

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## New Mandala Art Meditation Workshop

See page 11

## CAR T-Cell Therapies:

engineering patient's immune cells  
to treat their cancers. See page 10

## Getting to know you

See page 13

### The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website [www.cancercarecentre.org.au](http://www.cancercarecentre.org.au) or follow us on Facebook.

  
**Cancer  
CareCentre**  
*a place of help, hope and understanding*

**Cancer Care Centre Inc**  
76 Edmund Ave,  
Unley SA 5061  
Call (08) 8272 2411  
[cancercarecentre.org.au](http://cancercarecentre.org.au)



## January 2019 Quiet Time

We are open 10am to 2pm  
for the month of January.

For the month of January, the Cancer Care Centre will be having a 'Quiet Time' where we will for the month of January be open from 10 am to 2pm Monday to Friday.

Our normal ours will resume on the 4th February 2019.

Thank you.

## Donations

The Centre would like to thank the following people for their generosity:

Friends and Family of John B Harmon	Flinders Fertility – Flinders Hospital	Eugenia Law-Smith
Friends and Family of Maurice Hames Barry	Frances Birrell	Julie Philippi
Vyonne Caddy in memory of Don Caddy	Kim Bolton	M Rigler
Sherly Szajer in memory of Scott Ingham	Craig & Jan Cock	Terry Riordan
Anne Fryer in memory of Ilze Zeibarts	Robin Crompton	Lyn Ryan
Kangaroo Island Cancer Support Group	Linda Halse	Colin Samsone
	Carmel Jungfer	Debra Vinecombe
	John Jungfer	P Young
	Alec King	
	Bernadette Langston	



Thank  
you to our  
Cancer Care  
Champions:

Ray & Jocelyn Nicholson  
Alex May

*Donations made after 30th November 2018 will appear in the next edition of Healthy Living.*

## Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER\_CARE

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

## MESSAGE FROM THE PRESIDENT



On the 9th December Ian Budenberg emailed Board members to advise of his decision to resign as President of the Cancer Care Centre. Ian has worked tirelessly over the last 3 and a bit years to Chair the Board and as he put it "has run out of puff."

Ian's level of expertise is incredible and his attention to detail is exemplary, so it is with pleasure that I inform you that Ian has agreed to stay on the Board to help in every way he can. I thank Ian for all that he has done and will continue to do for the Centre.

I am honoured to have been elected as the new President of the Cancer Care Centre and I will ensure I do everything I possibly can to serve the Board in the same manner that Ian has.

Through 2018 the Board has been working on a new Strategic Plan for the Centre. This process started with a Board member and the manager asking for an overarching document to guide decision making and to set a clear direction. A special Saturday morning planning session followed with at least three edits through the winter and spring. This is the first time we've attempted such a document so it will need follow-up adjustments and in the meantime I'm sure it will help guide decisions made by both the Board and the manager over the next year or two. I would like to thank and acknowledge Board member Sue Ross who guided us through the process. The 2018 Strategic Plan was formally adopted by the Board on November 30th and will be available to all members soon.

I am pleased to report that the legal matters surrounding the bequest of past-member Mr Peter Beinke appear to be on the last lap (after four years) and during 2019 we expect to establish the Peter Beinke Memorial Fund which will be available to support longer format events providing 'retreat and respite' for those with cancer and their carers. Once this has been bedded down, it will be a marvellous opportunity for the Centre and we are working on potential offerings in 2019.

We have always been impressed by the great work done by Solaris Cancer Care in Perth and regional WA. The General Manager, David Edwards, generously gave his time to host our manager Calandra to a two day visit there in October. It is always valuable to see how another organisation with similar aims functions – how are funds raised, what services are popular, what is the pricing system and how to find therapists are just a few of a long list of questions that Calandra carried over the Nullarbor. Solaris has a presence in a major public hospital, a major private hospital and large villa in the suburbs (similar to ours in vibe) as well as in two regional centres. We have much to learn! Calandra's detailed visit report contains many exciting ideas to follow up in 2019.

As you can see, I think that there many opportunities for the Centre in 2019 and I'm looking forward to seeing them unfold.

Meredith Ridgway  
President



## Please give generously

### What your donation will do for Cancer Care Centre and its clients:

#### With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Journey to Wellness' course
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

### You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Centre Coordinator for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.





