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MTP News

Issue 4 July 2023

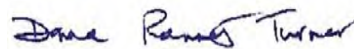
Letter from our Principal Investigator

I am very pleased to bring you our Summer 2023 newsletter!

Over the past few months we have been busy with continued recruitment and welcoming as many participants as possible through our doors to complete study center appointments. Since we received approval to re-start our in-person data collection in October, the team has been able to complete over 1,000 appointments! Please join me in congratulating and thanking the team for their hard work. We are currently booking appointments through late July. If you haven't heard from us yet, please be sure to keep an eye out for an invitation.

This summer we will be launching a new partnership with Dynacare to allow for blood collection to occur throughout Winnipeg, and we will be moving into a newly renovated space. These represent two major steps forward for the Manitoba Tomorrow Project (MTP), allowing us to increase the number of appointments we can complete each week. We share more information on these updates in this newsletter, but please feel free to contact us if you have any questions.

Once again, thank you so much for your continued participation. Your contributions will help to advance what we know about cancer and chronic disease for future generations.



Dr. Donna Turner, PhD
Scientific Director



Please help us keep your information up to date!

The Manitoba Tomorrow Project is a long-term study and staying in touch with our participants is important for the project's success.

If you have moved or changed your email address recently, please take a moment to update us. Even if you move outside of Manitoba or Canada, we can send you information and updates.

Website

manitobatomorrowproject.ca

Email

CCMBTomorrow@cancercare.mb.ca

Telephone

Toll-free: 1-855-588-0658

Facebook

Manitoba Tomorrow Project

Twitter

@MBTmrwProject

Mail

Manitoba Tomorrow Project
c/o CancerCare Manitoba
675 McDermot Ave
Winnipeg, MB. R3E 0V9

An Important New Partnership

We have heard from some of you that you would like to provide your blood samples at labs that are close to home. For the past year, we've been working hard to find a solution to this request, and are now extremely excited to announce that we have entered a partnership with Dynacare!

We can now send participants to any of five Dynacare locations across Winnipeg to have blood drawn. We plan to monitor the success of this partnership and adapt to meet your needs, and hope to offer a similar service to those of you who live outside the city in the future.

The rest of our in-person data collection will still occur at our study center. However, this partnership will help keep appointments brief and make sure we don't interfere with patients visiting the lab at CancerCare Manitoba.

If you haven't had your study centre appointment yet, please feel free to contact us via email at CCMBTomorrow@cancercare.mb.ca.

Dynacare Partnership: Quick Facts

- To have your blood collected at Dynacare, you must complete and bring the two forms sent to you by the MTP.
- All samples will be sent to the MTP for storage.
- If you already had your study appointment and we did not collect blood, please monitor your email. We will be reaching out to you soon.

A New Project This Summer!

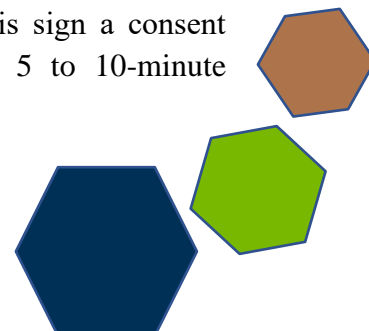
The SunFit Study: A New Project

- SunFit is a research project led by Dr. Ivan Litvinov from McGill University.
- SunFit aims to:
 - Understand the risk factors for developing cutaneous melanoma in Canada.
 - Better understand what the population knows about skin cancer, sun protection, and how they protect themselves from the sun.
- You can expect to receive an email from us inviting you to participate between July and September 2023.
- Participation in this project is completely voluntary, and will not impact your relationship with the Manitoba Tomorrow Project in any way.

We have partnered with a research team based out of McGill University to participate in the SunFit project this summer.

By participating in this project, you will help the McGill team (and by extension, the Manitoba Tomorrow Project) understand Manitobans' knowledge of their personal melanoma risk, level of concern regarding melanoma, and what protective behaviors are usually taken.

All you'll need to do is sign a consent form, and complete a 5 to 10-minute online survey.



Around the MTP Office...



