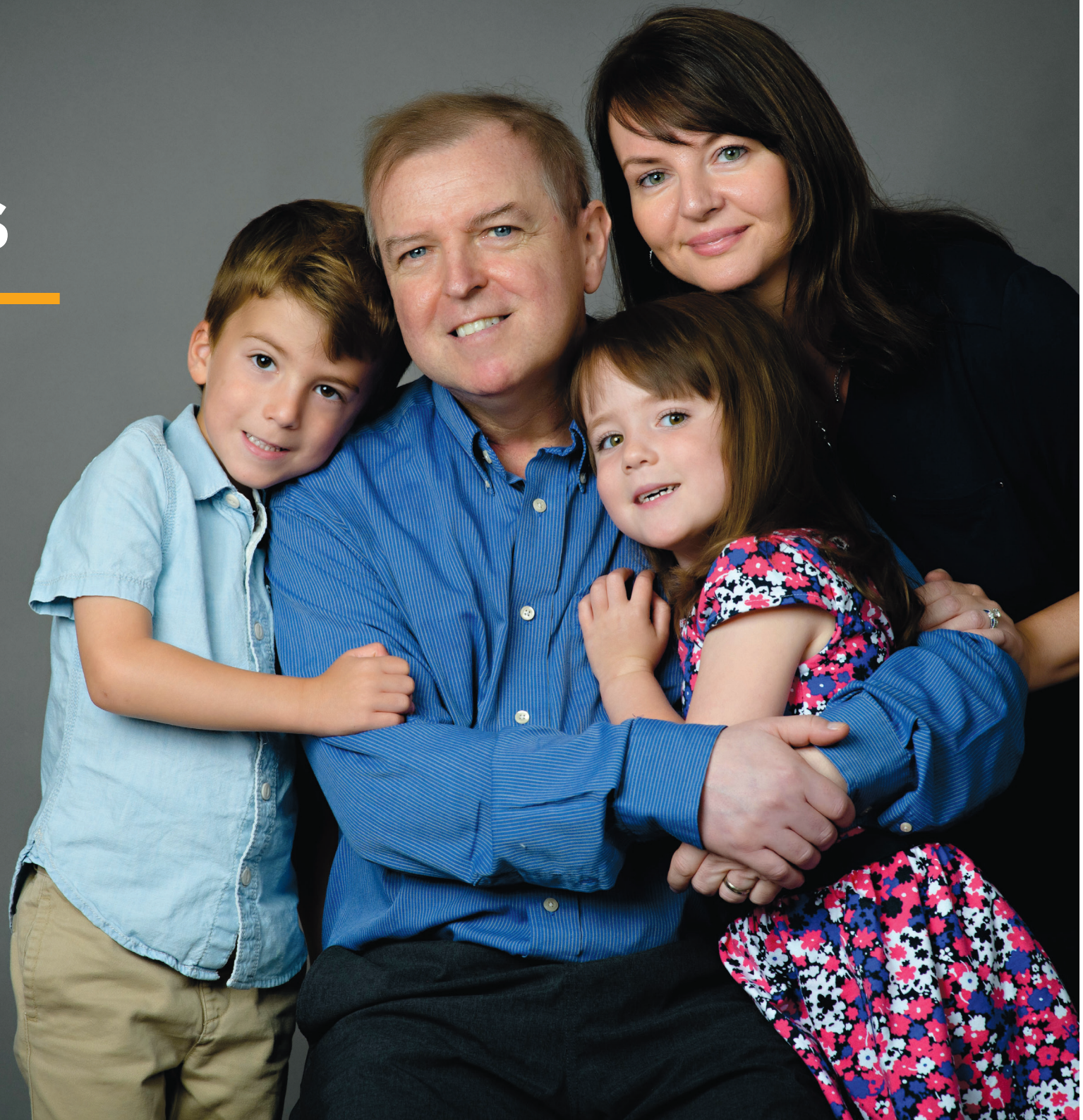


LUNG CANCER CANADA'S

2019 CALENDAR OF HOPE



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#HopeUnites

ACHIEVEMENT OF HOPE

Dr Kremenchutzky is an internationally renowned physician with a beautiful wife and two young twins. You wouldn't have guessed that lung cancer was a part of this happy family. He was 52 - an active and healthy father who never smoked. He didn't have any kind of exposure that would place him at high risk. Yet, Marcelo was diagnosed with stage four metastatic non-small cell lung cancer. As a physician, Marcelo was always in control of someone's care and now he was the patient.

