

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says “I’ll try again tomorrow”

Mary Ann Radmacher

Supportive Services Update

March 2024

Welcome

During the month of March, we celebrate both Social Workers and Dietitians!

The national theme for Social Work Month this year is “Seven Points of Unity: Many Possibilities”, which identifies the common values that social workers across Canada share. In Saskatchewan, March 18-23 is Social Work Week.

March is also Nutrition Month with March 20 as Dietitians Day. This year’s theme is “We are Dietitians”, shining a spotlight on the incredible profession and igniting a sense of pride among dietitians nationwide.

We are thankful for all of our social workers and dietitians at the Saskatchewan Cancer Agency and admire their dedication to supporting patients and families.

Keep reading for more information about how social workers and dietitians at the cancer centres can help you!

We always love to hear from you so don’t hesitate to connect with us at any time:

Laura O’Brien at the Allan Blair Cancer Centre
306-766-2512

Lindsay Kostyniuk at the Saskatoon Cancer Centre
306-655-2672



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Social Work Week: March 18-23

Social workers at the Allan Blair Cancer Centre and Saskatoon Cancer Centre follow a holistic approach. They support each patient's emotional, social and spiritual well-being throughout their entire cancer journey and beyond.

Clinical Oncology Social Workers help with:

- Individual counselling
- Practical support
- Navigating the health care system
- Creating and facilitating support groups
- Connecting patients and families to appropriate community services and resources
- Finding coping strategies for dealing with an illness
- Advocating for patients

Looking for social work support? Ask your healthcare provider for a referral.

Meet a couple of our clinical oncology social workers!

Megan Favel: Allan Blair Cancer Centre

How long have you worked at the Cancer Centre?

I have been with the Agency since December 2022.

Describe your favourite part of the job.

The best part of my job is hands down the patients. I love getting to know people and feel honoured to witness people's cancer journeys. Cancer is often a life-changing diagnosis. It is such a privilege to be invited to share in that vulnerable experience with people.

What are the potential benefits of working with a Social Worker for patients?

As a patient, you don't know what you don't know. A social worker can help connect people to supports they may not have heard of otherwise. Our goal is to provide supports to patients and their families to ensure the best care experience possible when facing a cancer diagnosis.

Trevor Siemens: Saskatoon Cancer Centre

How long have you worked at the Cancer Centre?

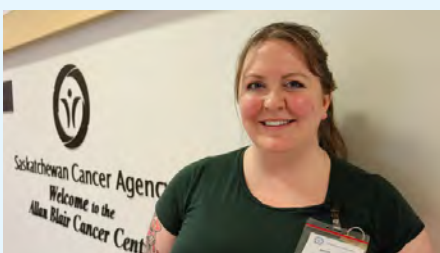
I have worked at the Cancer Centre for 8 years.

Describe your favorite part of the job?

My favorite part of the job is meeting our patients and listening as they talk about their health journey and acknowledging their story and experiences. I like hearing from patients that I have understood what they shared and being able provide practical support and information for their appointments at the Cancer Centre .

What are the benefits of working with Social Work?

Supportive Care is a great team! Our colleagues in Social Work and Dietitian Services support and build each other up to provide the best care to our patients and families! Supportive Care is a respected part of the team at the Cancer Centre.



Megan Favel



Trevor Siemens

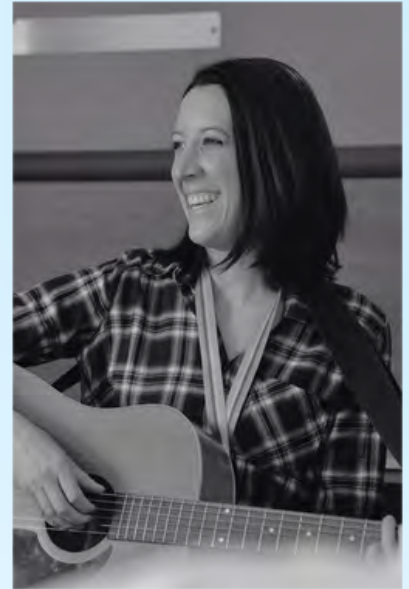
Group Spotlight

Music Therapy

Join certified music therapist Lisa Wutch for 4 sessions in April. Within the group, members will explore, create and connect with music as a therapeutic medium to improve/enhance health and wellness.

During the sessions, members will have the opportunity to play and improvise with drums/instruments, to engage in music led relaxation to learn how to use music intentionally to improve quality of life, and more! No musical experience or ability is required.

This group is held Wednesday afternoons in Saskatoon from April 10 to May 1. To register, call (306) 655-1025



Lisa Wutch

Body Image Group

Cancer and its treatment can affect how you look and the way you feel about yourself. Some people have problems eating and gain or lose weight. Many lose their hair or it comes back a different colour or texture. You may have had surgery to remove a part of your body or you may have scars or a stoma. Some people have problems with speaking. Others experience fatigue and memory problems. Any change can be hard to accept and can affect your body image and self-esteem.

The Body Image Group is a 6 week group plus a booster session, which provides you with insight, support, and the tools necessary to guide you on your way to a healthier you.

Topics include:

- Self-Compassion
- Transforming Shame
- Sex and Intimacy
- Cognitive Restructuring
- Nutrition and Exercise
- Yoga and Writing

The next group will be offered virtually from April 19 - May 31, 2024 and is open to all patients, no matter where you reside in the province. For more information, contact Lydia Bruse at (306) 766-6219.



Support Services and Programs are made possible thanks to our generous donors

Nutrition Month

The registered dietitians at the Allan Blair Cancer Centre and Saskatoon Cancer Centre use evidence-based nutrition therapies to treat, manage, and improve the health and nutrition status of cancer patients. Plus, when oncology dietitians work with patients early on in their cancer journey, statistics have shown that it helps reduce admissions to the hospital; shorten hospital stays; and improves a patient's overall recovery time.

