

Cancer Survivors Park



**A space for rejuvenation, inspiration, and education for all touched by cancer
before, during and after treatment**

Our Vision

To create an inspirational retreat that would provide a place for understanding, accepting and enjoying survivorship:

- ❑ Where a positive attitude stroll can be taken along a path with flowers, trees as well as a beautiful artistic structure overlooking the waterfront.
- ❑ Somewhere where survivors of all types of cancer can share their experiences while encouraging one another or simply reflect on their own.
- ❑ A place a cancer survivor can rest with family and friends (*who are survivors themselves*) to engage in a positive conversation no matter where they are in their journey.
- ❑ A park that has potential to become a magnet for starting and ending points of walks/runs/gatherings in support of cancer research and survivorship as well as benefiting nearby businesses.

FACT: Recent studies show 1 in 2 Canadians will develop cancer in their lifetime ~ Canadian Cancer Society June 2017

Site considerations for Cancer Survivors Park

Off hospital property

Reason: So survivors, family & friends can separate from medical & clinical aspect of disease

On transit routes

Reason: for easy access; not everyone has their own vehicle or able to drive during treatment

High profile area with visible signage

Reason: The Cancer Survivors Park would be a daily reminder to all who pass by with a message to the subconscious that death and cancer are not synonymous. The message and park are meant to give hope and courage.

Greenbelt area:

Reason: An environmentally friendly and tranquil spot to remind us that people survive this disease and will continue to do so.

MISSION ACCOMPLISHED!!!

Dartmouth Harbourwalk

The proposed park would be located between Alderney Ferry Terminal and King's Wharf. It will directly connect to the Trans Canada Trail, HRM's park system, biking and walking trails, and complement the continued development of downtown Dartmouth as a destination.



***IMAGINE having the only Cancer Survivors
Park in Atlantic Canada!***

Important Components of the Park

- ❑ The concrete path through the park area would be in the shape of a ribbon which represents cancer awareness. It would not be tinted in any colour linking to a specific type of cancer as this park will represent cancer survivors of ALL types of cancers.
- ❑ The preferred name of the park (pending approval) would be “*Cancer Survivors Daffodil Park*”. The daffodil is the flower of the Canadian Cancer Society that symbolizes rebirth and new beginnings which embodies survivorship. It is such a resilient flower that starts as a bulb thriving through the cold winter to break through in spring as a beautiful yellow flower. It represents hope in the fight against cancer.
- ❑ The artistic feature will be located in the loop of the ribbon and consist of three life sized figures representing youth, middle age and senior population as cancer does not discriminate when it come to age. We hope to have them interactive to make a great photo op and memory of the visit.

Survivors are defined as those living with the disease, family members and friends, caregivers and clinical staff working with those with the disease

Positive Mental Attitude Walk

Inspirational quotes to be placed on plaques



- Remember how far you've come, not just how far you have to go. You may not be where you want to be, but neither are you where you used to be.
- Cancer is an ugly disease but the beauty of life after cancer is worth fighting for.
- Never be ashamed of a scar. It simply means you were stronger than whatever tried to hurt you.
- Your cancer diagnosis does not define you but your courage and strength does.

Path to Recovery Walk

Common sense guidelines in collaboration with

Dr. Katharina Keiser, Oncologist QEII, Associate Professor at Dalhousie



COMMITMENT

The biggest decision you can make is to make a promise to take care of yourself. Only you can promise to do everything in your power, all the way, with no exceptions. When you promise yourself this, you have accomplished the most important part of the treatment.