Marcelo's lung cancer journey presents him with a unique perspective. After providing care for over 30 years as a physician, he now sees both sides of the equation. Marcelo has advice for fellow patients and his medical peers. For those with lung cancer, speak. Never feel intimidated and always ask the question. Listen to your gut. Physicians, listen to your patients, with your guidance you can be a powerful partnership. "Don't be sorry, be hopeful," says Marcelo. For him it was about changing that energy of fear or sadness into something positive, creating living milestones that lung cancer could never touch - achieving hope.

That is what this calendar focuses on - The Achievement of Hope. 12 Faces of Hope and 12 months of practical tips towards Living with Lung Cancer. #HopeUnites.



“MANY OF US ARE UNDER THE IMPRESSION THAT EVERY DAY SHOULD JUST BE GOOD, WHEN THIS IS NOT THE CASE AT ALL. LIFE CAN BE EXTRAORDINARY, BUT WE MUST ANTICIPATE AND LEARN FROM THE CHALLENGES, THIS IS WHERE WE FIND THE STRENGTH AND HOPE TO TAKE IT ON.”

— Dr Marcelo Kremenchutzky

DR KREMENCHUTZKY WITH HIS FAMILY
PHOTO CREDIT: Heather MacEachern-Tarasick (HRM Photography)

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 New Year's Eve	1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

“ It is important to take it day by day, milestone by milestone – the small achievements are just as important as the big. Channeling hope from my support system gave me the strength that I needed to live every day and achieve those goals. ”

– Dr Marcelo Kremenchutzky



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FAMILY

Living with lung cancer will sometimes have you feeling out of breath and very tired. This can affect your lifestyle, mood and even your ability to carry out some day-to-day routines with your family and loved ones.

Here are some simple changes that will help save your time and energy to enable you enjoy the activities you love:

- **Examine your lifestyle and identify problem activities**
Take a look at a typical day and determine what activities worsen your symptoms. For example, standing or walking for a long period of time.
- **Alter your environment**
Create an environment that is better suited to your capabilities. Place items within easy reach so you do not have to strain to get them.
- **Pace yourself and eliminate unnecessary tasks**
Give yourself enough time to complete a task. Plan ahead and organize your work space to help cut down on too many trips. It is important to know your abilities and limitations, so you know when to stop before you become tired or out of breathe.
- **Accept help from your family**
Do not be afraid to accept help from family and friends who care about you. It is very helpful for you to be within a caring community as you face this journey. It can also prevent you from feeling overwhelmed.

For more information visit www.lungcancercanada.ca

“You can't try to think you're tough and hide it from them—your thoughts, feelings, pains or weaknesses,” Lorne Cochrane says.

“You got to be honest and straight-forward and open.”



LORNE WITH HIS FAMILY

PHOTO CREDIT: Darwin Mulligan Photography

FEBRUARY | Black History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 World Cancer Day	5 Chinese New Year	6	7 February 7-8 Canadian Lung Cancer Conference (Vancouver, BC)	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18 Family Day (AB,BC,NB,ON,SK), Islander Day (PEI), Nova Scotia Heritage Day, Louis Riel Day MB	19	20	21	22	23
24	25	26	27	28		

LORNE COCHRANE was 52 when he was diagnosed with advanced stage 4 lung cancer and was told he only had about a year to live. After going through chemotherapy treatments with no success, he learned he was eligible for an immunotherapy clinical trial. Within four months of starting the treatment, there was no sign of the disease. Lorne has now stopped immunotherapy treatment and is still cancer-free. Being open with his friends and family has given Lorne the support and hope he needed throughout his journey.



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ROZ IN HER KITCHEN

PHOTO CREDIT: Howard Brodsky

NUTRITION

Here are some suggestions for eating well during cancer treatments:

- Eat small meals during the day.
- Don't wait until you're hungry to eat. Instead, establish a set schedule of certain times you'll eat during the day and stick to it. Having your pantry stocked with your favorite foods will help too.
- Eat well during your "up" times. Don't worry about consuming too many calories as you may need them when you're not feeling up to eating.
- Carry a bottle of nutritional supplement such as Ensure® with you and open one whenever you feel hungry. While no refrigeration is necessary, you may find it tastes better when chilled. It also makes for an energizing snack between meals or a tasty way to satisfy your sweet tooth in place of a dessert.