Want to talk to a registered dietitian? Ask your healthcare team for a referral.

Meet a couple of our registered dietitians!



Jillian Diederichs

Jillian Diederichs: Saskatoon Cancer Centre

How long have you worked at the Cancer Centre?

I have been with the cancer for almost 6 years now.

Describe your favourite part of the job.

My favourite part of my job is working one on one with patients (and/or their support people) to help improve their nutrition intake and quality of life. Nutrition education is a big part of my role and dispelling nutrition myths is one of the most rewarding aspects of my job, as it helps alleviate many patients' anxiety around food and eating (p.s. – it's OK for you to eat sugar! It won't cause your cancer to grow or come back)

What are the potential benefits of working with a Registered Dietitian for patients.

Unfortunately, nearly half of all cancer patients will experience malnutrition at some point in their cancer journey. Working with a registered dietitian can help patients ensure they are getting the nutrients they need to keep their bodies strong and healthy during and after cancer treatment. Dietitians work with patients and families to personalize nutrition therapies for improved health outcomes for cancer patients.

Janell Zahn: Allan Blair Cancer Centre

How long have you worked at the Cancer Centre?

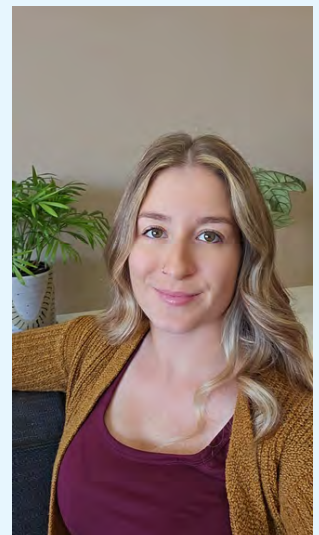
I have worked at the cancer center for 5 years this month!

Describe your favourite part of the job.

I love helping cancer patients navigate through nutrition struggles and helping them succeed by decreasing food fear.

What are the potential benefits of working with a Registered Dietitian for patients?

Working with Registered Dietitians can help patients learn about nutrition, manage treatment side effects, and gain knowledge and confidence in their food choices.



Janell Zahn

Nutrition Topic: Red Meat Recommendations

Research has shown that eating large amounts of red meat can increase your risk of colon cancer. But does this mean you should stop eating it completely? Let's take a closer look:

Red meat includes beef, veal, pork, lamb, goat, moose, elk, and deer. Eating red meat can provide you with important nutrients like protein, iron, zinc, and vitamin B12. While there are nutritional benefits, it is recommended to limit your intake to 12 - 18oz. cooked red meat per week (this equals 4-6 portions, roughly the size of a deck of cards). So while it is safe to consume red meats in moderation, you may want to start substituting some recipes with leaner meats such as turkey, chicken, or fish. Try the delicious recipe for poultry meatballs and sweet pea pesto sauce below!

For more information on red meat diet recommendations, visit <https://www.aicr.org/cancer-prevention/recommendations/limit-consumption-of-red-and-processed-meat>

Recipe: Sweet Pea Pesto Meatballs

1 lb. ground turkey or chicken
¾ cup oats or breadcrumbs
1 cup frozen peas
1 cup frozen spinach
1 cup fresh basil or parsley
Juice and zest of 1 lemon
1 Tbsp fresh ginger (or ¼ tsp ground ginger)
2 cloves garlic
¼ cup pumpkin or sunflower seeds
4 Tbsp olive oil
1 cup water
Salt and pepper, to taste

Directions:

1. Preheat oven to 400°F.
2. Add ground turkey or chicken with oats/breadcrumbs in a large bowl. Set aside.
3. Add all remaining ingredients, except water, into a blender and mix. Add a little water at a time and continue to pulse until the ingredients blend into a thick paste/pesto.
4. Add half of the pesto to a bowl with the turkey mixture.
5. Add remaining water to the blender and mix until very smooth. Pour mixture into baking dish.
6. With your hands, combine the turkey, oats, and thick pesto until well mixed. Form into meatballs, about the size of a golf ball. Place meatballs into the baking dish with saucy pesto.
7. Bake meatballs for about 25 to 30 minutes, or until a food thermometer reads at least 165°F in the middle of a meatball.
8. Serve on top of pasta or rice. Sprinkle with parmesan cheese, if desired.

Makes 6 servings (about 2 large meatballs per serving). Each serving provides 295 calories and 24 grams of protein (meatballs only).



Photo sourced from:
<https://www.inspiredtaste.net/2238/spaghetti-with-spinach-pesto-and-turkey-meatballs/>
Recipe sourced from:
https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/Pages/Sweet_Pea_Pesto_Meatballs.aspx

Community Spotlight



Colorectal Cancer Canada

Colorectal Cancer Canada Support Groups

Early age onset group (Under 50 at diagnosis)
National Support Group (50+ at diagnosis)
In-Treatment Support Group
Caregiver Support Group

All groups are held over Zoom

<https://www.colorectalcancercanada.com/support/support-groups/>
To register, email support@colorectalcancercanada.com

March is Colorectal
Cancer Awareness
Month and Multiple
Myeloma Cancer
Awareness Month



Myeloma Canada

Multiple Myeloma Support Groups

For patients, caregivers, family and friends

Saskatoon Multiple Myeloma Support Group: saskatoonsupport@myeloma.ca

Regina Multiple Myeloma Support Group: reginasupport@myeloma.ca

To learn more about Facebook virtual groups and peer support, go to myeloma.ca

If you want to learn about other support groups within Saskatchewan, go to www.saskcancer.ca or use the QR code here.

