



The Home & Country ROSE Garden is published three times a year by the Federated Women's Institutes of Ontario.

Due to the number of contributions to our newsletter, your article may not appear exactly as submitted. We will do our best to edit appropriately to include as much information as possible.

Thank you for your understanding.

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September is Ovarian Cancer Awareness Month



Did You Know?

- The risk of developing ovarian cancer increases as you age – 6 out of 10 women diagnosed are 50 to 79 years old
- The risk for ovarian cancer increases if you have had breast or colon cancer, have not had children, have not used oral contraceptives, have a family history of breast, colon or ovarian cancer.

Five Ways To Help a Woman With Ovarian Cancer

If you want to offer help to a woman with ovarian cancer, try to avoid saying, "call me if you need anything". That puts the burden on the patient at a time when she may be feeling most vulnerable. Some of the ideas may seem very obvious but there may be something that you haven't thought about. Make up your own list and call your friend or family member and offer to help with a specific task. If your offer is refused, don't take it personally. Keep trying if you get a sense that the person could really do with an extra pair of hands.

1. Bring Food

This is a classic. When in doubt about what to do, a homemade plate of cookies, some jam or a light meal will be appreciated. If you want to treat the person, send a basket of fruit or a basket of goodies from a delicatessen or a gift certificate for a local restaurant.

2. Send Her Personal Notes And E-mails

There is nothing more rewarding than opening a card or receiving an amusing E-mail. You may feel that calling on a regular basis may be tiring but a short note can be very welcome. Make sure you mention to the person that you don't expect a reply...you are just sending your best wishes.

3. Visit

Cancer can intensify feelings of loneliness and isolation. A visit can make the person feel special and loved. It's a good idea to call first and make sure she is up to receiving guests. Keep your visits short and make sure you don't overstay your welcome!

4. Help Take Care Of Pets

When a person is feeling ill, walking the family dog can turn into a real chore. Offer to help take the dog for a walk or feed the cat.

5. Create Laughter!

Laughter is good medicine and if you have a funny story, share it. A good laugh will help a person feel more positive and optimistic. You may think about renting a funny movie or sending her a funny joke. A favourite is "How to Irritate a Nurse" by Gilda Radner!

Taken from the National Ovarian Cancer Website www.ovariancanada.org