## Tax Deductible Gift

Title \_\_\_\_\_  
 First name \_\_\_\_\_  
 Surname \_\_\_\_\_  
 Address \_\_\_\_\_  
 Suburb \_\_\_\_\_  
 Postcode \_\_\_\_\_  
 Email \_\_\_\_\_

### I wish my gift to be:

- ☐ anonymous  
☐ publicly acknowledged  
 (name only is published)

I would like to donate \$ \_\_\_\_\_ by \_\_\_\_\_

- ☐ Credit Card  
☐ Visa ☐ Mastercard

Card number \_\_\_\_\_  
 Expiry date \_\_\_\_\_  
 Name on card \_\_\_\_\_  
 Signature \_\_\_\_\_

### ☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:  
 Centre Coordinator  
 Cancer Care Centre  
 Reply Paid 83842  
 76 Edmund Ave Unley SA 5061

### ☐ Direct credit to:

BSB: 105 011  
 Account number: 075 271 440  
 Account name: Cancer Care Centre Inc  
 Reference: Your name

### ☐ Telephone:

For credit card payment by telephone  
 please ring the Centre Coordinator on  
 (08) 8373 1470  
 Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.  
 Your support is greatly appreciated.**

ABN 73 640 293 985

## MESSAGE FROM THE MANAGER



The start of a new year is on us, as we say goodbye to 2018 and contemplate the year ahead. I am moving into my second year here at the centre and I am excited to say we have a lot to look forward to this year!

We finished the year in 2018 with our Jazz & Blues Afternoon a success, so thank you to all those involved! See page 7 for some pictures.

Volunteers were kept busy with various functions to attend late last year. Lee Hutton and Alice Scott represented the Centre for the Northern Turners Associations 20th Silver Anniversary, we are very grateful to the Northern Turners as they have supported us over the last year. You will see a photo of Lee and Alice with one of our founding members Dr Vanda Rounsefell, who is a member of the Northern Turners. Volunteer counsellors Dagmar, Natalie and Helene along with volunteer massage therapist Trudi were invited to government house for the governor's Garden Tea Party where they enjoyed a lovely afternoon (See photo). Admin Volunteers enjoyed a lovely gathering at local Dunluce Castle in Brighton, everyone really enjoyed the historical house tour and Devonshire tea!

I was fortunate recently to visit and meet David Edwards CEO of the Solaris Cancer Care Centres in Perth recently, David and all the staff and volunteers were extremely welcoming, I look forward to implanting some new ideas in the centre for 2019.

This summer we have a new workshop to look forward to at the Centre, the 'Mandala Art Meditation Workshop' with Cathy Grey more details on pg 6, as well as Soundbath Meditation with local talent Heather Frahn. We are also lucky to have Zeena from Lynch Myer Lawyers come to the centre to do a talk on Estate Planning, Zeena will be doing a free Estate Planning day in the future at the Centre, so if you're interested to find out more please come along (pg 11).

**Calandra Scott**  
**Manager**



# Thank you's and Farewell's to Luke and Mike!



Luke Dinos came to us from Flinders University, finishing of his Social Work degree with a 500 hour placement at the Centre.

Luke fit straight into the groove here at the Centre and was a wonderful help and support and friendly face to all that he met.

Luke who is off to India with his lovely wife for two months had the following kind words to say about his time here at the Centre.

*"Best part of being involved with the CCC would be the people staff, volunteers and members.*

*I enjoyed seeing clients who did a pathways with me become members and use our services and seeing them weekly*

*I have a lot of respect for members and admire their resilience and courage. I have enjoyed learning more about cancer along the way" Luke Dinos*

We all wish Luke all the best for the future, and hope he will drop in and say hi from time to time.

Mike Gallasch joined us from the IKON Institute, Mike is a Transpersonal Counsellor and has now completed his placement.

Mike also facilitated the Carer's Support Group and assisted in with the Men's Support Group. Thank you Mike, for your support and dedication to the Centre and we wish you all the best.

Mike had the following words to say to the support group members

*"I just wanted to say thanks to you all for allowing me to spend time*

*with you as part of my work placement and sharing with me the challenges that you are facing on your journey.*

*From a both a professional and personal perspective I found the way you shared with each other your perspectives and experiences around navigating the hardships, decisions on paths to take, dealing with uncertainty and your philosophies on life after going through a major illness extremely educational yet touching and heart opening. You are such a wonderful group and I also enjoyed sharing the 'blokely' stuff with you about cars, motorbikes, adventure and women!*

*It helped me deal with my own stuff and I appreciated how you embraced me." Mike Gallasch*

Mike will be continuing his alliance with the CCC and will run some Workshops next year around a Joseph Campbell based Hero's Journey Program, so look out for those!





