

**@ YOUR HUMBER**

# Voices Of Humber: Inside Cancer Care

*Your support today will help fund a crucial Peer Support Program!*

“The COVID-19 pandemic challenged Cancer Care in different ways compared to other parts of the Hospital. Together with the confidence of our Hospital and the support of donors like you, we were able to keep up with surgeries and treatments. There were two big impacts, however. One is that we are now seeing patients with much more advanced cancers, that would likely have been detected earlier. As you know, patients either couldn't see their doctors, had their check-ups or screenings cancelled, or thought it was probably nothing and would get it checked out later. So, today, we are seeing this ripple across the healthcare system, and in Cancer Care it means more challenging and advanced cancers that patients are not prepared for.

The second major impact has been that, for much of the COVID-19 pandemic, family members and loved ones weren't able to attend appointments or treatments to keep the risks of infection down. Diagnosis and early days of cancer treatment is emotional and scary, and it's much harder to do alone. And you also know what it's like: when you bring someone with you to an appointment, you have a second set of ears to hear different things and get a fuller picture. There was a study showing that a cancer patient remembers less than 20% of what the oncologist will tell them. Not having family members and loved ones with you is both an emotional and practical issue.



**But here's the best part: a Peer Support program would help with both these problems!**

That's why I'm so passionate about helping bring a Peer Support program to Humber. I'm proud to volunteer alongside Danielle on the Patient Family Advisory Council to move this critical project forward. I have so much respect for Danielle and I love what she's doing. She wants to help and support others, even with so much going on with her and her 3 beautiful kids. She is so dedicated to making an impact with Peer Support—and she knows it will help improve the experiences of other patients like her. It's part of her life story.”

**- Dr. Punam Rana, Cancer Care Physician**

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“From my very first appointment until my most recent appointment, Dr. Rana always gives me all the time I need. You know what it can be like with family doctors, specialists, surgeons—sometimes you can feel rushed. But I’ve never felt that way with Dr. Rana.

I remember my first question to her was simple but serious: “Can I survive this?” She stopped typing and looked right into my eyes and said. “Yes. YES. You can survive this. Don’t consider the statistics. Don’t read too much online. I am an information seeker too and I will direct you to the sources and articles that you should read—and that will be best for both of us!”

I also knew it was a specialized, aggressive treatment but she said: “you’re young and healthy. You can tolerate it.”

I have learned to take this journey one moment at a time. One needle at a time. One treatment at a time. You can never really be prepared for this, but I knew what to expect, even when my fingernail and toenail and all my hair fell out.



**If my journey, my path, can provide support or hope or a spark of light to someone else just like me, I am proud to do that.**



In so many of these moments, I just wanted to talk to someone. Anyone. I wanted to talk to someone who had Inflammatory Breast Cancer and survived more than 5 years. I was seeking a real voice, from a real person, who could reassure me in such a dark and scary time. Your perspective changes when you have cancer, and I would have loved to talk to someone who had been through it. We need to get a Peer Support Program up and running at Humber. I’m committed to doing it. And if my journey, my path, can provide support or hope or a spark of light to someone else just like me, I am proud to do that. That’s what I can give to the Hospital, and to other families, right now.”

– **Danielle**, mom to Cameron, Ciara and Penelope, and Cancer Care patient



# gifts of gratitude

Donations made personal

Our Gifts of Gratitude program allows donors like you to make contributions to our Hospital and honour a nurse, doctor, staff member or volunteer.

“I was at Humber for a risky vascular surgery back in January. My condition was described to me as “a ticking time bomb”. My experience at Humber was excellent. Everyone, and I mean everyone, is so empathetic, caring, considerate and compassionate. Yes, they are technically skilled and the innovations are remarkable, but they are also very human. If you don’t treat emotions, anxieties, you’re not treating the whole patient. The people at Humber are respectful without being phony and friendly without being chummy. And it’s their attitude 24 hours a day, 7 days a week. I have a special fondness for the ‘dawn patrol’—the staff who are there to greet you at 6:00AM.

A **Gift of Gratitude** is a way for everyone, for all of us, to participate and express our thanks. Humber helps everyone. A millionaire anywhere in the world would not be treated better. When you come through the door at Humber, from the minute you walk in, you are listened to and treated with dignity, care and love. Humber’s staff need and deserve this recognition, reinforcement and validation. **Gifts of Gratitude** is brilliant!”

– **Norman**, Grateful Patient and Gifts of Gratitude Donor



## More Of Your Voices Of Gratitude!

“Dear Cancer Care, Many thanks to the nurses, doctors and the entire staff for your patience, compassion, dedication and hard work! I will always be grateful for the care I got at the Cancer Care Department.” –Mygnon

“Dear Surgery Department, Thank you to all my caregivers for all your kindness and support. It really helps. Thank you so much. You make our Hospital proud!” –With gratitude, Norma

# Champions of Health: Meet Shelly!



I love working with our donors and supporters who make leadership gifts of over \$500 to support Humber. Our *Champions of Health* program is a great way for donors like you to increase the impact of your giving and make a significant contribution, together, to excellent health

care at Humber. Right now, *Champions of Health* can make truly remarkable impact with your combined gifts to help fund the Peer Support program! **You can reach me anytime for a conversation by phone at 416-242-1000 ext. 81513 or email at SKoren@hrh.ca.**

As a valued donor and *Champion of Health*, you receive special opportunities to learn more about our Hospital and the stories that happen here every day. As a *Champion*, you receive:

- Special invitations to behind-the-scenes tours of Humber.
- Invitations to exclusive events to learn firsthand about the impact of your support.
- Exclusive updates and reports just for *Champions of Health*.
- An invitation to our donor appreciation events where you can connect with us and your fellow *Champions*.
- Recognition on our donor wall and website.

## Play for your chance to WIN A CAR!

Enter to win our Grand Prize of a brand new 2022 Nissan Versa valued at over \$22,000! Proceeds from this raffle will directly support Robotic Surgery at Humber River Hospital, helping us enhance not only outcomes but also the experiences of our patients and their families.

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