

Finding the Path

to better cancer care together

UNDERSERVED POPULATIONS PROGRAM

We are here to help you.



To increase awareness and understanding of cancer and its causes, the Underserved Populations Program at CancerCare Manitoba is now part of the Community Oncology Program. We work with communities and leaders to help change the story of cancer in all Manitobans.

Contact us:

Toll-free: 1-855-881-4395

Or email us at changingthepath@cancercare.mb.ca

COMMUNITY CONNECTOR TRAINING SESSIONS

In November/December 2020, CancerCare Manitoba was proud to host its second Community Connector training session virtually via Zoom. This session was open to individuals within First Nations, Métis, and Inuit communities across Manitoba.

What is a Community Connector?

The role of a Community Connector is to act as a peer support navigator to assist local patients and family members during their cancer experience. Ideally, the Community Connector position is filled by a nurse, health staff, cancer survivor, or a trusted member of the community who is open to learning about all the information, services, and resources CancerCare Manitoba has available for clients. As a trusted member of their community, these individuals help connect their peers with resources and supports as needed. This role is community-driven, with each community identifying what is needed from this role. Community Connector

Training includes information on cancer and cancer services that communities identify as important. The process will be determined by each community and is tailored to their original needs.

Become a Community Connector

CancerCare Manitoba is committed to its ongoing support of First Nations, Métis, and Inuit communities. Although the COVID-19 pandemic has caused significant delays in the Community Connector initiative, we recognize the essential role filled by this position and are working diligently to respond to the needs and supports for Community Connectors across Manitoba. If you or another community member is interested in taking part, please contact **Brittany McKay**, Project Coordinator for the Underserved Populations Program.

Brittany McKay

204-784-2774

bmckay6@cancercare.mb.ca

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CANCERCARE AND COVID-19: HOW WE CAN HELP

Supports available for First Nations, Métis, and Inuit patients impacted by the COVID-19 pandemic.

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FIRST NATIONS PATIENT GUIDE

Providing culturally safe patient resources.

PG 4

TALK TOBACCOO

Highlighting Canadian Cancer Society Talk Tobacco resources



WHAT LANGUAGE DO YOU SPEAK AT HOME?

It is important that you and your family can ask questions and have answers in your language.

CancerCare Manitoba can arrange to have a trained Health Interpreter from the Winnipeg Regional Health Authority (WRHA) at your appointments who:

- Can come to your appointments or help over the phone
- Are available for many languages including sign and Indigenous language
- Can help you ask about your treatment, attend counselling and more.

If you or your family need an interpreter, please ask for one when your appointments are made.

There is no cost to you or your family for interpreters.

Ask your healthcare provider for information about the Language Access Program.

CANCERCARE AND THE COVID-19 PANDEMIC: HOW WE CAN HELP

Do you have a CancerCare appointment in Winnipeg or at any of the Provincial Community Cancer Program sites? CancerCare Manitoba is taking steps to reduce your risk of infection by COVID-19. Unless you are told otherwise, please attend your appointment as scheduled. You will be contacted by phone if there are changes to your appointment.

For more information visit our website: <https://www.cancercare.mb.ca/>

Please contact CancerCare Manitoba if you have any questions or concerns regarding:

- COVID-19 and your CancerCare Manitoba related appointments
- your ability to travel to these appointments
- having a place to stay
- keeping up physical distancing

Contact CancerCare Manitoba at 1-855-837-5400

(Hours: Monday to Friday 8 a.m. to 6 p.m. and Weekends 8 a.m. to 4 p.m.).

NON-INSURED HEALTH BENEFITS IN MANITOBA

The Non-Insured Health Benefits (NIHB) system is very complicated and frustrating. Many First Nations and Inuit Manitobans are struggling to get access to medications, transportation, accommodations and health care equipment.

The Southern Chiefs Organization Inc. (SCO) and Manitoba Keewatinowik Okimakanak (MKO) have navigation services available to assist you with any issues and concerns.

For further information, if you are from the South please contact SCO's Ashley Cochrane by email at ashley.cochrane@scoinc.mb.ca or by phone at **204-946-1869** extension 120.

