



PEER power:

Lydia's road to recovery

CEO message



Please give generously to
our direct mail campaign.
Our work depends on it.

dear friends,

I'm pleased to share with you our new print edition of Kids Candidly. As Shakespeare said, "*Brevity is the soul of wit.*" I hope you enjoy this new, briefer format.

By now, you have probably received our winter fundraising appeal in the mail, featuring Levi. Please give generously to this campaign. Our work depends on it.

Spring is here! As the season reveals its colours, our program teams are buzzing with activity and hundreds of children are counting down the days to camp.

We are also heading into our busiest fundraising season, so if you cycle, run, walk, golf or just need a good haircut, we have an event for you.

Please remember that you are vital to everything we do and we are grateful for your generosity. Thank you for believing in children with cancer.

Sincerely,

Christine McIver, M.S.M., LLD (Hon), CFRE,
Founder and Chief Executive Officer



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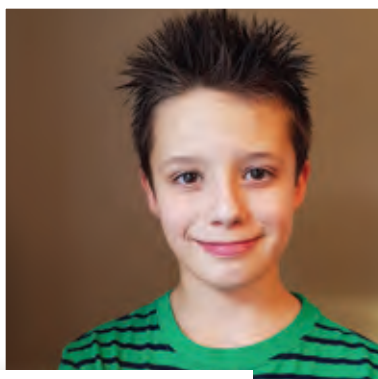
**Kids Cancer Care
Foundation of Alberta**
609 14 St NW, Suite 302
Calgary, AB T2N 2A1
Telephone 403 216 9210
Facsimilie 403 216 9215
Toll Free 888 554 2267

power
of you

you are giving kids with cancer a lifetime birthdays

“Every day I go to school, I play with my friends, and I do the one thing I love to do more than anything else — play hockey. I know some kids can’t do the things they love whenever they want to, so if I can help by raising money to send a kid to camp and make their world better for a week, I will.” – *Liam Magnuson*

Liam Magnuson has been making the world a better place for kids with cancer ever since he turned eight. And he’s doing it one birthday and one donation at a time.



Every year, Liam dedicates his birthday to Kids Cancer Care by asking friends and family to donate instead of bringing birthday presents.

“I really just want to bring some happiness to kids who need it a lot more than I need presents,” says Liam, who raised \$795 last March for his 10th birthday.

Liam is not alone. A handful of kids like Liam help children with cancer each year by turning their birthdays into fundraisers.

“This year, we’re hoping to see a lot more people dedicating their birthdays,” says Amy Schick, a Kids Cancer Care event coordinator. “Our goal is to have 150 for Canada’s 150th birthday!”

Over 1,400 Canadian children are diagnosed with cancer each year and over 75 per cent of these kids face serious life-long health problems afterwards. These health problems take their toll on the

survivor, the family and the health care system. With approximately 30,000 survivors living in Canada today, raising funds for new research and support programs in Alberta is a major priority for Kids Cancer Care.

Twelve-year-old Lauren Charbonneau knows firsthand the importance of such programs. A cancer survivor, Lauren is paying it forward for other kids with cancer.

“When I realized that other kids have cancer too, I wanted to help them by raising money for research,” says Lauren. “I love Kids Cancer Care because what they do for kids like me and their families.”

Shaan Hirani and Parker Ellard couldn’t agree more. The two boys share the same birthday, so they doubled up on their ninth birthday party and together raised \$400 in honour of Shaan’s sister Sofia, a young cancer survivor who suffers from treatment-related brain injury.

“Kids Cancer Care really helped my sister to do things she wouldn’t normally be able to do,” says Shaan. “They helped her to feel included and, our whole family too.” ■

“I really just want to bring some happiness to kids who need it a lot more than I need presents.”

– *Liam*

You can give children with cancer a lifetime of birthdays by turning your birthday into a fundraising event. Visit kidscancercare.ab.ca to register today and receive a coupon for a free Crave cupcake.



feature story

you are helping kids rebuild their lives after cancer

“I love research, but even more, I love working with families. I love seeing our research at work, helping kids rebuild their lives after cancer.”

– Dr. Carolina Chamorro-Vina

When Lydia Massiah first joined PEER* five years ago, she was almost completely immobile. With your help, Lydia is now walking. She also runs, jumps and climbs stairs on her own and is learning to tap dance through a special needs dance program.

“When I first met Lydia, I realized what cancer treatments can do to a child,” says Dr. Carolina Chamorro-Vina, the Kids Cancer Care researcher who runs PEER, an evidence-based, individualized exercise program for children recovering from cancer. “Lydia was tired all the time and just lying there, watching the other kids. Now she’s able to play games with other kids and she’s more able to socialize too.”