“Part of it is to listen to your body,” Roz Brodsky says, commenting on how her food preferences changed after treatment.

“If there's something that appeals to you, there's probably an underlying reason for it—that your body needs something in that food.”

See page 23 for Dark Chocolate Chip Banana Bread recipe. For more recipes please visit www.ensure.ca.

MARCH | Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
			Ash Wednesday			
10	11	12	13	14	15	16
Daylight Savings Time Begins						
17	18	19	20	21	22	23
St. Patrick's Day						
24	25	26	27	28	29	30
31						

ROZ BRODSKY was shocked when she was first diagnosed at age 45 with giant-cell carcinoma of the lung (GCCL), a rare form of lung cancer. After chemotherapy, radiation and surgery she was cancer-free. Unfortunately, the disease returned twice, each time with a new primary which required multiple surgeries. This time around recovery was easier, especially with the support of her family and the love of her dogs. Currently, there is no evidence of cancer. Roz now spends her time running Save Me Dog Rescue, a non-profit dedicated to rehoming abandoned dogs.

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CLINICAL TRIALS

When you participate in a clinical trial, you can play a more active role in your care and help others by contributing to medical research. Clinical trials are a way for patients to try new experimental treatments before they are widely available. You will receive expert care from medical professionals at top healthcare facilities.

If you are interested in a clinical trial here are some tips:

- Ask your healthcare team if you're eligible for any clinical trials. If your doctor isn't familiar with new research, he or she can refer you to another practitioner who is. You can find ongoing or upcoming clinical trials near you at www.canadiancancertrials.ca and www.clinicaltrials.gov.
- Before participating in a clinical trial have a variety of questions ready that you would like to ask or concerns you would like to address. Some questions to ask you clinical team can include:
- How do the possible risks, side effects and benefits of the experimental treatment compare with my current treatment?
- How long will the trial last and will hospitalization be required?
- What kinds of tests and experimental treatments are involved?

For more information on clinical trials and to learn what other questions you should ask before participating, please read Lung Cancer Canada's Patient's Guide at www.lungcancer canada.ca/Resources/Patient-Guide.

“It's given me a lot of hope and has allowed me to live my life in an almost normal way,” Anne Marie Cerato says after seven years of participating in targeted therapy trials. “We need to stop looking at them as last-ditch efforts to save patients and start building them into treatment plans.”



ANNE MARIE WITH HER NURSE, NICOLE PERERA-LOW

PHOTO CREDIT: Christina Amaral

APRIL | Daffodil Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 World Health Day	8	9	10	11	12	13
14 Palm Sunday	15	16	17	18	19 Good Friday	20
21 Easter Sunday	22 Earth Day Easter Monday	23	24	25	26	27
28	29	30				

ANNE MARIE CERATO was a healthy non-smoker when she was diagnosed with lung cancer at age 30. After chemotherapy and radiation, the disease returned—she had stage 4 lung cancer. When she read about a clinical trial involving a new drug, Anne Marie asked her healthcare team to see if she was eligible. Seven years after trying targeted therapy, Anne Marie’s cancer is stable and she continues to participate in clinical trials. Her willingness to try new treatments has allowed her to live a fuller life, reaching milestones such as getting married and buying a home.



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JANET AT HOME

PHOTO CREDIT: Mark Whitehead

RADON

After smoking, radon is the second leading cause of lung cancer in Canada.

It is a radioactive gas created from the decay of uranium in rocks, soils, and water. It enters buildings through foundations and is present in every indoor environment.

Inside the lungs, radon decay products can genetically damage delicate tissues. This can lead to the development of lung cancer.

Most Canadians are unaware of the significant risk radon gas exposure presents.

Steps to reduce your radon exposure:

TESTING FOR RADON

Radon is invisible, odourless and tasteless. It's a radioactive gas present in every indoor environment to some degree.

"The only way to know your exposure risk is to test. All homes, schools, daycares and workplaces need to be tested for radon," says Alan Whitehead, **CARST** President.

A long-term test lasts for 90 days to one year. Radon levels can fluctuate daily and seasonally. Testing long-term provides an accurate average exposure. A short-term test is deployed for 2 to 90 days and is considered a "screening test".

Health Canada recommends that a long-term test be conducted before planning to mitigate.

If you have a mitigation system in your home, test to ensure the system is working over time.