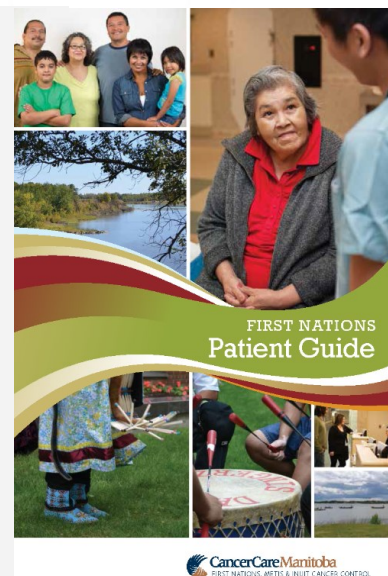
If you are from the North and need help, contact MKO NIHB Navigator Bernice Thorassie at Bernice.Thorassie@mkonorth.com, or by phone toll-free at **1-800-442-0488**, or contact her office at **204-677-1618**.

FIRST NATIONS PATIENT GUIDE

We know that many First Nations cancer patients can face many barriers in the cancer care system. Recognizing one of those barriers is a lack of culturally relevant information available to patients and families, the Underserved Populations Program has created new resources about the cancer journey for First Nation communities.

The First Nations Patient Guide provides important information about cancer, different treatment options, the various care providers who are part of a care team, and how to navigate the building and surrounding areas. Importantly, the First Nations Patient Guide has additional information about how to get connected with different supports and services, including the Education & Liaison Nurse, Allison Wiens, who helps patients requiring additional assistance with numerous aspects related to their cancer journeys such as non-insured health benefits and First Nations Inuit Health Branch.

To order copies, email: changingthepath@cancercare.mb.ca



THE NAVIGATOR NEWSLETTER



Supporting Patients and their Families - The Navigator

CancerCare Manitoba provides a variety of support groups and services to assist patients and their families through their cancer journey. Take a look at The Navigator Newsletter on our website for details.

<https://www.cancercare.mb.ca/home/>

CANCER NAVIGATION SERVICES

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.

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 patients to meet their needs, make informed decisions and provide guidance and support in their cancer journey helping to reduce distress and anxiety.

Contact cancer Navigation Services in your region:

- **Interlake-Eastern Regional Health Authority**
1-855-557-2273
- **Northern Health Region** 1-855-740-9322
- **Prairie Mountain Health** 1-855-346-3710
- **Southern Health-Santé Sud** 1-855-623-1533
- **Winnipeg Regional Health Authority/Churchill**
1-855-837-5400

More information available at
www.cancercare.mb.ca/navigation

TALK TOBACCO & SMOKERS HELPLINE

Smokers' Helpline is a population-based smoking cessation service that provides evidence-based support to individuals who would like to quit smoking, maintain their quit, or help someone else quit smoking. Smokers' Helpline is a free, confidential service that provides personalized support, advice and information about quitting smoking and tobacco use by phone, text, and online.

Visit www.smokershelpline.ca for more information or call 1-877-513-5333

Talk Tobacco is a population-based smoking cessation phone service for First Nations, Inuit, Métis and urban Indigenous communities that provides culturally tailored information and support about quitting smoking, vaping and other forms of commercial tobacco. Talk Tobacco is a free and confidential service, open 7 days a week, and is available upon request in 16 Indigenous languages.

Visit www.talktobacco.ca for more information or call 1-833-998-8255 (TALK)

Follow Talk Tobacco on Facebook at <https://www.facebook.com/TalkTobacco>

Both Smokers' Helpline and Talk Tobacco currently offer the following incentives to support people to quit or reduce smoking or vaping First Week Challenge Contest <https://www.smokershelpline.ca/challenges/first-week-challenge/enter>

Free NRT Trail Pack <https://www.smokershelpline.ca/trial-pack/trial-offer>



Quitlines like **Talk Tobacco** can **more than double** your chance of quitting successfully



1-833-998-8255
talktobacco.ca

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WANT TO KEEP UP WITH THE ACTIVITIES OF THE UNDERSERVED POPULATIONS PROGRAM?

We publish this newsletter twice a year! If you would like to be part of our distribution list, please contact us at: changingthepath@cancercare.mb.ca.

You can also download copies from our website: www.cancercare.mb.ca/upp

We are also on Facebook, give us a like and follow! <https://www.facebook.com/UPP.CCMB>

WWW.CANCERCARE.MB.CA/UPP