## Jazz & Blues Afternoon

Our recent Jazz & Blues Afternoon was a hit with all those who attended. The weather forced us indoors and the Unley Town Hall was a wonderful back up venue.

We raised \$4,750 for the Cancer Care Centre and had a great time in the process. We found one of our wonderful bands "Phat Stuff" through our member Christine Bradfield. Christine's husband Pete and their band were one of three bands that were kind enough to donate their time and musical talents. You can read from Christine below:

I became a member of the Cancer Care Centre a few months after I was diagnosed with what my oncologist said was stage 4 terminal cancer. I was diagnosed in 2011. The medical profession said it was fast growing and very aggressive and that they could not cure me. They pretty well had me in a box

Seven years on I still have stage 4 terminal cancer but it seems they got the fast growing, very aggressive bit

wrong. But once the experts tell you something like that it can't be unsaid. And although I have had some radiotherapy treatments and remain well I cannot become complacent. I respect the cancer and know that things could change anytime. So I continue to do what I can to look after myself. Along with giving up full time work, changing my diet and adopting a holistic approach and embracing lifestyle medicine I use some of the services on offer through the Cancer Care Centre.

The Cancer Care Centre offers counselling, support groups, art therapy, massages, cooking and juicing classes and more.

I have attended the support group for nearly seven years. I have monthly massages. I use the library / resource centre, I have participated

in two art therapy courses, made paper and written a book ... well, a story ... a fable really - A Hero's Journey. Next year I may do some yoga and meditation too.

All the research shows that cancer patients who join support groups have a better outcome, and other than the Manager of the Cancer Care Centre Calandra, all the people who work there are volunteers. It is a not for profit organisation and together with my other favourite, the Gawler Cancer Foundation in the Yarra Valley in Victoria, it has given me support I didn't even know I needed.

But the Cancer Care Centre would not exist without donations and fund raising activities. The Jazz and Blues day on 8 December was a first and although the venue was moved inside it was a

great afternoon. What made it great were the bands who gave their time and the volunteers who put the day together.

Thank you soooo much for your support everyone.

Big thank you to all our volunteers who helped put this together. Thank you Chris Martin and the Unley High School Jazz Combo, Phat Stuff Jazz Band, The Fleurieu Bluesbreakers, Ken Cunningham (KG), Meredith Ridgeway, Tamara Hooper, Filomena Impagnatiello, Nicole Crawford, Vicki Braidwood, Marlene Rickus, Bea Dickson, Margie McLean, Anne Marie Halligan, Euan Halligan, Julie Cain, Aidan Cain, Rhiannon Cain, Aisha Scott, Lachlan Kleeman.

Thank you to all the supporters on the day!





# What's on at the Centre...

## Weekly Programme

### What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days. Please ring the Centre to book your free Pathways appointment.

### Monday

#### Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

1st & 3rd Monday of the month  
First meeting for 2019 starts 4th Feb  
6.30pm – 8pm

By donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

#### Melanoma Support Group

Facilitator: Karen

Last Monday of the Month

First meeting back for 2019 – 25th Feb  
10.30am – 11.30am

#### Massage – Remedial, Relaxation, Myofascial; Craniosacral, Trigger Point

Therapist: Ryan

Fortnightly, Monday mornings

Members \$40, Non-Members \$85

#### Massage – Oncology, Remedial, Relaxation

Therapist: Trudi

Fortnightly, Monday afternoons

Members \$40, Non-Members \$85

#### Acupressure

Therapist: Trudi

Fortnightly, Monday afternoons

Members \$40, Non-Members \$85

#### Nutritionist

Facilitator: James Hart

Weekly, Monday afternoon 3pm

Members \$20, Non-Members \$40

### Counselling

Counsellor: Natalie

Weekly, Monday afternoons

(Feb 2019 onwards)