RETURN FOR ANALYSIS

The radon measurement device stays in the same location for the test and then is returned to the laboratory for analysis.

EXAMINING RESULTS

The laboratory will report your radon test results after analyzing the device. Health Canada has a guideline of 200 Bq/m³, which they would like all Canadian buildings to be reduced below. However, there is no safe exposure level of radon.

LOWERING RADON LEVELS

If you tested your home and it requires radon mitigation, hire a C-NRPP Mitigation Professional. Ventilating the building air will provide dilution of the inside air reducing radon concentrations. Active Soil Depressurization (ASD) is a radon mitigation system that removes radon from below a building and provides a pathway for it to exit outside. ASD is an effective method of reducing radon levels in a home.

Radon resistant new construction measures are also available to prevent radon from entering new homes.

MAY | Mental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Ramadan begins at sundown	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18
19	20 Victoria Day	21	22	23	24	25
26	27	28	29	30	31 May 31-June 4 ASCO Annual Meeting (Chicago, IL)	

JANET AND ALAN WHITEHEAD are passionate about educating Canadians on the serious health risks of exposure to radon gas. They lived together in a home in Ottawa that tested 16 times higher than Health Canada's guideline for radon exposure and 32 times higher than the WHO guideline. It wasn't until 10 years after the family moved that Janet was diagnosed with lung cancer. With Alan being the President of the Canadian Association of Radon Scientists and Technologists (CARST) and Janet being a radon-induced lung cancer survivor, the Whitehead family is active in raising radon awareness.

May is supported by:



www.carst.ca



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EXERCISE

Exercising can help patients improve their quality of life and can be integrated into their daily routine.

Tips for lung cancer patients to ensure safety and success in an exercise program:

- **Consult your physician** before starting an exercise program and a health care professional that specializes in cancer and exercise that can design a program specifically for you. Cancer Care Ontario's exercise guidelines for people living with cancer recommends:
 - **150 minutes/week** of moderate cardiovascular or aerobic exercise
 - **2 to 3 times/week** of strength training exercises
 - **Daily** stretching or flexibility exercises
- **Listen to your body.** If, activities you have done in the past feel more difficult, don't get frustrated. Start "low and slow" with interval training; short bouts (3 to 5 minutes) of cardiovascular exercises alternating with a strength exercises. If you experience a sudden shortness of breath while exercising:
 - **Do shorter bouts of cardiovascular**
 - Begin with exercises that are done in sitting position
 - Focus on your breathing; remember to exhale during the more difficult part of an exercise
 - Warm up, stretch, and cool down with each exercise session
- **Balance your exercise.** Cancer treatments often cause weight changes and muscle and bone density loss. Strength training can combat these side effects.
- **Use a measurement or fitness tool** like a Fitbit, app or pedometer. These are great tools to track your progress, encourage family and friends to start exercising and keep you motivated!
- **Work on posture** and shoulder range of motion. Poor posture can affect your breathing and lung capacity. Try keeping your shoulders down and back and chin tucked in. This will open your chest and encourage deep breathing.

For more information about Wellspring, please visit www.wellspring.ca

“My interest in fitness, healthy eating and an active lifestyle began with my desire to minimize stress and improve heart health,” Amy Rempel recalls.

“I had no idea it would one day help make me stronger to fight an unexpected lung cancer diagnosis.”



AMY ENJOYING THE OUTDOORS

PHOTO CREDIT: Memory Roth

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 National Health and Fitness Day
2	3	4	5	6	7	8
9	10	11 Eid al-Fitr begins	12	13	14	15
16 Father's Day	17	18	19	20	21 National Aboriginal Day	22
23	24	25	26	27	28	29
30	St Jean Baptiste Day (QC) Discovery Day (NL)					

June is supported by:



AMY REMPEL A business owner and mother of two, Amy Rempel was diagnosed with lung cancer at age 37. She stopped smoking ages ago and was flooded with feelings of shock, guilt, regret and worry about her future. Amy underwent radiation and chemotherapy and relied on her family for love and support. She and her husband turned the diagnosis into a learning experience for their children, teaching them how special life is and the importance of living for today.

