

Thunder Bay Breast Cancer Support Group



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SUPPORT GROUP
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Our Survivorship

When I was printing out our last newsletter I was thinking about how this was an excellent exercise for me. I saw how many people we send out newsletters to and thought "Wow, I only know a handful of these women".

I'm trying to make this newsletter about the membership and our survivorship. For those who don't know me I was diagnosed in June 2015 with triple positive, her-2 positive ductal carcinoma. I'm not going to continue because I could go on and on. Now to the present time I have been back to work for almost two years, and in a new role. If you have anything you would like included or have tips on making the production of the newsletter faster please let me know. I can be reached on Facebook or email me at bcs@tbaytel.net

Dana

GETTING A GOOD NIGHTS SLEEP

SOURCE: [HTTPS://WWW.ANXIETYSANADA.COM](https://www.anxietycanada.com)

Sleep problems are fairly common. In fact, 1 in 4 people experience sleep difficulties, which include trouble falling asleep, trouble staying asleep, early morning waking, sleeping too much, or restless or unsatisfying sleep. Getting a good night's sleep can improve your mental well-being and help you to better manage your anxiety. The good news is that there are things you can do to improve your sleep.

TIP: Sleep problems can be the result of various physical conditions or medical problems. Therefore, it is important to discuss your sleep problems with your doctor.

To Improve Your Sleep, Try Some of the Following Strategies

Create a comfortable sleep environment. If you want to have a good sleep, it helps to create a comfortable sleep environment. Make sure that you have a supportive mattress and fresh, comfortable bedding. Also, try to ensure that your room is not too hot or cold, minimize noise, and block out light.

Relax. Try doing something to relax your body and mind before going to bed. Try taking a hot bath 90 minutes before you plan to go to bed. Or try a relaxation exercise (see Calm Breathing and Progressive Muscle Relaxation), meditation, or listening to calming music.

Have a snack. Although a heavy meal late in the evening can disrupt sleep, a healthy light snack in the evening can improve sleep. Try eating light cheese and crackers, turkey, or bananas, or drink a warm glass of milk. Avoid heavy, spicy or sugary foods.

Get physical. People who exercise tend to have more restful sleep. Exercising for at least 30 minutes 3 times a week can improve your sleep. So, get moving! Go for a walk or a run. The best time to exercise is in the late afternoon or early evening. Exercising in the morning, while good for you, won't help with sleep as it is too far off. And exercising less than 2 hours before bedtime can actually interfere with sleep as its too close. Try for something in between.

THE BUTTERFLY STORY

Did you know:

The Butterfly Story Fund is available to support individuals enhance their survivor ship. For activities such as:

- Attend educational conferences and/or events
- Purchase prosthetics
- Participate in exercise classes (We-Did)
- Participate in local events
- Engage in survivor ship activities
- Receive support for quality of life activities

To apply or for further information contact Dana and she will provide information in confidence.

- Upon approval of an application, and in recognition of the financial support the individual will agree to;
 - Contribute to the monthly newsletter or;
 - Present to the Breast Cancer Support Group their project/activity or;
 - Assist with administrative duties at a monthly meeting
 - Share resources from the conference/seminar
- The Breast Cancer support group will consider other ideas to acknowledge the financial support



*"If you get tired. Learn to rest.
Don't quit."*

Getting a Good Night's Sleep

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Set a bedtime routine. Having a bedtime routine cues your body that it's time to sleep.

Establish a set routine that you follow every night. For example, have a hot bath, put on your pajamas, brush your teeth, and then listen to soft music and read on the couch until you start to feel sleepy and then go to bed.

Establish a fixed awakening time. Try waking up at the same time every day (even on weekends) no matter how well or how poorly you have slept. This way your body will begin to get used to a regular sleep rhythm.

Sleep only when sleepy. Don't force yourself into bed at a particular time if you're not feeling sleepy. You'll only lie awake in bed, frustrated that you can't sleep.

Just for sleeping. Your bed should be used strictly for sleeping (sex is the only exception). Try to avoid reading, watching television, working, or studying in bed, because these activities keep your mind active, which gets in the way of sleep.

Get out of bed. If you can't fall asleep after 20 to 30 minutes, get out of bed and do something boring (e.g. read the manual on how to program your clock radio, read the sports section of the newspaper if you're not a sports fan) or try relaxing (e.g. meditate, listen to calm music, have a warm de-caffeinated drink). When you start to feel sleepy, try going back to bed. This strategy can feel like you are making things worse, but if you stick with it, it can really help.

