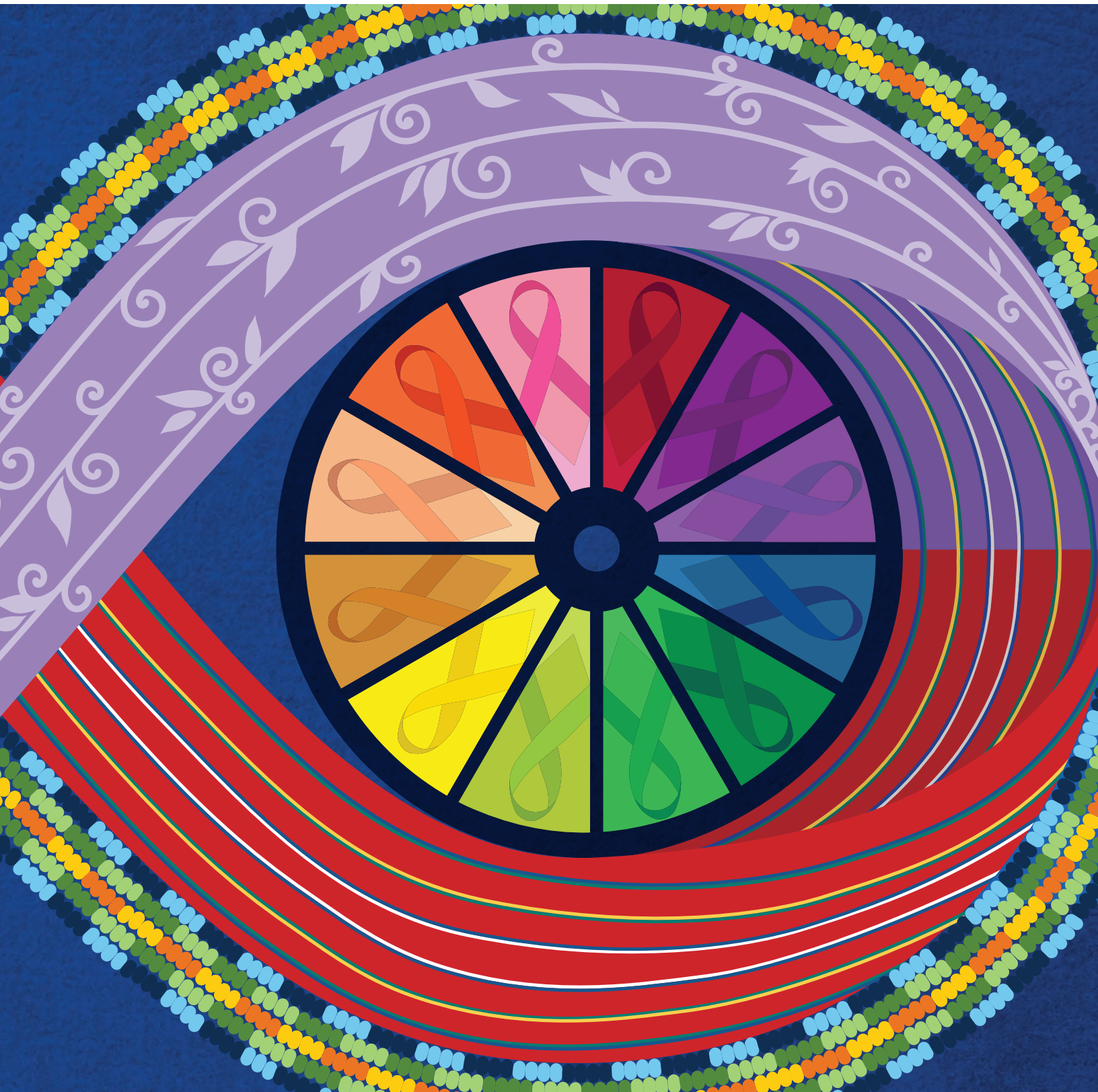
Journal and Planner for Métis Cancer Patients

Aen Ooshipayhaamihk aen Pchi Liivr pi aen Kalaandriyii poor aniki kaa Aahkooshichik avik li Kaansayr



Taanishi chi Apachihtaahk lii Liivr

How to Use This Journal

This booklet is here to support you throughout your cancer experience. It has three main purposes:

1. Help you track important information that you can refer to throughout your cancer treatment.
2. Provide space for you to write down your thoughts and feelings as they arise.
3. Offer activities, art, and words from Métis citizens to bring you good thoughts, laughter and inspiration.

Feel free to use this booklet in the way that best suits your interest or needs.

