help you live better, feel better, and chart a course for healing. Using our resources, you will discover a process of caring for yourself that's right for you.

"If you or someone you know has cancer, we can help."

**Remember to visit those who support the Mission**

Canada Business Services – Glasshouse Nursery - Home Hardware Chatham – Leon's

Affinity Jewelers – R&B Fabrics – Staples, McDonalds Restaurants and many more (see our website)

## Union Gas Helping Hands

On June 7<sup>th</sup>, a group of “Helping Hands” from Union Gas came armed with shovels, picks trowels and yes energy. Ready to get dirty, they soon began the task of removing dirt, digging out roots and making way for a new and inspiring entrance way to the Cancer Wellness Centre.



Like cancer it self, sometimes our gardens are over run by weeds and are in need of added supplements to bring the nutrients back to a healthy state. Allowing the beauty of the garden to come forth. The entrance of the Cancer Wellness Centre has been rid of its weeds and now inside, the Body, Mind and Spirit can begin to heal.

Thank you to everyone for sharing in the healing process for many in Chatham-Kent that will find their way to our front door. Thank you especially to Tina Brown for arranging this project.

## Calling All Disney Lovers

Are you 20 – 25 years of age, and want to make Children smile?

Are you in High school students in grades 10 or 11?

This year's Festival of Trees is based on Disney World

**When You Wish Upon A Star**



We are looking for mature/high energy individuals who Can remain in character throughout the 4 day festival.

Costumes will be provided.

If you are interested please call 351-4811

## Upcoming Workshops

Please call to register for free workshops

Teamwork

How to communicate with your doctor

Preparing for chemo and radiation

Livestrong Medical journaling and record keeping

Call to signup for any of the above 351-4811

*Check our calendar of events [www.mylesmiraclemission.ca](http://www.mylesmiraclemission.ca)*

“The main thing is to have that PSA done. It’s not a perfect indicator, but it is the only indicator that is available.”

## Surviving Prostate Cancer Takes Teamwork

If you’ve just been diagnosed with prostate cancer, you should start thinking of yourself as the captain of a team committed to your survival. Aim for deep bench strength in the health care professionals you’ll depend on. Your GP, urologist, radiologist, oncologist, nurses and technicians will be a formidable group whose knowledge and experience are the foundation of excellent health care. If you have questions about aspects of treatment, call them. They will encourage you to take an active role by learning all you can about every aspect of prostate cancer.

Your wife or partner will be your manager, cheerleader, and therapist while your family will prove an inexhaustible source of support and encouragement. Part of your team will be people you haven’t met yet. This is our hometown advantage. These local survivors of prostate cancer and their families have a wide range of experiences and will give you the confidence to make the decisions that are right for you.

Make **CHATHAM-KENT’S PROSTATE SUPPORT GROUP** part of your team. This group and all its programs and services are made available to you and your partner free of charge. Through individual donations, and third party events we are able to give Chatham-Kent residents the cancer care programs and services it not only needs but deserves! For more information about this group please call us at 351-4811

## Keep Dad In The Game 2<sup>nd</sup> Annual Golf Tournament September 19<sup>th</sup>, 2008

***It’s time to support our local men and the women that love them!***

“Women are often caught between wanting to be supportive and wanting to have a place to talk about what this means for them and their lives.”

**Keep Dad In The Game** golf tournament is open to women and men. Join as a foursome or sign up on your own \$80.00. All proceeds from this 2<sup>nd</sup> annual golf tournament will once again go towards programs and services that are offered free of charge to those in Chatham-Kent on a cancer journey.

Last years event allowed us to hold a prostate testing clinic free to men in our community. Over 200 men showed up for this clinic, 7 of those tested had markers indicating further follow-up was needed. We also held 2 information sessions on prostate cancer in partnership with the Chatham-Kent Health Alliance. Prostate Cancer books were also purchased for our lending library. We invite you to join us at this year’s tournament and help us **Keep Dad In The Game**. Call for more information 351-4811

# Your gift can help.

## Making a Donation

We can process your donation over the phone, in person, through the mail, or online. To make your donation online, visit [www.mylesmiraclemission.ca](http://www.mylesmiraclemission.ca) and follow the link to donate.

Name : .....

Address : .....

City: Province: .....

Postal Code: .....

• I want to make a one-time donation of \$.....

• I want to give a Gift in Honour of \$.....

Person: .....

Event: .....