Lydia was diagnosed with a cancer of the nervous system at six months. What followed were invasive medical procedures that saved her life, but left her partially

blind and cognitively and physically impaired. Thankfully, Lydia and her twin sister Veronica found PEER early in their development.

“There were no other programs in Calgary offering an exercise program for children with cancer,” says Lydia’s mother Angela. “Peer was wonderful because Lydia’s twin sister Veronica could go too. Most programs don’t allow siblings. PEER gave Lydia a fun and encouraging environment to participate in physical activity. She has enjoyed PEER so much and has gained so many skills over the years.”

PEER helps reduce side effects

Research shows that children with cancer fall behind their peers in motor development due to invasive medical procedures, treatment-related side effects and isolation. Evidence also demonstrates that regular exercise mitigates some of the side effects and restores physical and emotional wellbeing.

Developed by an interdisciplinary team of pediatric cancer specialists, led by Dr. Chamorro-Vina, PEER helps children rebuild fundamental movement skills (e.g., running, jumping, catching, throwing), while building muscle strength, aerobic capacity, flexibility and balance.

healthy lives

The goal of PEER is to help children affected by cancer lead healthy, active lives despite the disabilities or health problems that come with cancer.

“When children haven’t been active for extended periods, they not only lose their physical capacity; they lose their confidence to try sports and other activities, so they fall behind their peers,” says Dr. Chamorro-Vina. “This program is often the only chance these kids have to be active.”



Watch the video of Lydia’s progress in PEER at kidscancercare.ab.ca

“This program is often the only chance these kids have to be active.”

– Dr. Chamorro-Vina

PEER BENEFITS

Research demonstrates that children affected by cancer benefit from regular physical exercise, mitigating some of the side effects and improving mental and physical well-being.

IMPROVES MENTAL AND PHYSICAL WELL-BEING

MUSCLE AND BONE MASS
PULMONARY AND CARDIAC CAPACITY
IMMUNE SYSTEM RECOVERY
EMOTIONAL RESILIENCE
SELF-ESTEEM
SOCIAL FUNCTION



REDUCES SIDE-EFFECTS

PSYCHOSOCIAL DISORDERS
NEUROCOGNITIVE SIDE EFFECTS
PERIPHERAL NERVE DAMAGE
ANXIETY
FATIGUE



*Pediatric Oncology Patients Engaging in Exercise for Recovery

how
to help

5 ways you can help

1

SHAVE

Show moral support for kids who lose their hair to chemo by shaving your lid and raising funds.



2

RUN

Show Dad you care. Register for two in the **Sporting Life 10K** on Father's Day, Saturday, June 17.

3

RIDE

Experience the majestic beauty of the Canadian Rockies in the **Kinsmen Ride for a Lifetime**, June 23 to 25. RideforaLifetime.ca

4

CYCLE

Ride somewhere meaningful July 14 to July 16 in the **2017 Tour for Kids Alberta**, a cycling adventure you'll never forget.



5

GOLF

Say farewell to a charity golf legend in the final Don, Joanne and the Coach **Golf a Kid to Camp** tournament, presented by Trico Homes. Thursday, August 10 at Cottonwood Golf and Country Club.



new
& notable

new PEER offerings

PEER is seeing positive outcomes and demand is growing. To meet this demand, we are expanding the program.

1. PEER at SunRise

This summer, we will introduce campers to PEER at our Calgary SunRise day camp.

2. New PEER session

In the fall, we will add a new PEER session each week to accommodate and meet the developmental needs of three age groups:

- Pre-school children (ages 2 to 5);
- Elementary school kids (ages 6 to 11); and
- Teens (12 and above).



Register for our programs and fundraising events at kidscancercare.ab.ca

new summer camp programs

Two new camp programs are available this summer:

1. SunChaser

SunChaser is a leadership program for teens, ages 15 to 17, who have completed SunMaker or SunHaven, but still want to experience the magic of Camp Kindle. SunChaser helps build teamwork, communication and leadership skills through a range of indoor and outdoor activities.

2. Camp Ooch Leadership Exchange

Ready to take on a new camp adventure in Muskoka, Ontario? If you are a young leader between 16 and 17 and currently have, or have had, cancer, you may be eligible for our 2017 Leadership Exchange Program at Camp Ooch.



thank you for caring

kids cancer care

kidscancercare.ab.ca    

Kids Cancer Care Foundation of Alberta is a Registered Canadian Charity #89940 9171 RR0001.