The 'Wellness Plan' section at the very beginning is there for easy reference when you need to make a phone call or check important information. There is a section with helpful 'Questions to Ask Your Care Team' that you may want to read and bring to your first few appointments. There is a place to take notes during appointments so you don't forget things, as well as a calendar to help track your appointments, medication and treatments. There are also sections where you can track the medicines you are taking, your treatment plan, as well as any side effects you are experiencing. You can browse through the 'Waiting for Appointments Activities' section to take your mind off things while you wait in the Cancer Centre or health clinic. There is also an envelope to remind you to keep receipts or important documents for tax and reimbursement purposes. Finally, there is a 'Journal' section for you to write or draw freely to help you process your experience.

Remember that the companion booklet 'Your Book to Help You Understand Cancer' has a list of Common Terms used by cancer doctors and support resources for travelling, finding places to eat, and accommodations in Saskatoon and Regina.

Kaykwy Kaa Taashihtaamihk
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“Don’t give up. There’s hope.”

Métis cancer survivor

Li Plaan chi Kikayhk

Wellness Plan

Personal Information	
Name:	
Birthdate:	Age:
Address:	Phone:
Diagnosis:	
Cancer Center ID #:	
Type & brand of port:	

Doctor Information **You may have more than one oncologist for different parts of treatment.*	
Family doctor:	Office phone #:
Oncologist:	Office phone #:
Oncologist:	Office phone #:
Oncologist:	Office phone #:
Surgeon:	Office phone #:

Emergency Contact Information	
Emergency contact:	Phone #:
Next of kin:	Phone #:

Cancer Center	
Name:	Phone #:
Address:	

Social Worker	
Name:	Phone #:
Office:	

Dietician/Nutritionist	
Name:	Phone #:
Office:	

Pharmacy
Personal pharmacy phone #:
Cancer Center pharmacy phone #:

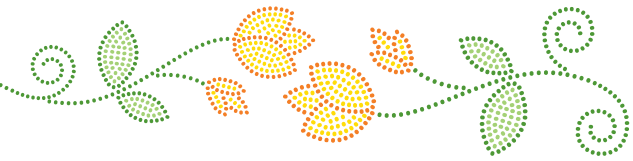
Therapies
Physical therapy phone #:
Occupational therapy phone #:

Supports	
Emotional support person:	Phone #:
Emotional support person:	Phone #:

Translator	
Interpreter name:	Phone #:

Transportation	
Driver/Agency:	Phone #:

Additional Contacts **You may get referred to different people throughout your journey, keep track of them here.*		
Name:	Phone #:	Agency:
Name:	Phone #:	Agency:
Name:	Phone #:	Agency:
Name:	Phone #:	Agency:
Name:	Phone #:	Agency:
Name:	Phone #:	Agency:
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Name	Phone #:	Agency:
Name	Phone #:	Agency:



Li Kesyoon poor Aniki li Chim kaa Pishkaapamishkik

Questions For Your Care Team

QUESTIONS YOU MAY WANT TO ASK ABOUT YOUR DIAGNOSIS:

- What type of cancer do I have?
- Is the cancer slow or fast growing? What does it mean if the cancer is fast or slow growing?
- Is the cancer in only one place, or is it in other parts of my body? What does it mean if the cancer has spread to other parts of my body?
- What are the chances that the cancer will get worse?
- What are the chances of me surviving this cancer? How many people survive the same type of cancer that I have?

YOU MAY WANT TO ASK ABOUT SUPPORT:

- Are there support people at the Cancer Centre, such as patient navigators or social workers that I can talk to for support?
- How can I find support and help for the new thoughts and feelings I am having after being diagnosed with cancer?
- If I have to fly or travel far for medical appointments, where can I get information on support for transportation and accommodations?
- Who can help me and my family cope with a cancer diagnosis, and the changes that accompany it?
- Are there brochures or pamphlets that can help me learn about the cancer in my body, ways to get rid of it (treatment), and the services that are available?

YOU MAY WANT TO ASK YOUR HEALTH CARE PROVIDER ABOUT YOUR TREATMENT:

- What is the most recommended treatment at this stage?
- Will I need surgery? Chemotherapy? Radiation?
- Will I need multiple types of treatment?
- Can I have traditional healing as part of my treatment plan?
- Are there any other recommended treatments?

- Who will be providing my treatment?
- How often will I need to receive this treatment? For how long?
- What are the short-term and the long-term side effects of this treatment?
- Have other patients found this treatment painful?
- Where will I go for treatment? How far will I need to travel?
- How will this treatment affect my day-to-day life? Will I be able to work? Will I be able to continue my regular daily activities? (Housework, driving, yard work, etc.)
- What can I eat on this treatment? Are there foods I need to avoid?
- How will I know if this treatment is working?

