

PATIENT AND FAMILY ADVISORY COUNCIL (PFAC) NEWSLETTER

**SUMMER
2026**

What is PFAC?

The Erie St. Clair Regional Cancer Program (ESC RCP) brings together a diverse group of patients, family members, and care partners, along with staff from each Cancer Clinic, with a goal to have representation from all of our partner sites throughout the region:

- Windsor Regional Hospital
- Erie Shores HealthCare
- Bluewater Health
- Chatham-Kent Health Alliance

The purpose of this Council is to create new initiatives to improve the cancer journey experience for current and future cancer patients in our region.

A Message from our Co-chair



**Hello everyone!
I'm Diane Marley,
patient co-chair
of PFAC.**

We are excited to present this current newsletter, which focuses on the care partner journey. We hope it helps with needed information. We would encourage you to attend 'Someone You Care About Has Cancer'. This is a wealth of information designed right in our Cancer Centre. You'll find information about this program here and around the Cancer unit.

Meet our PFAC Member

My name is Andrea and I have been member of PFAC since 2018.

While going through my third round of chemo for ovarian cancer, I was approached about joining this wonderful group of people. I had wanted to help give back for all the exceptional care I received and PFAC seemed to be the right fit for me. Being able to help make the patient and family experience in our Cancer Centre just a little less stressful and provide information to guide families through their journey has been extremely rewarding and a part of my own health healing. I truly love being able to make a difference and helping others.



THIS JUST IN.....

In this edition of the PFAC newsletter, we want to highlight an often-overlooked truth: caring for yourself is just as important as caring for others.

When a family member is diagnosed with cancer, everyone's life changes. If you are a care partner, you are impacted just as much but in a different way. Regardless of your previous relationship, your role will shift and adjust to this new reality. Caring for someone is different from caring about someone.

To help your loved one, you need to hone your skills as:

Supporter:

You may find yourself helping your loved one navigate information, while also balancing your own needs and well-being.

Gatekeeper:

People want to help, want something active to do for you which is much appreciated but not always welcome depending on how you and your loved one are feeling. You may have to postpone or decline offers and visits.

Listener:

Listening and being present are important ways you can support your loved one.

Note-taker:

Some care partners find it helpful to attend appointments, ask questions, or keep track of information provided by the care team.

Driver:

You may help with practical supports, such as transportation and coordinating appointments.

Morale-booster:

Cancer is not only a physical disease but an emotional one as well with an unpredictable course causing confusion, anxiety, tension combined with optimism and determination in varying degrees at different times, often switching without warning or reason.

It is important to remember that you don't have to take on every role.

You are not the expert to have all the answers, fix everything, or take on the role of the healthcare expert. Your presence, support, and understanding are more valuable than you may think.

Just like your loved one can't do it alone, you can't either. Here are some ways to support yourself while caring for someone with cancer:

- Attend a class, such as the virtual group Care Partner Information session with the Social Work team in the Windsor Regional Cancer Centre to learn about self-care tips and resources - scan the QR code or visit the following link to register: <https://forms.gle/6Hwr3qGW5BaYKBPN7>.
*Need assistance with registering? Call (519) 254-5577 ext. 58921
- Schedule a visit with a Social Worker at the Cancer Centre by calling (519) 253-5253.
- Talk to a friend.
- Find a calming activity such as a walk in the park, meditating, or listening to soothing music.
- Join a local support group.



SCAN ME

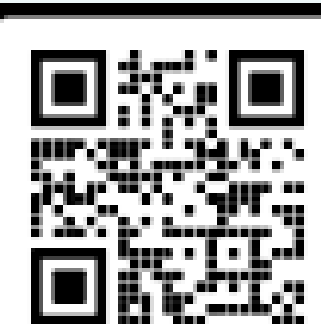


SCAN ME

**Have a suggestion for a new PFAC initiative or a comment? Drop it in one of the suggestion and comment boxes at any one of the four Cancer Clinics in our region or scan the QR code or visiting <https://forms.gle/vsFAWtHy6ynZtFRr6>*

PFAC Interest Form

Are you or your loved one receiving cancer care at one of our partner sites listed above? Apply to join our PFAC today!



PFAC Interest Form

<https://www.wrh.on.ca/PFACApplication>