Members \$40, Non-Members \$85

### Tuesday

#### Counselling

Counsellor: Dagmar

Weekly, Tuesday afternoons

Feb 2019 onwards

Members \$40, Non-Members \$85

#### Massage – Lymphoedema, Oncology, Energy body processes

Therapist: Judy

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

#### Massage – Oncology, Relaxation

Therapist: Therese

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

#### Reiki

Facilitator: Columba

Weekly, Tuesday morning

Members \$40, Non-Members \$85

#### One-on-One Meditation

Facilitator: Dagmar

Weekly, Tuesday afternoon

Members \$20, Non-Members \$30

#### Men's Support Group

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel

1st & 3rd Tuesdays of the month

7pm – 9pm

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

### Wednesday

#### Group Meditation

Facilitator: Dharmamodini

No booking necessary

Weekly, Wednesday mornings

\*\*No Meditation Group in January 2019

10.30am – 11.30am

Members \$7.50, Non-Members \$10

#### Counselling

Counsellor: Lee

Weekly, Wednesday afternoons

Feb 2019 onwards

Members \$40, Non-Members \$85

#### Massage – Lymphoedema, Oncology, Bowen Therapy, Kinesiology, EFT

Therapist: Sarah

Weekly, Wednesday mornings

Members \$40, Non-Members \$85

#### Massage – Lymphoedema, Oncology, Remedial

Therapist: David

Weekly, Wednesday afternoons

Feb 2019 onwards

Members \$40 Non-Members \$85

### Thursday

#### Thursday Women's Support Group

A friendly support group for women over 45 yrs of age to discuss issues affecting them on their cancer journey.

1st & 3rd Thursday of the month

10am – 12 noon

By Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

#### Massage – Lymphoedema, Oncology, Remedial

Therapist: Erin

Fortnightly, Thursday afternoons

Members \$40, Non-Members \$85

#### Counselling

Counsellor: Lynne

Weekly, Thursday afternoons

March 2019 onwards

Members \$40, Non-Members \$85



# Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

## One-on-One Meditation

Facilitator: Lynne  
Weekly, Thursday afternoon  
March 2019 onwards  
Members \$20, Non-Members \$30

## Friday

### Acupuncture

Facilitator: John Zocchi  
Weekly, Friday Mornings  
February 2019 onwards  
Members \$40, Non-Members \$85  
June Special – 2 sessions for \$50

### Counselling

Counsellor: Helene  
Weekly, Friday afternoons  
Members \$40, Non-Members \$85

### Massage – Oncology, Relaxation

Therapist: Vicki  
Monthly, Friday afternoons  
Feb 2019 onwards  
Members \$40, Non-Members \$85

### Massage – Remedial, Craniosacral

Therapist: Lyndon  
Weekly, Friday  
Members \$40, Non-Members \$85

### Reflexology

Therapist: Lyndon  
Weekly, Friday  
Members \$40, Non-Members \$85

## Monday – Friday

### Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse and ask our friendly staff how this great resource can help. Internet research can be arranged for you by one of our volunteers.

The library is open during office hours:  
Jan 2019 10am – 2pm  
Feb 4th onwards 9.30am – 4.00pm  
Monday – Friday

No Charge – Members' facility only.

## Tuesday

### Mandala Art Meditation Workshop – New ■

Facilitator: Cathy Gray  
Tuesday 12th February  
6.30pm to 8.30pm  
Cost Members \$30, Non-Members \$40  
Bookings Essential  
See Page 6.

### Estate Planning Talk

Facilitator: Zeena Anthony-Qureshi  
From Lynch Myer Lawyers  
Tuesday 19th March  
7pm to 8pm  
Cost: Free  
Bookings Essential  
See Page 7.

## Wednesday

### Juicing Workshop

This monthly workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Cherie Gauci  
1st Wednesday of the Month  
Feb 2019 onwards  
1pm – 2pm  
Members \$7.50, Non-Members \$10

### Yoga – Gentle

Gentle yoga will support healing and wellbeing. It's safe, fun & easy to do.  
5 week course with no prerequisites  
Facilitator: Tina Spencer  
Next course commences Wednesday 6th February 2.30pm – 3.45pm  
Members \$65, Non-Members \$95