YOU MAY WANT TO ASK YOURSELF ABOUT TRADITIONAL WELLNESS AND HEALING:

- Am I interested in traditional wellness and healing?
- Do I know how to access traditional wellness and healing?
- Do I understand how traditional wellness and healing may or may not interact with the treatment I am receiving at the Cancer Center? (Note: It's important to discuss with your healthcare provider how traditional wellness and healing may interfere with your treatment)
- If I am interested in traditional wellness and healing, am I comfortable discussing it with my health care provider?
- If I am interested in traditional wellness and healing, and I am not comfortable discussing it with my health care providers, do I know someone who can help me?

SUGGESTIONS FOR TALKING TO YOUR HEALTH CARE PROVIDER ABOUT TRADITIONAL WELLNESS AND HEALING:

- Ask for extra time at your next appointment with your health care provider to be able to discuss traditional wellness and healing.
- Gather as much information as possible about the traditional wellness and healing practices you are interested in.
- Bring a close friend or an Elder/healer with you to support you in your discussion with your health care provider.
- Be prepared that the health care professional may not have knowledge about or believe in traditional wellness and healing practices and medicines.
- Write down or record your conversation with your health care provider about the use of traditional wellness and healing throughout your cancer journey.

YOU MAY WANT TO ASK YOURSELF ABOUT ADVOCACY AND SUPPORT:

- Do I need an advocate?
- Who is the best advocate for me?
- Who makes me feel better and gives me strength? Who in my life can navigate the medical system with me and advocate on my behalf?

Lii Nott di Apwayntmaan

Appointment Notes

These pages can be used for taking notes. Some things to keep in mind when taking notes are:

- Keep track of appointments in a calendar
- Write down questions you would like to ask your health care team at your next appointment
- Doctors' appointments can be overwhelming. Write notes during appointments so you can look back and reflect at a better time
- Write your questions and concerns as they come up, as you may forget later!
- See page 76 for a section to write down your feelings, reflections, etc.
- Remember, there is a 'Common Terms' list in the Métis Nation–Saskatchewan Companion Guide that you can refer to for unfamiliar words

"Stay positive, ask questions if you don't understand. Don't just say 'yes'. If you don't understand, ask questions. Have a support person with you to help you decipher that conversation afterwards, and just stay positive. There's lots of help, lots of things out there. You're not the only person going through it. And we're a strong group of people."

Anita N. Smith, Métis cancer patient

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Appointment Notes



Date: /

Date: /

Li Kalaandriyii

Calendar

You can use this calendar to keep track of your appointments, treatment & medicines.

"I didn't have any bad experiences with the doctors and nurses, none whatsoever, it was just a beautiful experience. What I've experienced is, they were considerate of people from the North. They gave me my own timetable to choose when I want the dates - do I want them in the mornings, because I have to travel home, and it's five and a half hours drive."

Alfred Tinker, Métis cancer patient

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
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Month/Year

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		NOTES:				

Month/Year

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		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

Month/Year

SUN	MON	TUE	WED	THU	FRI	SAT
		NOTES:				

“You must advocate for yourself and not be afraid to push. And be somewhat aggressive. Because this is your body and your life is in their hands, so you have a right to be pushy.”

Tami, Métis cancer survivor

Mii Michinn

My Medicines

This section is to help you keep track of your medicines.

QUESTIONS TO ASK ABOUT YOUR MEDICINES:

- Have any medicines been added, stopped or changed and why?
- What medicine do I need to continue and why?
- How do I take my medicine and for how long?

It is a good idea to bring a complete list of the medicines you are taking to your appointments at the Cancer Centre to show your Care team. This will ensure you are not given a new medicine that is not safe to take with the medicines you already take.

EXAMPLE:

Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped
Atrovastatin (Lipitor), High cholesterol	10 mg Started 10/15/09	1 tablet per day, morning	Makes me tired; given different medicine 10/30/08

Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped

My Medicines



Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped

Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped

My Medicines



Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped

Medicine or Supplement Name and Purpose	Dosage and Date Started	How Many Taken and When	Restrictions/ Side Effects and Date Stopped

Mii Traytmaan

My Treatments

In this section you can write down information about your treatment plan.

There are many different types of cancer treatment. Your oncologist will discuss the treatment plan with you. This will give you the chance to ask questions to ensure that the treatment plan is right for you. Your treatment plan has the details about all the treatments you will get. For more information about the types of treatment you may receive, go to page 30 in the Métis Nation–Saskatchewan Guide to Help you Understand Cancer.