If you would like M.M.M - Cancer Assist to send acknowledgement to this person of your gift please include:

Address: .....

City: Province: .....

Postal Code: .....

• I want to make a monthly contribution of \$..... (unless otherwise requested, credit card donations will be charged on the 1st of the month) I am enclosing my cheque

Please bill my credit card:  
 VISA     MasterCard

Name on card : .....

Card # : .....

Expiry Date: .....

Phone #: (    ) .....

Signature of Card Holder:

Myles' Miracle Mission - CANcer Assist Wellness Centre is a Registered Charity (86055-6968-RR001). All donations (over \$5) will receive a receipt for income tax purposes by mail. Thank You!

Founder  
 Myles S. McLellan



## The Myles' Miracle Mission – CANcer Assist Board of Directors, 2008



President  
 Wayne McLellan



Neil Woods



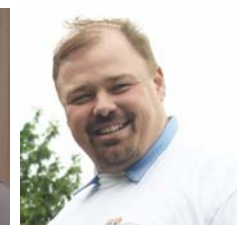
Carol Markham



Dave VanRaay



Jennifer Roszell



Gary Patterson



Patricia Arango



Rick Walker



## Partners of Myles' Miracle Mission – CANcer Assist



## JUST WHERE DOES YOUR CANCER DONATIONS GO?

Have you wondered how your donation dollars are being used?  
Do you give to cancer yet; don't see how it is making a difference to those in your community?  
Do you wonder how much of your donation dollars are being used to pay salaries?  
Do you wonder what direct effect your donation dollars have here in your community?  
If you or a loved one was diagnosed with cancer, could you count on them to be there when you need them most?

### Myles' Miracle Mission – CANCER Assist has 100% of your donations staying right here in Chatham-Kent

Your donation dollars goes **DIRECTLY BACK INTO OUR COMMUNITY** providing FREE programs and services to all of those in Chatham-Kent on a cancer journey. We provide practical help, for real life issues when facing a cancer diagnosis.

**We are here when you need us most!**



Never thought I would have to think about my life without my Henry. We soon realized that our love affair was being threatened, when Henry was facing colon cancer. On disability, we had issues with finding resources that could help get him the diet supplements and ostomy supplies he needed after his bowel surgery. Myles' Miracle Mission came to our home, and met with us, and provided diet supplement drinks and supplies until Henry could finish his treatment. We didn't know where to turn, as no one would help us with our expenses, money we didn't have. Thank you to the Cancer Wellness Centre for helping my Henry, and for visiting with me while he was having his final MRI. We will let other's know how much you have done for us.

*Henry and Rose Whitherington Chatham*

As a young mom I always worried about my children, making them my first priority. When I was diagnosed with breast cancer, it was hard for me to put me first. I have been a single parent for five years, and pride myself in being able to do things on my own. I had just started a new job when I was diagnosed and so when I had to leave work, the financial strain was so much more than I could deal with. A friend of mine, told me about your organization, and she even took me there to hold my hand. I just want to say thank you for everything. Wow, from the moment I got there I felt safe and okay. Your lending library was a blessing as with kids it's hard for me to get to the library. The cup of green tea was a nice touch; I didn't feel rushed or not important. Most of all thank you for helping me to pay for my wig and prosthesis and paying for the parking fees in London. My daughter loved the book she borrowed about my mom has cancer; we must of read it fifty times. Most of all thank you for not giving up on life when you lost Myles. You are truly an inspiration for others and your dedication to this community in the fight for cancer recovery is evident in your everyday passion to make a difference. Thank you for giving me, me back again and supporting me through this part of my life. I couldn't imagine my children without me. I will certainly make you my charity in the future and tell others.



*Trisha Fox Blenheim*



The worse thing any parent can hear, came into my world this past year as my son, Tyler was diagnosed with testicular cancer. Totally in shock and disbelief, we felt like our world had been taken from us. We had so many questions to ask, but we didn't know what ones and how would we deal with this and still be sane. Leaving work added to the pressure of our new life, not to mention the cost associated with having a sick child. During Tyler's treatment staying in London was a financial issue, but thanks to you and those that donate to Myles' Miracle Mission your caring organization took care of our needs and provided not only financial assistance, but emotional support daily when our world came crashing down. The support group is a great resource for me and my husband, we will be sure to send our donations your way, and pay it

forward for others. Thank you for being here.

*Tyler, Jess and Mike Thomson  
Chatham*