

# OCTOBER PUBLIC PROGRAMS

Free & open to the public

OCT  
11

## **SPEAKER SERIES:**

### **INTRODUCTION TO IMMUNOTHERAPY**

Speaker: Isaiah MacDonald  
Oct 11 | 6:30-8pm MST | Online

This introduction to immunotherapy will review the history, basic mechanisms and rationale for use.

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## **TRANSITIONING THROUGH THE DIFFERENT STAGES OF THE CANCER JOURNEY:**

### **TALKING WITH YOUR ONCOLOGIST**

Speaker: Dr. Jackson Wu  
Oct 11 | 7-8:30pm MST | Online

This interactive session is complementary to the session "Conversations with family and loved ones" and focuses on difficulties that may arise when communicating with the oncologist(s) or oncology team(s).

OCT  
12

## **MAKE YOUR HEALTHCARE WISHES KNOWN:**

### **GOALS OF CARE DESIGNATIONS AND THE GREEN SLEEVE**

Speakers: Corinne Spronken and Jennifer Zelmer  
Oct 12 | 6:30-8pm MST | Online

This presentation builds on the "Advance Care Planning and Personal Directive" session by providing conversation prompts and exploring the Green Sleeve as a tool for expressing healthcare wishes and values.

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## **SOCIAL EVENT:**

### **PUMPKIN LUNCH-IN**

Oct 18 | 12-1:30pm MST | Randy O'Dell House

Celebrate fall with our Pumpkin Lunch-in, featuring savoury squash soup, golden cornbread, and delightful pumpkin pie! Enjoy great food and conversations.

OCT  
20

## **SPEAKER SERIES:**

### **AN INTRODUCTION TO LIVING WELL WITH CANCER**

Speaker: Trudy Boyle  
Oct 20 | 7-8:30pm MST | Randy O'Dell House

This session introduces a wholehearted approach to living with cancer and provides practical strategies, inspired by Dr. Jinroh Itami's work.

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## **SPEAKER SERIES:**

### **SLEEP WELL WITH CANCER: MAKING THE MOST OF YOUR NIGHTS AND DAYS**

Speaker: Dr. Sheila Garland  
Oct 23 | 3:30-5pm MST | Online

This presentation will review the basic functions of sleep, common sleep disorders, and how sleep disruption can impact the health and well-being of people with a cancer diagnosis.

OCT  
25

## **MANAGING SIDE EFFECTS:**

### **TIPS AND STRATEGIES FOR MANAGING YOUR LONG-TERM CHEMOTHERAPY SIDE EFFECTS**

Speaker: Tracy Oviatt  
Oct 25 | 6:30-8pm MST | Online

Patients on their cancer journey may encounter common chemotherapy-related side effects, some of which may persist. This presentation addresses these side effects and effective management strategies.

OCT  
25

## **SPEAKER SERIES:**

### **BRIDGE TO PEACE THRESHOLD CHOIR**

Oct 25 | 7-9pm MST | Randy O'Dell House

Experience the transformative music of the Bridge to Peace Threshold Choir in a unique circle arrangement, providing comfort and compassion during life's transitions. Join us for this unforgettable evening.

OCT  
25 & 26

## **LIVING WELL WITH CANCER:**

### **WHEN THE MUSIC CHANGES SO MUST THE DANCE**

Speaker: Trudy Boyle  
Oct 25 | 1-3pm MST | Edmonton House  
Oct 26 | 1-3pm MST | Red Deer Hospice Society (Pine Room)

This session will focus on coming to terms with things as they are - and rediscovering practical and meaningful ways to co-exist with anxiety, uncertainty and fear that often accompanies a serious illness.

OCT  
26

## **HOUSE MUSIC:**

### **CRAIG AIKMAN**

Oct 26 | 7-8:30pm MST | Carma House

Craig Aikman's songwriting explores topics such as family, love, peace, and angst. Craig has been an active member of the Calgary music scene for the past 10 years.

OCT  
30

## **TRANSITIONING THROUGH THE DIFFERENT STAGES OF THE CANCER JOURNEY:**

### **HOW TO MANAGE CONVERSATIONS WITH FRIENDS AND FAMILY**

Speakers: Dr. Jackson Wu & Bert Enns  
Oct 30 | 7-8:30pm MST | Online

This discussion is for cancer patients, caregivers, and family who've completed cancer treatment at the centre. We'll focus on discussing effective communication with family, colleagues, and others.

## **OTHER PROGRAMS:**

### **CAMPFIRE CLASSICS**

Oct 13, 20 | 12:30-2pm |  
Carma House or Randy O'Dell House

### **UKULELE JAM**

Oct 10, 17, 24, 31 | 1-2:30pm |  
Edmonton House

### **CANCER CONNECT**

Oct 17 | 5-6:30pm | Red Deer Public Library  
Oct 20 | 10-11:30am | Lethbridge Family Services

### **TIME WITH CINDY**

Oct 12 | 9:30-11am | Carma House  
Oct 19 | 10-11:30am | Randy O'Dell House