"Find laughter, that was how I got through, was lots of laughter. And know there's a light at the end of the tunnel. You must think that you're gonna beat it, you have to believe that. And don't be afraid to ask someone to make a meal for you."

Tami, Métis cancer survivor

Chemotherapy

Medicine/Drug:

How often?	How many cycles?
Start date:	End date:

How will I get it?

Notes:

Chemotherapy

Medicine/Drug:

How often?	How many cycles?
Start date:	End date:

How will I get it?

Notes:

My Treatments



Chemotherapy	
Medicine/Drug:	
How often?	How many cycles?
Start date:	End date:
How will I get it?	
Notes:	

Chemotherapy	
Medicine/Drug:	
How often?	How many cycles?
Start date:	End date:
How will I get it?	
Notes:	

Other Systemic Therapy

Medicine/Drug:

How often?	How many cycles?
Start date:	End date:

How will I get it?

Notes:

Other Systemic Therapy

Medicine/Drug:

How often?	How many cycles?
Start date:	End date:

How will I get it?

Notes:

My Treatments



Radiation Therapy

Area to be treated:

Number of treatments:

Start date:	End date:

Notes:

Radiation Therapy

Area to be treated:

Number of treatments:

Start date:	End date:

Notes:

Surgery

Type of surgery:

Date of surgery:

How long will I stay in the hospital?

Notes:

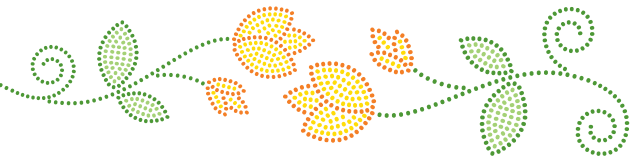
Surgery

Type of surgery:

Date of surgery:

How long will I stay in the hospital?

Notes:



Taanishi aen Payishaayaayen

Side Effects Tracker

Your well-being and how you feel matters. Many of the symptoms and side effects that you feel can be helped. Keep track of your side effects so that you can tell your cancer care team about them. Your cancer care team may be able relieve your symptoms or give you tips to help you feel better.

SIDE EFFECTS CAN BE BOTH PHYSICAL AND EMOTIONAL

Physical side effects may include:

- Feeling tired
- Nausea (feeling like you need to throw up) or vomiting (throwing up)
- Diarrhea (loose or watery poo)
- Constipation (trouble having a poo)
- Aches and pains
- Skin changes
- Many others

Emotional side effects may include:

- Anxiety
- Sadness
- Relief
- Guilt
- Excitement

What you can do to manage your side effects:

- Try a new exercise
- If available, go to a workshop on dealing with fatigue
- Make an appointment with your doctor

Keeping track of how you feel also helps you and your doctor notice patterns. This helps your doctor know if they should make changes to your treatment.

How I am feeling:	What can I do to manage my side effects?
Date: April 21, 2021 - Feeling nauseous - Feeling tired all the time	- Go for a walk at lunchtime - Call the pharmacist for suggestions on dealing with nausea
Date:	
Date	
Date	
Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
Date	
Date	
Date	
Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
Date	
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Date	
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Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
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Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
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Date	
Date	
Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
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Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
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Date	
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Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
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Date	
Date	

How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
Date	
Date	
Date	
Date	

Side Effect Tracker



How I am feeling:	What can I do to manage my side effects?
Date:	
Date:	
Date	
Date	
Date	
Date	

“I tried my best and sometimes I feel good. Sometimes not a lot, on chemo and too many side effects of that. You don’t know what you’re getting every day. Tomorrow, it got different. The next day, different. And the support, I got support from my family.”

Jon Woodward, Métis cancer survivor

Aen Payhoohk poor lii Apwayntmaan chi Tootamihk

Waiting for Appointment Activities

- Bring your beadwork!
- Working on a pair of moccasins or a sash? Bring it along to work on while you're waiting.
- Download a podcast! Look for a podcast where you can learn something new, one that will make you laugh or one that might keep you in suspense.
- Recommendation: Check out Paykiiwikay Métis Culture Podcast for some great conversations about Métis people in Saskatchewan. You can find it on iTunes, Spotify, SoundCloud, Castbox and many other apps.
- Bring a book you have been thinking about reading for some time. Don't want to carry a big book around? Try out a digital book, you can read it right from your phone. Too small to see the print? Try an audiobook!
- Download a TV series or a movie that makes you laugh. Look around the Métis Nation–Saskatchewan "Métis Gathering" webpage: *metisgathering.ca* to enjoy and learn about Métis history, culture and language.
- Listen to relaxing or feel-good music.
- Bring headphones!
- Bring crossword puzzles or games.