Pictured above from left to right, top to bottom. **Allison Kolly**- Research Assistant, **Galvin Huen**- Research Assistant, **Madeline Kells**- Administrative Officer, **Ayodeji Odejoke-Maxwell**- Research Technician, **Fernanda Willhelm**- Project Coordinator: Recruitment, **Clarisse Willhelm**-Fernanda's Mother, **Sarah Teillet**-Project Coordinator: Communications, **Sydney Earpwiebe**- Research Assistant, **Dr. Donna Turner**- Principal Investigator.

Study Centre Renovations Update

Our newly updated facility is almost ready to open! Located in the Manitoba Possible building at 825 Sherbrook, the new space will include three dedicated rooms for us to hold appointments, as well as our own office space to accommodate our expanded team. These updates will allow us to offer more time slots throughout the week (both during the day and in the evenings), on the weekends, and help us make sure we have availability at times that work best for you!

Right now, the estimated move-in date is mid-July. We cannot wait to welcome you in and show off the new space!



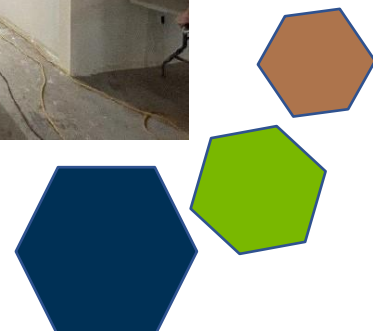
Getting active for a good cause

On June 3rd Manitoba Tomorrow Project staff and family participated in the 16th annual Challenge for Life, as The Tomorrow Project Trekkers team.

The Challenge for Life is an annual fundraiser for the CancerCare Manitoba Foundation. Participants commit to completing their choice of a 5K walk, 20K walk or 200 minutes of activity, to raise funds for the CancerCare Manitoba Foundation.

Together, The Tomorrow Project Trekkers raised a total of \$2,275 and had a fun day in the sun. Overall, the event raised over \$1 million for the Foundation.

All funds raised during Challenge for Life remain in Manitoba to support cancer prevention, advanced detection, patient services, cutting-edge research, and treatment.



Connect with us on Social Media!

As the Manitoba Tomorrow Project continues to grow and establish partnerships with researchers from Manitoba and across the country, we wanted to take steps to increase the ways we communicate with you. Similarly, we wanted to provide another way for you to contact us if you had questions, concerns, or simply wanted to express your opinion about the things we are doing. Therefore, as part of our growing communications strategy, we are launching three new social media accounts.

You can now find us on:

- Facebook (Manitoba Tomorrow Project); and
- Twitter (@MBTmrwProject)

We encourage you to follow us on both platforms, but would strongly recommend Facebook, where we plan to post things most relevant to our participants, including project updates, important announcements, new projects, study results produced from the information you provided us!

If you prefer to stay off social media, don't worry. We still plan to distribute our bi-annual newsletters and send important information via email.

So... What's Next?

When will you hear from us next?

If you have already come in for an in-person appointment, your next follow-up will occur in approximately three years' time. If you haven't heard from the team regarding your initial appointment, keep an eye on your email. We will be working through our backlog (created as a result of COVID-19 restrictions on in-person study visits) over the next year or two. You may also hear from us if a new study is approved, like SunFit described in this newsletter.

In the meantime, we will reach out to provide periodic updates throughout the year. If your contact information has changed, or you have any questions, please let us know by submitting the updated information on our website (manitobatomorrowproject.ca), by email at CCMBTomorrow@cancercare.mb.ca or by phone at: **1-855-588-0658**.

Staffing Updates

Please join us in welcoming four new additions to the MTP team!

Ayodeji Odejoke-Maxwell & Susan Su were hired as Research Technicians in March.

Ayo and Susan will be processing and storing all of the biological samples donated to the project, making sure they are organized/stored correctly and ready for future research.

Some of you may get to meet Ayo or Susan, as they will also be helping our Research Assistant team with the study center appointments!

This summer we also hired two students, **Lily Giles** and **Marika Watral**.

Lily and Marika both recently completed their second year in Biochemistry at the University of Manitoba. While working with the MTP we hope to provide them with valuable research experience, as they will help complete appointments, enter study data, and process/store biological samples.

