



Cancer Recovery Program | Programme de rétablissement à la suite d'un cancer

## **Stay Strong Cancer Recovery Program – Ask 10 for 10 Campaign**

Dear Potential Supporter,

Each year the Oncology Program, Saint John Regional Hospital sees 2,200 newly diagnosed cancer patients. The Stay Strong Program was initiated through the Breast Health Program in 2014 as a pilot program for breast cancer survivors. Due to its success the Stay Strong Program has become a cancer recovery program for all cancer patients. In this past year 97 cancer survivors have participated in the Stay Strong Program.

The Stay Strong Program partnered with the YMCA of greater Saint John to implement a program of physical recovery from cancer in a place of wellness. The survivorship period ranges from point of diagnosis, through treatment and into recovery. The goals of the program are to: 1) minimize the physical complications from surgical and radiation treatment for patients, and to return to or improve pre-treatment levels of physical fitness; 2) improve the sense of well-being for patients and caregivers; 3) minimize the social complications of diagnosis and treatment of the cancer from both a physical and psychological point of view; 4) empower clients and caregivers to understand and manage the variety of physical and psychological issues that result as part of the diagnosis and treatment of the disease; 5) reintegrate into life as a healthy whole individual; 6) and improve quantity and quality of life.

This Program provides the extra psychosocial support for patients whose cancer diagnosis and required medical treatment has had a significant impact on their health and self-esteem. We see this as the recovery and healing of not only the cancer survivor but also the family as a whole.

To date we have seen improved sense of well-being from Stay Strong participants and are hopeful with committed funding we can continue the Stay Strong Program within our community. The Stay Strong Program is beginning our **Ask 10 for 10 Campaign**. Today we are asking you for a \$10 dollar donation to our Stay Strong Cancer Recovery Program and in turn you will ask 10 of your friends, family, coworkers to also donate \$10. Each donor will then ask 10 more people to each donate \$10. This will build a community of donors all supporting cancer recovery. Your support will mean the continuation of this cancer recovery program for all cancer survivors.

Please follow the link to donate - please share this link with your 10 donors.

[www.sjrhf.ca/ask10for10](http://www.sjrhf.ca/ask10for10)

We have also attached a donation form and an envelope if you wish to collect the donations personally. Simply make 10 copies of this letter, hand out 10 campaign cards (both found on the website under donor package), and/or share the information link with your generous donors to keep this campaign going! Remember to note in the comments field which participant you are donating for (who asked you).

**The campaign will run from August 4th to September 22nd.**

***Cash donations should be delivered directly to one of the following contacts:***

*Kari Graham*, Oncology Department, the Saint John Regional Hospital – 648-6552

*Kathy Woodhouse*, Stay Strong, Registered Nurse, Saint Joseph's Hospital – 632 5620

*Gina Spear-Burrows*, Stay Strong, Registered Nurse, YMCA - 632-5446

*Saint John Regional Hospital Foundation*, Saint John Regional Hospital – 648-6400

Thank you for your support of the Stay Strong Cancer Recovery Program and our Ask 10 for 10 Campaign. Together we can!

Yours truly,

Dr. Margot Burnell, Department Head  
Oncology Program Saint John Area

Lisa Byrne, Administrative Director  
Oncology Program Saint John Area