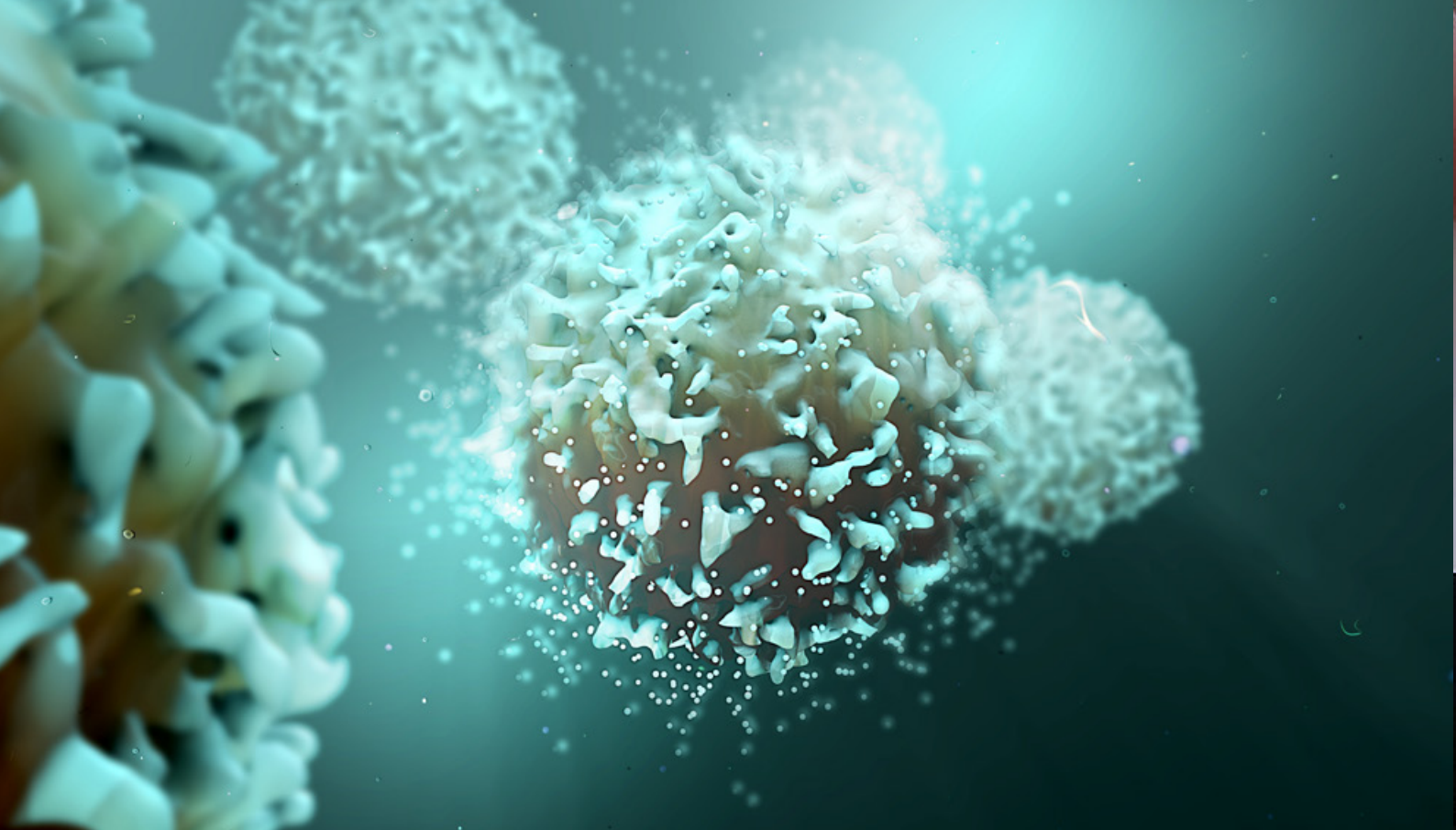
## Friday

### Sound Healing Meditation

Facilitator: Heather Frahn  
Friday 29th March  
6.45pm to 8.30pm  
Cost \$30  
Bookings Essential.

If you have any other workshop ideas please contact the Centre to discuss.

*With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.*



## CAR T-Cell Therapies: engineering patient's immune cells to treat their cancers

Cancer treatments have traditionally involved surgery, chemotherapy and radiation therapy. Over the last two decades, standard treatments have involved targeted therapies, that is, using drugs that target cancer cells by homing in on specific molecular changes seen primarily in those cells.

But over the past few years, immunotherapy, that is, therapies that enlist and strengthen the power of the patient's immune system to attack tumors, has emerged as a promising alternative.

The immune system helps keep track of all the substances normally found in our body. Any new substance the immune system doesn't recognise raises an alarm, causing the immune system to attack it.

CAR T-cell therapy gets immune cells, called T cells (a type of white blood cell), to fight cancer by changing them in the lab so they can find and destroy cancer cells. CAR T-cell therapies are sometimes talked about as a type of gene or cell therapy, or an adoptive cell transfer therapy.