THE OTTAWA PEER GROUP, FROM LEFT TO RIGHT: PEGGY CUMMING, JILL HAMER-WILSON, CECILIA HURTUBISE, LAURIE ALDRIDGE, JANICE FRIZELL, ANDREA REDWAY

PHOTO CREDIT: Joelle Perrier

COMMUNITY

When a patient is diagnosed, they may feel like no one knows what they're going through—and many people don't. In fact, 1 in 5 Canadians said they have less sympathy for lung cancer patients than other cancer patients and only 53% believe that those with lung cancer deserve sympathy.

Other patients and survivors have had similar struggles and can provide empathetic support and a listening ear. Hearing stories about how they made it through their journey can provide hope and help

you navigate through the logistics of living with lung cancer. Their experiences may prepare you for your treatment and possible side effects. You can also learn about options, treatments and resources that you can discuss with your doctor.

TIPS

- Search for support groups in your area. In the Ottawa area, the LCC Face to Face/Circle group meets once a month, and we hope to expand the program nationally.
- Lung Cancer Canada can match you with a Peer-to-Peer Navigator. They are survivors and caregivers who can provide mentorship, hope, advice and experience. You can connect in person, by

phone or email or through Facebook. This is a great option for people living in small towns without access to physical support groups.

- You can also start by joining discussions in online forums dedicated to lung cancer. Many patients have developed strong bonds and support with online communities.

For more information visit www.lungcancerCanada.ca

“You have to connect with others who can support you to keep that sense of hope alive,” says Andrea Redway.

“Knowledge is power and the more you reach out beyond your sphere, the more you learn.”

JULY

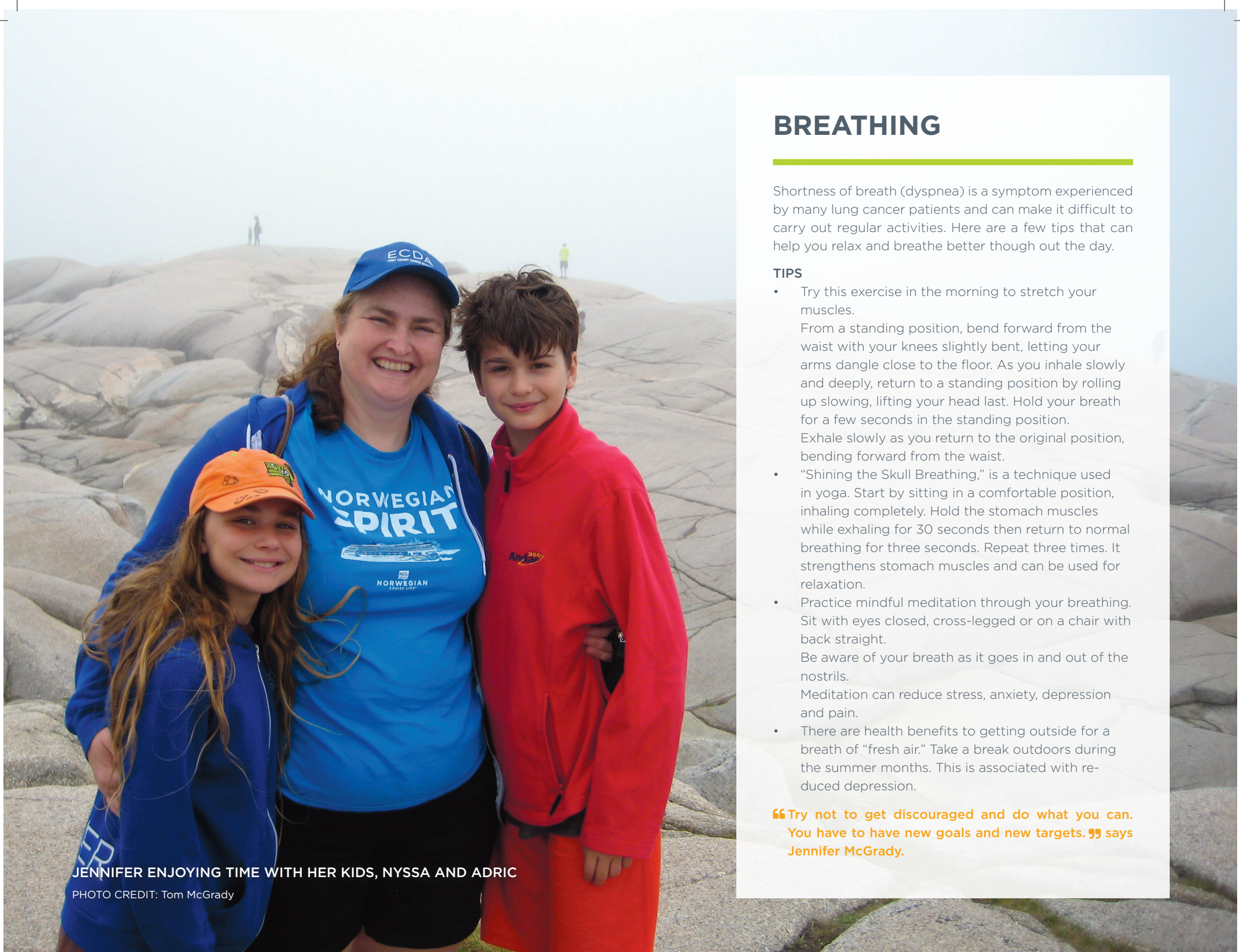
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day	2	3	4	5	6
7	8	9 Nunavut Day	10	11	12	13
14	15 Orangemens Day (NL)	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ANDREA REDWAY After returning from a trip to Asia with her husband and two kids, Andrea Redway couldn't seem to get rid of her jet lag and cough despite being a non-smoker. When doctors were trying to find the cause, they found she had stage 4 lung cancer. Chemotherapy and radiation didn't help. Luckily, she started immunotherapy through a compassionate release program. In six to eight months of taking the drug, she had no cancer outside of her lungs and her primary tumour size had reduced by more than half.