KNOWLEDGE

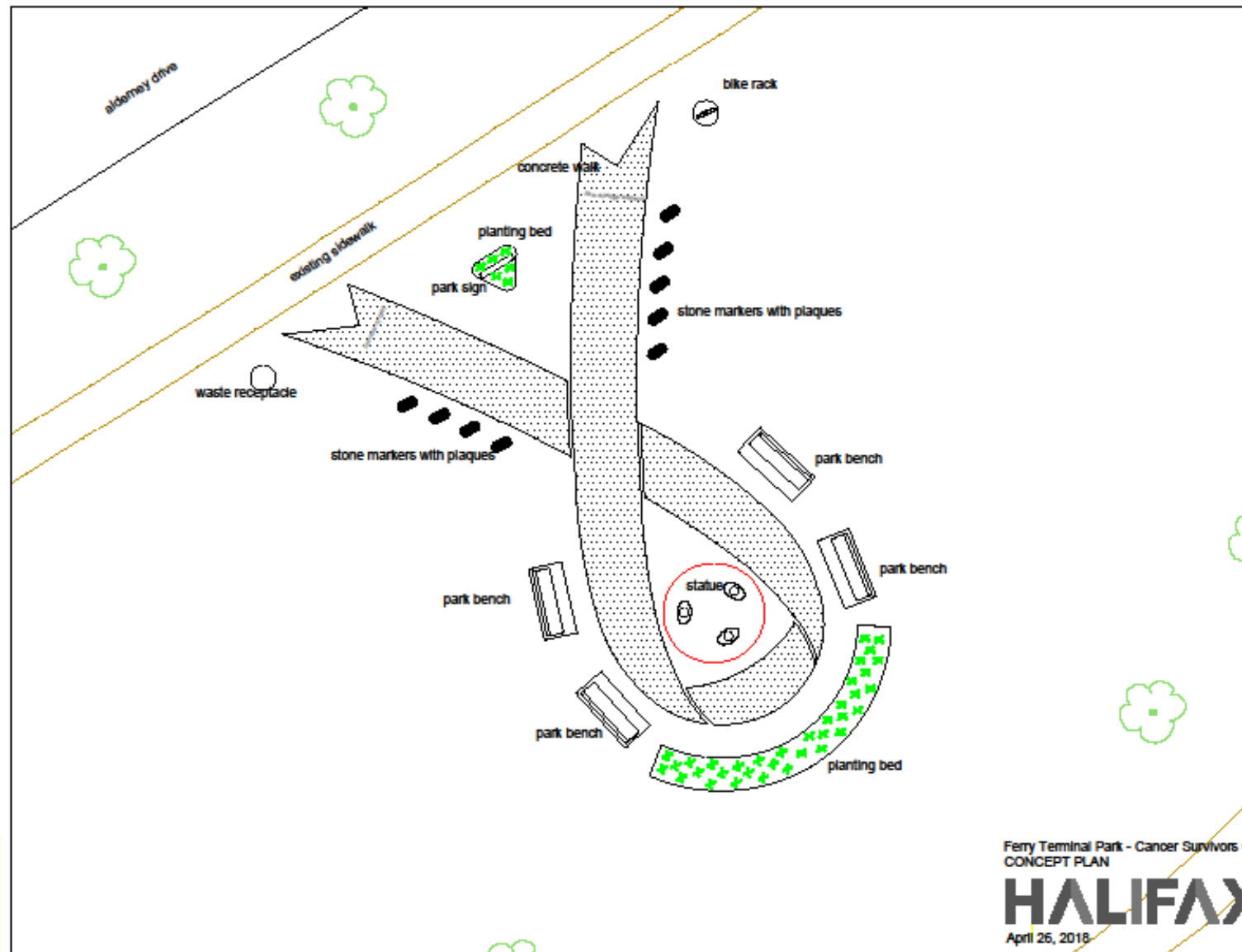
Knowledge is a cancer patient's best friend. Find out everything you can about your disease and ask questions of your health team. Do what your physician suggests and everything you believe might help that your physician says will not hurt.

ACTION

Eat a well-balanced diet to maintain and effective immune system. Exercise as much as you comfortably can. Relaxation exercises and visual imagery can help to reduce stress. Embrace your spirituality. Have fun.

BELIEVE

Understand that cancer is a life threatening disease that many have conquered. BELIEVE that you too will be one of them. Always keep a positive outlook.



Ferry Terminal Park - Cancer Survivors
CONCEPT PLAN

HALIFA

April 26, 2018

Testimonials

"When Judie told me about her idea for a park in Dartmouth, I was very excited. I think it would provide an accessible place where everyone could go to be uplifted and inspired. A healing park where people can go to find strength and connection would be a great asset to the community".

~Dr. Stacey A. Canning-Lively BSc, DDS – cancer survivor

"As a cancer survivor myself, it is gratifying to see that there are those who understand not only the trials that we went through but also the joyous outcomes! We think the Cancer Survivors Park will be a wonderful addition to the Dartmouth waterfront, and a welcome neighbour for King's Wharf residents".

~Sherry Spicer, Fares & Co. Development, King's Wharf – cancer survivor

"Alderney Landing supports the creation of the Cancer Survivors Park in the area designated by HRM. In particular we are impressed with the design of all the elements and it's relationship to the surrounding grounds. Unfortunately, most of us have been touched by Cancer and it is lovely that Survivors will have a beautiful place of reflection and hope".

~Bea MacGregor, Executive Director, Alderney Landing

"Judie and Jim's dream of a Cancer Survivors Park is about providing hope to others and sends the message that there are so many survivors-and thrivers-after cancer. This is certainly a message that our organization witnesses every day and supports. We are excited to stand beside Judie and Jim and to see the Cancer Survivors Park become a reality. We know that it will have an incredible impact on the individuals and families that we serve.

~ Jane Parsons, Regional Executive Director- Atlantic Canada, Canadian Cancer Society

"A survivors park overlooking the Halifax Harbour where all can enjoy a walk or sit while feeling the sea breeze, looking at the surroundings and have a conversation is so valuable to our cancer survivors. I support your work in pursuing this fantastic addition to our community".

~Katharina Kieser, Oncologist, Associate Professor, Division of Gynecologic Oncology, Dalhousie University

"Hope is a powerful elixir and a tremendous motivator. The Cancer Survivors Park planned for the Dartmouth waterfront will be a wonderful place for survivors, their families and their friends. A place for reflection and rejoicing. This public space will be a beacon for the entire community and a symbol of hope – something that surely everyone deserves."

~Adrienne Malloy, President, Dartmouth General Hospital Foundation

"Judie & Jim Edgar's focus on hope for survivors and creating space for contemplation and reflection is a noble goal and a lovely addition to Downtown Dartmouth. I would be pleased to see a local space dedicated to cancer survivors and those touched by cancer."

~Claudia Chender, MLA Dartmouth South

Cancer Survivors Park in Nova Scotia

Normally parks memorialize those who have passed away

This park will be different as it will be a tribute to the living

A Park that is meant to give hope and courage that people do survive this disease and will continue to do so

A place that will continuously give the same message.....

“There is hope”