Word Search

H S Z E N J N F V J W T G M O
V E V Z V X K X Q I D Q B E B
T D D M B K Z X X O H J A T E
C R D I N E L D E R S J N I A
U N A C C N C V N C S I N S D
L X B H R I F F I B A G O G E
T V C I J E N I J T S G C H D
U T U F F V D E D E H I K X F
R O A H I D A R W D G N B Z L
E Z E A H L R A I H L G B I O
X D N R N L B H N V E E A T W
N W X M P I Y N V G E E Z L E
F G L X V U S L F A F R L B R
H G S W O E X H E N T M Q L S
W I M J G V X D I G A S H X N

Beaded Flowers
Bannock
Fiddle
Medicine Wheel
Culture
Michif
Taanishi
Jigging
Métis
Red River
Elders
Sash

Jokes

What did the buffalo say to his kid when he dropped him off at school?

Answer: Bison!

Why was the little strawberry crying?

Answer: Her parents were in a jam.

How do you make a tissue dance?

Answer: You put a little boogey in it.

What day do fish hate?

Answer: Fry-day.

Let's learn Michif

Hello	***Taanishi***
Good morning	***Boon matayn***
Good afternoon	***Bonn apray mijii***
Good evening	***Boon swayr***
How are you?	***Taanishi kiiya?***
Thank you	***Maarsii***
Come and visit	***Paykiiwikay***
This is bannock	***La gaalet awa***
Okay, thanks	***Si kwaarayk, maarsii***

Check out *www.metismuseum.ca/michif_dictionary.php* to hear the pronunciation of these words and many others!

Search free Michif apps on your phone's App Store:

- "Michif To Go" by Gabriel Dumont Institute (Heritage and Northern options available)
- "Michif Lessons" by Gabriel Dumont Institute

Aen Pchi Liivr chi Ooshipayhaamihk Kaykway

Journal

This section can be used for whatever you like. Some suggestions are:

- Write or draw your healing journey so you can reflect on thoughts and feelings you may have had.
- Create your own inspiration for yourself, write down something that made you laugh, quotes or words of encouragement that have helped you in the past.
- Write a poem or a story to express how you're feeling.
- Doodle or draw.

"I think it's important to journal. And that's something I didn't believe that I needed to do. And I was told by my sister-in-law, "you should be journaling." And I went, "nah." And I kinda wish I would've, I think it would've been very healing to do a journal."

Tami, Métis cancer survivor

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

“Passing on your information and “who in your family had cancer?” Something that I think is important for people now is knowing at what age your mother had cancer, and what program did she follow. Did she get a lumpectomy, a mastectomy, did she have radiation, chemo? That’s important for people to keep track of. Because unfortunately, I didn’t do that with my mom. Yes, I knew she had cancer and yes, I knew she had a mastectomy, but I couldn’t tell you at what age. It’s important, ‘cause that’s one of the things that they ask when they start tracking this.”

Sandy, Métis cancer survivor

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

“My counsellor helped me and my workbooks. I guess as the treatments went on and, “You still have these cells. This is still present. This came back positive.” It got easier. I almost expected it. I learned how to prepare for it. I prepared for the worst, but I hoped for the best, that way if I got into the appointment and it did come back positive, I was already prepared for that and I had my game-plan already set out. If it was good news, great, then I’m ahead of the game. I guess as my treatments went on and it panned out over 12 years to 2011, I knew with my experience what to expect and better ways, ways that worked for me on how to deal with it. So, that was helpful. Anticipation, I guess, and my PTSD and my working on my PTSD really helped me to be able to compartmentalize that, to identify that, “I’m having anxiety. This is why I’m having the anxiety. This is my trigger, and this is how I dealt with it last time and maybe that’ll work this time or maybe I need to try something else.” So, I guess the more positive results that I got and the more procedures that I had to have, the easier it got because I knew what I was walking into.”

Nickie Therens, Métis cancer survivor

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

“I think one thing people really have to know, and I mean, now that I’m six years down the road from all of this, I understand now—talk to somebody. Ask for a social worker from the hospital regardless. But talk to somebody.”

Métis caregiver

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Date: /

Lii Zaasaasyii pi lii Maarshii

Partners & Acknowledgments

This journal and planner is indebted to the Métis cancer patients, survivors and caregivers who shared their experiences and offered stories and words to shape this book. Maarsii / thank you.

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Taanday kaa Otinamihk piikishkwaywin

Resource Adaptation Credit

This journal and planner draws from many existing resources:

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Métis Nation
Saskatchewan

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