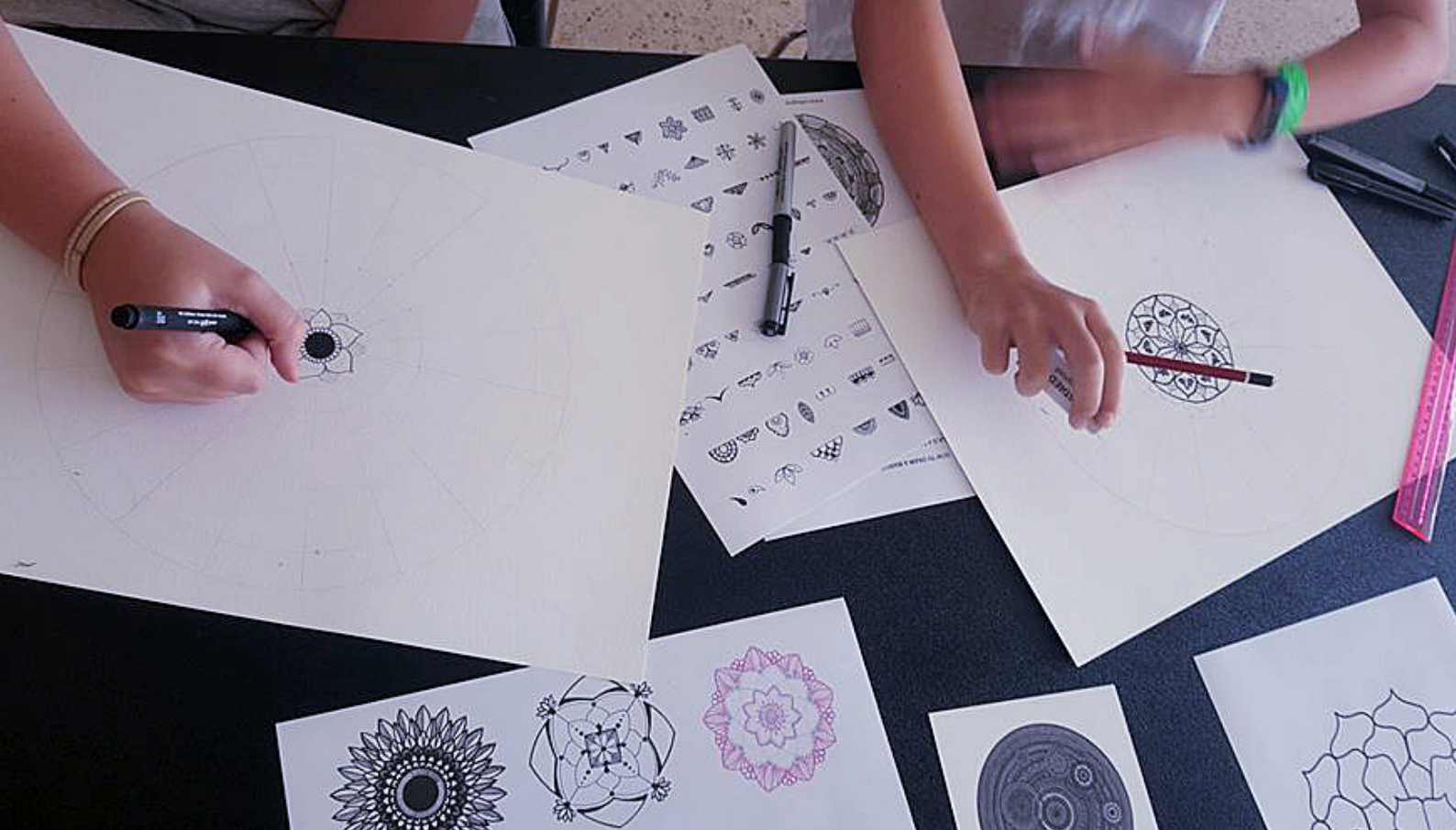
In Australia, PeterMac (Peter MacCallum Cancer Centre, in Victoria) is now harvesting cells from a patient's blood, modifying them in the test tube in a clean laboratory environment for several days to 'teach' the cells to powerfully kill cancer cells, then re-infusing back into the same patient.

In South Australia, start-up Carina Biotech has received government funding to further progress in the field. Researchers will conduct clinical trials within the next few years.