Don't worry. Leave your worries about work, school, health, relationships, etc. out of the bedroom. Try scheduling a "worry time" earlier in the evening to deal with your worries. If you wake up in the middle of the night worrying, try writing down your worries and tell yourself that you will address them in the morning.

TIP: Worrying about not sleeping doesn't help – it just makes it more likely that you won't sleep. Let go of your belief that you have to get 8 hours of sleep or you can't function. Stop looking at the clock and stop trying to make yourself fall asleep. It will happen when it happens.

Avoid caffeine. Avoid consuming caffeine at least 4 hours before bedtime. This includes coffee, some teas, soft drinks and chocolate. Caffeine is a stimulant and it can keep you awake.

Avoid alcohol. Although you may think that alcohol will help you fall asleep, it interferes with sleep later in the evening. So, try to avoid consuming alcohol at least 4 hours before bed.

Don't smoke before bed. Try to avoid smoking at least 4 hours before bedtime as it can interfere with a good night's sleep.

Getting a Good Nights Sleep

Continued from Page 4

Skip the nap. Naps can interfere with normal sleep cycles. So, if you're having trouble sleeping, avoid taking naps. That way, your body will be more tired when it's bedtime.

Get some natural light. Try to spend some time outdoors or in natural light every day. Getting some sunlight early in the day can be helpful for setting your body's natural wake and sleep cycle.

Keys to Success

Start small. Making small changes can have a large impact on your sleep. Don't try to do everything all at once. Instead, pick 1 or 2 strategies and try them consistently. When you're ready, try adding a new strategy. The goal is to slowly start increasing behaviours that can help you sleep, while reducing the things that are interfering with your sleep.

Be consistent. Pick a strategy and use it consistently. Try to do the same thing every night.

Be patient. These strategies can take time to improve your sleep. In fact, sometimes things can get worse before they get better. Hang in there and stick with it.

Chart your progress. Use the Sleep Diary form below to keep track of the strategies you're using and your weekly progress.

Sleep Diary Example

<https://www.anxietycanada.com/adults/getting-good-nights-sleep#slideshow-0>

Sleep Diary Form

<https://www.anxietycanada.com/adults/getting-good-nights-sleep#slideshow-1>

Ladies - Save the date for upcoming programming at our monthly meetings

April 10 2019

No Planned Program

May 8th 2019

Guest Speaker: Michelle McKitrick MSW RSW RMFT

Topic: PTSD and Breast Cancer

Michelle has worked with Thunder Bay Cancer Centre and lead the Thunder Bay District Trauma Team for decades

Cookies!

Chewy Coconut cookies

1/2 cup butter
1/2 brown sugar
1/2 white sugar
1/2 tsp vanilla
1 egg
1 1/4 cup flour
1/4 tsp salt
1/2 tsp baking soda
1 1/3 cup flaked coconut

Cream together the butter, white and brown sugars and the egg. Blend well, add vanilla, add flour, salt, baking soda, and coconut, Roll into balls the size of a tablespoon and place on cookie sheet 3 inches apart, Bake at 350 degrees for 8-10 minutes or until lightly toasted.

Submitted by Gayle Johnson the cookie lady. Enjoy!

Where to find us

Meetings: St Michael's and All Angels Church
675 Red River Road
2nd Wednesday of the month from 7 to 9 pm

Voice mail: 807-475-0025 (checked monthly)
email: bcsg@tbaytel.net
Facebook: Thunder Bay Breast Cancer
Survivor's Forum

www.breastcanersupporttb.com

In and around Thunder Bay

The Co-Operators Bachelors for Hope Charity Auction

When: April 12
Where: 1 Valhalla Inn Road

Relay For Life

When: June 1st
Where: Legion Track

Dragon Boating New Paddlers Needed

When: Not sure of day of the week
Contact: Liz: liz@rmlcontracting.com or
Gail: gpoliszczak@hotmail.com.
Hopefully we will be able to get a few new paddlers.

WE-Did Spring 2019 Fitness

Program details:

Where: Canada Games Complex
Room: Saskatchewan Manitoba cardio room also available for aerobic warm-up

When: April 9 - June 27 2019, Tuesdays & Thursdays 1230-130pm

Cost: ~\$8/class x 24 classes = \$190

Contact Andrew akosciel@lakeheadu.ca)

Instructor: Melissa Nevin, Registered Kinesiologist.

Volunteers: There will be 1-2 Kinesiology student volunteers assisting with the program.



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Supportive Care
807-684-7310
No Referral
Needed



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

<https://cbcn.ca/en/>



Canadian
Cancer
Society



<http://www.cancer.ca/en/about-us/a-future-without-breast-cancer/breast-cancer-support-services/>