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BREATHING

Shortness of breath (dyspnea) is a symptom experienced by many lung cancer patients and can make it difficult to carry out regular activities. Here are a few tips that can help you relax and breathe better though out the day.

TIPS

- Try this exercise in the morning to stretch your muscles.
From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor. As you inhale slowly and deeply, return to a standing position by rolling up slowing, lifting your head last. Hold your breath for a few seconds in the standing position. Exhale slowly as you return to the original position, bending forward from the waist.
- “Shining the Skull Breathing,” is a technique used in yoga. Start by sitting in a comfortable position, inhaling completely. Hold the stomach muscles while exhaling for 30 seconds then return to normal breathing for three seconds. Repeat three times. It strengthens stomach muscles and can be used for relaxation.
- Practice mindful meditation through your breathing. Sit with eyes closed, cross-legged or on a chair with back straight. Be aware of your breath as it goes in and out of the nostrils. Meditation can reduce stress, anxiety, depression and pain.
- There are health benefits to getting outside for a breath of “fresh air.” Take a break outdoors during the summer months. This is associated with reduced depression.

“Try not to get discouraged and do what you can. You have to have new goals and new targets.” says Jennifer McGrady.

JENNIFER ENJOYING TIME WITH HER KIDS, NYSSA AND ADRIC

PHOTO CREDIT: Tom McGrady

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				World Lung Cancer Day		
4	5	6	7	8	9	10
	Civic Day (Except NL, QC & YT) Heritage Day Terry Fox Day				International Day of the World's Indigenous Peoples	
11	12	13	14	15	16	17
Eid al-Adha begins						
18	19	20	21	22	23	24
	Discovery Day (YT)					
25	26	27	28	29	30	31
					Muharram begins	

JENNIFER McGRADY used to walk four kilometers twice a day with her husband. She knew something was wrong when the walks became more challenging and her cough wouldn't go away. At age 47, Jennifer was diagnosed with stage 4 lung cancer even though she never smoked. She stepped down from her career as a computer programmer to undergo treatments such as radiation and targeted therapy. Since her diagnosis, Jennifer and her husband have been traveling more frequently to create special memories for their two young children.

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the lung association



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RENOWNED PHYSICIST, DR RAYMOND LAFLAMME

PHOTO CREDIT: Institute of Quantum Computing (IQC)

GOING BACK TO WORK

Returning to your career can be a milestone: A step towards feeling “normal” or perhaps a symbol of overcoming the disease. However, you may have concerns about your job performance or talking to co-workers. These are some tips to help you.

