

Finding the Path

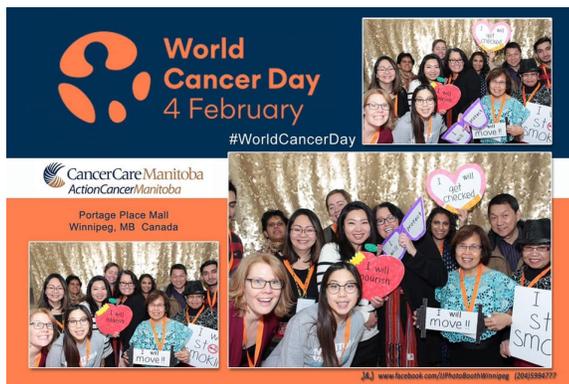
to better cancer care together

WORLD CANCER DAY

Each year on February 4, people around the world raise awareness and take action for World Cancer Day.

To mark this occasion, the Newcomer Advisory Committee at CancerCare Manitoba, alongside the Underserved Populations Program, hosted activities and information tables.

For more information about World Cancer Day and how you can take action, visit www.worldcancerday.org.



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 for all Manitobans.

Contact us:
Toll-free: 1-855-881-4395
Or email us at changingthepath@cancercare.mb.ca

FIVE STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF CANCER

1) Keep tobacco sacred

Smoking is the single most common cause of cancer

2) Eat Well

Eat a diet high in fruits and vegetables

3) Shape Up

Exercise at least 30 minutes a day

4) Check Up

Know your body and pay attention to changes

5) Cover Up

Be sun smart. Use sunscreen and wear protective clothing



PG 2

FIRST NATIONS, MÉTIS AND INUIT ENGAGEMENT

Our Project Network met April 25 & 26, 2019 to launch the First Nations, Métis and Inuit initiative.

PG 3

NEW STAFF ANOUNCEMENT

Brittany McKay has joined the Underserved Populations Program.

PG 4

OTHER SERVICES

Helping patients to meet their needs, make decisions and provide guidance on their cancer journey.

FIRST NATIONS, MÉTIS AND INUIT ENGAGEMENT



On April 25 & 26, 2019, our Project Network met in Winnipeg to kick off the **Enhancing access, knowledge and patient experience for First Nations, Métis and Inuit in Manitoba throughout the cancer continuum initiative** funded by the Canadian Partnership Against Cancer (CPAC).

Our Project Network is a collective of First Nations, Métis and Inuit partners and organizations from and working with communities. The network serves as an advisory structure for the initiative.

The purpose of this initiative is to:

- Improve health care providers' understanding of Indigenous communities and ability to create safe care/transition plans
- Increase the number of staff at CCMB who have completed cultural safety training
- Enhance the existing support and cancer navigation services available to individuals in Indigenous communities

To accomplish this, there are two components to this initiative, 1) Community Connectors and 2) Community Profiles. A Community Connector will act as a peer support navigator that assists local patients and family members during their cancer experience.

This role will be community-drive and communities will identify what is needed from this role. This initiative will provide training to Community Connectors around services and supports that are available.

By the end of the initiative in 2022, the initiative aims to have Community Profiles available. This ideally will be a web-based resource that describes important characteristics of First Nations, Métis and Inuit communities. The information will include important core factors that are relevant to care planning, as well as information that is determined by each individual community as important to knowledgeable care planning. This will also include photo voice, which will capture a more personal story of the unique characteristics of each community.



If you would like more information regarding this initiative, please connect with Brittany McKay at bmckay6@cancercare.mb.ca or 204-784-2774.





We are pleased to announce that **Brittany McKay** has joined the Underserved Populations Program as of March 21st, 2019.

Brittany is the new Project Coordinator working with the **Enhancing access, knowledge and patient experience for First Nations, Métis and Inuit in Manitoba throughout the cancer continuum initiative.**

She brings a background in Aboriginal Self-Governance and has a passion for working with community. In Brittany's previous role, she was a Project Coordinator with First Peoples Development Inc. She was responsible for carrying out various projects in First Nations communities under the Aboriginal Skills and Employment Strategy. Brittany has also spent time at the First Nations Health Authority in Vancouver, BC as an Aboriginal Patient Navigator. Brittany has experience in the Non-Insured Health Benefit program and navigating the health system.

We are excited for Brittany to join the team, and know her experience and knowledge will be an asset to this initiative. Please join us in welcoming Brittany!



WHAT LANGUAGE DO YOU SPEAK AT HOME?

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

ASIAN WOMEN OF WINNIPEG GALA



On March 9, 2019, staff at CancerCare Manitoba, and CancerCare Manitoba Foundation attended the Asian Women of Winnipeg Gala to celebrate International Women's Day. The gala was to honor outstanding women for this distinguished service. Dr. Navaratnam, President and CEO brought welcoming remarks from

CancerCare Manitoba. Congratulations to all of the women awarded this year and thank you for having us!

The Asian Women of Winnipeg is a non-profit organization, established in 2014 and incorporated in 2016. They aim to promote, educate and empower women living in Manitoba. Their vision is to provide leadership and support to gain respect, equality and education for all women, and their core value is that we believe in mutual respect, diversity and equality.



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.cancer.mb.ca/navigation

NON-INSURED HEALTH BENEFITS IN MANITOBA

The Non-Insured Health Benefits (NIHB) system may be very complicated and confusing. Many First Nations and Inuit Manitobans may have challenges optimizing access to medications, transportation, accommodations and health care equipment.

There is help thanks to the dedication of the Southern Chiefs Organization Inc. (SCO) and Manitoba Keewatinowi Okimakanak (MKO) help is here!

If you live below the 53rd parallel, SCO has hired an NIHB Navigator to help you navigate the NIHB system. For help troubleshooting or if you have questions, you can contact them at:

T: 1-204-946-1869 • Toll free: 1-866-876-9701

If you are from the North and need help, contact the MKO NIHB Navigator at:

T: 1-204-677-1618 • Toll free: 1-800-442-0488

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

Get  **CheckedManitoba.ca**

The health educators from CancerCare Manitoba's BreastCheck, CervixCheck and ColonCheck programs provide education and health promotion to encourage informed decision-making. Current cancer screening recommendations include:

Most women age 50-74 should have a screening mammogram every 2 years.

Most women age 21-69 who have ever been sexually active should have a Pap test every 3 years.

Most men and women age 50-74 should do a home screening (stool test) every 2 years.

Contact health education team by phone or email if you have questions about breast, cervix or colon cancer screening.

To order education resources online, visit GetCheckedManitoba.ca

GetChecked@cancercare.mb.ca

1-855-95-CHECK

WWW.CANCERCARE.MB.CA/UPP