International collaborations in T-cell therapies have led scientists to anticipate that this therapy will be able to improve cancer treatments and offer significant health benefits for patients.

*(Ref: National Cancer Institute, US  
<https://www.cancer.gov/about-cancer/treatment/research/car-t-cells>).*





## New Mandala Art Meditation Workshop

Enjoy a deep focus, or concentration so deep that you lose track of time – welcome to the world creating mandalas.

Join highly acclaimed art teacher Cathy Gray as she guides you in creating your own mandala art works.

No prior art experience is necessary; all that you need is a sense of discovery and an interest to create.

**Date:** Tuesday 12th Feb  
**Time:** 6.30pm to 8.30pm  
**Location:** Cancer Care Centre  
 Members \$30 Non Members \$40

Includes the mandala on paper and pens to use. Pens to take home can be purchased for \$3 on the night if required.



## Estate Planning Talk

Join us at the Centre to hear Zeena Anthony-Qureshi of Lynch Myer Lawyers give a talk on the importance of having your affairs in order.

Zeena will discuss the following areas:

- Why your Will needs to be up to date
- Implementing Powers of Attorney
- Advanced Care Directives
- Questions & Answers

Zeena is looking to hold free one on one estate planning day in the future held at the Cancer Care Centre

**Date:** Tuesday 19th March  
**Time:** 7pm to 8pm  
**Location:** Cancer Care Centre  
**Cost:** Free

Please contact the Centre to book your place on 8272 2411.

# Yoga Therapy

By Donna Meyer



I have been privileged to volunteer at CancerCare this year providing yoga therapy one on one support to cancer survivors on Wednesday afternoons and evenings.

Many of you may not know the difference between yoga and yoga therapy so I'd like to give you a brief outline.

Yoga Therapy is an ancient and yet modern therapy which uses the tools of the yogic tradition to support clients individually and in small focussed groups to support specific health and wellbeing concerns. Yoga Therapy is a postgraduate specialisation that requires additional in-depth knowledge of physical, mental and emotional conditions, training in communication and counselling skills and the ability to create and monitor individual programs that empower clients and support them on their journey to wellness.

Some of the tools we use are asana (movement practices), pranayama (breathworks), mantra (affirming words), mudras (hand and body gestures that support energy healing) and meditation (concentration, resting in stillness and silence). We work closely with our clients to understand their concerns, motivations, any limiting habits and we sensitively provide reassurance with simple, practical, safe and achievable tasks that help them achieve their goals for health and wellbeing.

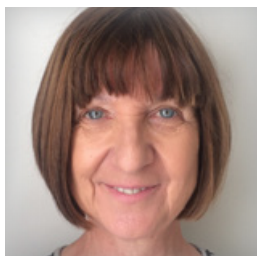
It has been a pleasure to work with all my clients this year and I look forward to continuing with one on one support again next year. In addition, in early 2019, I would like to offer a small group class of gentle restorative yoga therapy specifically designed to support women post Breast Cancer treatment who continue to suffer symptoms like fatigue, pain, swelling and restricted movement. Please contact the centre to show interest in this program.





# Getting to know you

## An interview with volunteers



### Maryanne Cave

**Maryanne, how long have you been volunteering with CCC?**

I have been with CCC for 10 months

**What duties do you undertake at CCC?**

I undertake various duties to do with admin and reception. I provide administrative assistance to the Centre Manager and, most importantly, I provide assistance and emotional support to new and current members of the Centre.

**What made you choose CCC to volunteer with?**

After retiring from my position with SAPOL I wanted to continue working in a community service capacity. When I learnt of the role that the CCC plays in providing support to individuals and extended family members affected by cancer I knew this was where I wanted to be. Over the years I have supported family, friends and work colleagues with cancer and understand the emotional toll it can have on all concerned.

**How do you think volunteering with CCC adds value to your life?**

Providing support and care to the CCC community has been personally rewarding. Also, friendship formed with the other volunteers is unique. We all choose to give our time to the Centre and as a result we develop a mutual respect toward one another.

**In your 'other life', what are your favourite pastimes?**

Family, travelling, and enjoying time at our house by the sea at Pt Turton.

**Do you have a favourite book/author/movie/musical genre?**

I read a lot and I love movies, no outright favourites though. I have just spent two fabulous months travelling in the USA - New Orleans Blues & Jazz, Nashville Country, Chicago Blues.