TIPS

- When you feel ready, talk to your doctor to ensure it is safe to go back to work. If your doctor gives you the go-ahead, the next step is to speak to your employer.
- Many patients find it easier to return to work by easing themselves into it. It is a good idea to practice your daily routine—from waking up at your normal work time to staying out of the house during normal work hours. Consider working up from part-time to full-time hours. Since you can't predict how you will feel and may still have appointments, sticking to a strict schedule may be difficult. If possible, negotiate a flexible schedule that will allow you to avoid rush hours to work when you have the most energy.
- Ask your human resources department about employee assistance programs or if there have been any changes to your health benefits. You should also know that it's illegal for an employer to discriminate against anyone with a disability. This includes not being given time for appointments, not being hired or being fired or demoted as a result of your lung cancer.

For more tips visit www.lungcancercanada.ca

“My schedule was very adaptable to how I felt, and I would work weekends or evenings. It was very flexible,” Raymond Laflamme says, commenting on how he slowly returned to full-time work.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labour Day	3	4	5 International Day of Charity	6	7 September 7-10 World Conference on Lung Cancer (Barcelona, Spain)
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Sept 27-Oct 1 ESMO Annual Conference (Barcelona, Spain)	28
29 Rosh Hashanah begins	30					

DR RAYMOND LAFLAMME was diagnosed with stage 3 lung cancer at age 56 despite being a non-smoker. He stepped down as the Director of the Institute for Quantum Computing at the University of Waterloo when he started chemotherapy and radiation. After finishing treatment, he had surgery and took a leave from work to recover. Raymond is now cancer-free and has returned to work full-time. He credits his doctors and the university where he works for helping him recuperate.



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FINANCIAL PLANNING

The financial impact of lung cancer, ranging from treatment costs to loss of productivity at work for you and sometimes your partner, can put an emotional burden on a family. Thus it is important to take steps to ensure you are financially prepared. Here are some tips provided by lung cancer patient Diane Colton, CEO of Mobility Financial Services:

- Sit down with your family and assess your finances. Analyze your income and expenses as well as your assets and debts. Review any health benefits or insurance coverages you may have. Determine the total cost of treatment and your daily/monthly upkeep. Knowing where you stand financially can lower stress and give you a starting point to form a plan.
- You can apply for the Disability Tax Credit available from the Government of Canada which can provide some relief from the costs associated with your illness. To apply, you and your medical practitioner must fill out Form T2201.
- If you have made contributions to the Canada Pension Plan (CPP), you can also apply for CPP disability benefits and children's benefits. If you qualify, you will receive the basic monthly fixed amount plus an amount based on contributions you have made.
- Consider hiring a financial professional to assist you with this financial review. You may also check to see if your local community offers free financial services.

Taking steps to put together a plan can help ease financial burdens and help protect you and your loved ones.

“Once you've been diagnosed, sit down and make a game plan. Look at what you value—from the intrinsic value to emotional and spiritual value,” Diane Colton says.

DIANE AT WORK

PHOTO CREDIT: Paula Hager

OCTOBER | Financial Planning Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 Yom Kippur	9	10	11	12
13	14 Thanksgiving Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

When **DIANE COLTON** began coughing up blood, she went to the emergency department to find out why. Despite quitting smoking over 20 years prior, she had lung cancer at age 56. Since she caught the disease early, doctors were able to perform surgery. When her cancer spread the following year, she underwent radiation. Unfortunately, Diane couldn't take much time off for recovery since she heads Mobility Financial Services, a tax preparation and financial planning small business. Throughout her journey, she learned about the stigma lung cancer patients face and is using her story to advocate for others.

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SUPPORT

It may feel difficult to reach out for support during your lung cancer journey. If you feel like a burden, consider this: providing support makes others feel good, too!

TIPS

- If someone asks what they can do to help, be honest and consider their strengths. If they love dogs, ask them to pet-sit. If they're great at organization, ask them to help with planning, appointments or paperwork.
- Aim to build a team of friends, family and neighbors who you can rely on. After your diagnosis, you may find that old friends or distant relatives try to reach out. Keep in contact, having someone that's more distant from the situation can be helpful when it comes to venting or sharing your fears.
- Sometimes, support may mean going out with a friend to forget about your cancer for a few hours. It's okay to be open about what you need and what you're comfortable with.
- If you feel like you lack support, you may wish to join a local support group or an online community, such as forums or Facebook groups. Getting matched with a Lung Cancer Canada Peer-to-Peer Navigator is another great option.
- Consider speaking with a social worker. They can help with counseling, someone to take you to appointments, and government and community resources. These can be provided free of charge by some non-profit organizations.


“I harness strength and hope from my family and circle support. It is from your true support system that you can beat just about anything, including lung cancer,” Elder Elmer Courchene says.