### Colin Sansome

**Colin, how long have you been involved with CCC?**

This is my 20th year of coming to the Cancer Care Centre, since my wife Alice passed away. I had 47 years and 4 months of happy years with her.

**How did you get to know about the Cancer Care Centre?**

Well my wife was at Mary Potter Hospice see, and she had two lots of cancer. A lady called Lisa Folley was out there, she did a lot for me in the bad times, and she said to me "Colin I am now out at the Unley Cancer Care Centre, why don't you come along!"

**What role does CCC have in your life?**

I love going to CCC. I go every Wednesday morning to the meditation class. I was a testy young bloke and I'm sure the meditation has helped me become more relaxed.

**Had you done any meditation before that?**

No, never I was an old bushman I didn't know anything about that it was new to me.

**What benefits does membership of CCC give you personally?**

I have loved every day I have been there...I love it. I enjoy the meditation, and because I live alone, the company of the wonderful people is really important. More recently we go over to have lunch at the Unley Shopping centre after meditation, which is great. There are a lot of good, lovely, terrific people there.

**You Sound like you're a man of routine?**

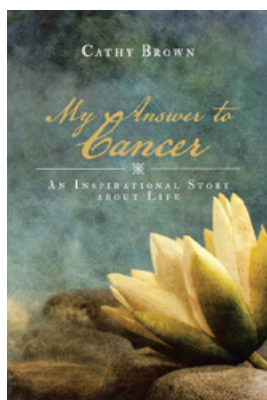
Yes, one Wednesday about six years ago, I was driving home from the Cancer Care Centre and a bloke cleaned me up! When they asked me where to take my car, I told them Plympton Crash Repairs because its close to home. That's how I come to know Glen, he's a real good mate. I have a cup of coffee with him every morning at 6am! I get up at 5.30am. I'm nearly 90 (7th February, for anyone interested!)

**Tell us more about yourself?**

I love reading, especially poetry. That goes back to my days as a stockman when we'd be working the cattle in the Flinders Ranges, and living with horses, camping by the fire and sleeping under the stars in our swags. At night we'd entertain each other with reading poetry.

Animals have always been important to me. I lived with my wife in Mooringe Ave, North Plympton since we were married in 1951 and that was when it was all sandhills back then! That's where we exercised the racehorses. I drove trucks and transported racehorses to and from Morphettville.

# New Books in the Library



## **My Answer to Cancer: An inspirational story about life**

**Cathy Brown**

In an age of information overload, it can be hard to decide who to trust, who is genuine, who is the source of reliable information – especially for someone newly diagnosed with a serious disease.

In 1989, Cathy Brown had an unusual skin blemish removed from her right forearm, which led to her being diagnosed with a melanoma. Within ten months the cancer had spread and she was told she had two months to two years to live. Cathy's desperate search for answers and for healing began. In telling her story, she reveals her struggles and shares insights into the powerful effect the mind and emotions have on the body.

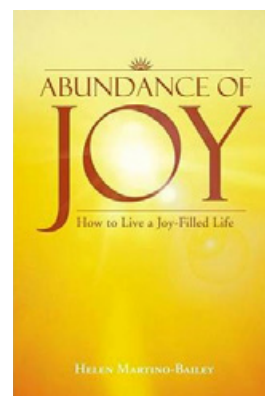


## **The Little Book of Ikigai: The secret Japanese way to live a happy and long life**

**Ken Mogi**

The Japanese talk about Ikigai as 'a reason to get up in the morning'. Ikigai is something that keeps one's enthusiasm for life going, whether you are a cleaner, a mother of a young child or a world famous sushi chef.

But how does one find ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture at the same time.



## **Abundance of joy: How to live a joy-filled life**

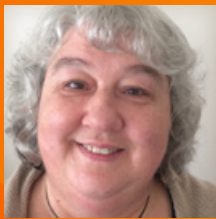
**Helen Martino-Bailey**

This comprehensive guide teaches you how to draw the best out of life through joy. Filled with exercises, visualisations and techniques that are quick and easy to apply.

Its extensive array of tips, tools and suggestions will help you enjoy life more, improve the way you think and feel, make better life choices, reduce ego control, increase your ability to experience joy, improve your sense of wellbeing no matter what's happening in your life.



**A big thank you to our  
wonderful volunteers**



# Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.



Cancer Care Centre... empowering individuals and families as they travel the cancer journey.