INDIGENOUS LEADER, ELDER ELMER COURCHENE

PHOTO CREDIT: Courtesy of the Assembly of First Nations

NOVEMBER | Lung Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2>LUNG CANCER AWARENESS MONTH</h2>					1	2
3 Daylight Savings Time Ends	4	5	6	7	8 Aboriginal Veterans Day	9
10	11 Remembrance Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

ELDER ELMER COURCHENE was 81-years-old when he learned that his respiratory issues were a result of lung cancer. Being an active person, he and his family were shocked. "Keep going," a phrase he often told his son, became his motto as he entered treatment. Being the Chair of the Assembly of First Nations Elders Council, Elmer is an independent force in his community. Although accepting help came as a change, he learned how to use others as a source of support along his journey.



ADVOCACY

Although not for everyone, advocacy can be an empowering tool to have your voice heard. Your story can be powerful, and help to dispel the myths and increase awareness. Many patients gain an increased sense of self worth and energy from having a new purpose post-diagnosis. Additionally, many patients value the new experiences and the friends gained along the way.

TIPS

- Join social media! Post on Facebook, tweet on Twitter, share photos on Instagram, upload a video to Youtube. Join LCC at LungCancerCanada, @LungCancer_Can, or lungcancercanada. Share #HopeUnites
- Tell your story to friends and acquaintances. Conversations can have a ripple effect!
- Write letters or meet with your local politician as a constituent to discuss the need for funding and faster drug approval times. LCC can provide materials for you as a starting point.
- Ask your local hospital or local event organizers if you can set up a table to promote awareness and provide information to other patients. Collect donations to support lung cancer organizations.
- If you're good at public speaking, consider reaching out to local media and giving an interview.

For more tips visit www.lungcancercanada.ca

“I’m the person that’s next door. I’m your kid’s teacher. I’m just that everyday person who has lung cancer,” says survivor, Heather Hogan.

“I have to use this time to ensure I get the word out for those that can’t or who are afraid to speak up.”



BILL AND HEATHER HOGAN ON A WINTER'S DAY

PHOTO CREDIT: Meg King

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 International Volunteer Day	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Hanukkah begins		Christmas Eve	Christmas Day	Boxing Day		
29	30	31 New Year's Eve				

HEATHER HOGAN Heather Hogan was a 52-year-old vice-principal when the radiologist found a shadow on her right lung. Because she was healthy and a non-smoker, doctors didn't think it was cancer. After about two years, several scans and two surgeries later, she found out she had stage 3 lung cancer. Despite her prognosis, Heather finished chemotherapy and radiation in 2013 and there's been no evidence of cancer since. Today, Heather and her husband share their story to media, politicians and in peer support groups to advocate for lung cancer patients.



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DARK CHOCOLATE CHIP BANANA BREAD RECIPE

INGREDIENTS

- 1 bottle (235 mL) Vanilla Ensure® Regular
- 625 mL (2 1/2 cups) all-purpose flour
- 5 mL (1 tsp) baking powder
- 2 mL (1/2 tsp) baking soda
- 2 mL (1/2 tsp) ground cinnamon
- 1 mL (1/4 tsp) salt
- 1 large egg
- 125 mL (1/2 cup) brown sugar, packed
- 125 mL (1/2 cup) unsalted butter, softened
- 375 mL (1 1/2 cups) bananas (approximately 3 medium-size bananas), mashed
- 125 mL (1/2 cup) dark chocolate chips

DIRECTIONS

1. Preheat oven to 180°C (350°F). Grease a 23 x 12-cm (9 x 5-inch) loaf pan.
2. In a medium bowl, sift together flour, baking powder, baking soda, salt, and cinnamon.
3. In a large bowl, cream brown sugar and butter with a beater. Whisk in egg, mashed bananas, and Ensure® Regular.
4. Mix dry ingredients into wet mixture until just combined. Stir in chocolate chips.
5. Bake for 55 minutes, or until top of bread turns brown and cracks along the top.
6. Ready in 1 hour 30 minutes and makes 12 servings

Visit www.ensure.ca for more meal plans, recipes, and tips on using Ensure®!

ACKNOWLEDGMENTS

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Cathy Barrette

Someone who placed family, both her personal and "work family" in the highest priority. She was a caring, funny, fun-loving, vibrant, and beautiful lady that is missed by many and that no one will forget.

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