

April 2021

BCAK NEWS



From Our President's House to yours...

I just want to touch base with you to say hi and hope you are all well and staying safe.

Seems like Spring has finally arrived and flowers are starting to bloom and I've noticed more people out walking or running.

With COVID vaccines well underway there is a light at the end of the tunnel. Let's hope we're all vaccinated sooner than later.

BCAK is still open but because of the latest lockdown regulations, we can't hold exercise or yoga classes. We are following Public Health guidelines so we base everything on those rules. We will notify you when the classes are back up and running but watch the website for updates (bcakingston.ca). We continue to offer personal and financial support when needed. Call the office (613)531-7912 and leave a message if you are in need of help.

Please check our website for information on Community Discounts for members, Share the Care Golf on August 5th and our Walk for Awareness in September.

I can't thank you enough for your continued support during the Pandemic.

Please feel free to contact me if you have any questions or concerns. I can be reached at president@bcakingston.ca. You can also call the office 613-531-7912 and leave a message and I'll get back to you.

Stay well and stay safe.

Lynne Funnell, President-BCAK

Bits and Pieces

Linda Yohn tells me our Donini Chocolate fundraiser was a great success. We had a late start because of a glitch in communications with Donini but when we finally got hold of them, they were wonderful. We put together the flyer and got it out to as many people as we could in the short time available—and we sold close to 581 pieces of chocolate for a profit of a little over \$1,700. A huge thank you goes out to the 84 members, friends and family members who supported this fundraiser.

In fact, it seems Easter chocolate is almost as popular as Christmas Cheese—which got us to thinking—maybe we should do a cheese fundraiser as a "Welcome to Summer" in late June! And then a chocolate/cheese fundraiser for Christmas. What do you think?

Time to remind our members of the 9 companies who have offered our members community discounts. With another lockdown in place, our 4 restaurants (Milestones, The Merchant Taphouse, The Union Kitchen and The Union Market) are once again closed to public dining. PLEASE CONSIDER calling one of these restaurants tonight—order your dinner and pick it up—and enjoy your BCAK discount.

Here's a tip you might not know about. If you use Uber Eats or Skip the Dishes, remember that the service charge to the restaurant can often be up to 30 per cent of the bill which eats into the restaurant's profit margin which were razor thin to begin with.



On Breast Cancer and the COVID-19 Vaccine (Reprint from the Canadian Breast Cancer Network (cnbc.ca) website ([Oncologists Share What You Should Know About the COVID-19 Vaccines, Our Voices Blog - CBCN](#)))

1. In general, most breast cancer patients are not immunocompromised. Here is some general information for various breast cancer populations:
 - If you are a breast cancer patient currently on follow up only, with no evidence of disease, or you are a patient on adjuvant hormone therapy, it is safe to receive the vaccine and you do not need to worry about risks occurring from breast cancer
 - If you are currently undergoing chemotherapy it is safe to also receive the vaccine, but it is important to speak to your healthcare provider about the timing of when to receive the vaccine
 - If you are currently on a CDK4/6 inhibitor, it is safe to get the vaccine and if you have a choice of timing, it is advisable to time it for just before you are restarting your pills. If you are limited in the timing of the vaccine, then take it whenever it is available
 - If you are on other medications which affect your white blood cell count, talk to your oncologist about the timing of when it would be best to receive the vaccine
 - If you are receiving radiation, it is safe to receive the vaccine, but it is highly recommended that you talk to your oncologist first

The COVID-19 vaccine is considered generally safe for breast cancer patients. There is no current evidence of a greater risk of “side effects” in cancer patients. The main concern with cancer patients, who may be immunocompromised, taking the vaccine is that it may not be *as effective* as it would be in other individuals. However, if immunocompromised, there is a higher risk of adverse outcomes or death from COVID-19. For virtually all cancer patients, the benefits of vaccination (to prevent serious infection) exceed any theoretical downside or limitation. In addition to receiving a vaccine for COVID-19, other ways to protect yourself, your family members, and others includes adhering to the public health guidance, wearing masks, avoiding indoor congregations, and hand washing. Should you still have concerns about the vaccine or are in a special circumstance, the next course of action should be to speak to your healthcare team.

Some important information regarding your Covid-19 Vaccine.

1. There is a provincial vaccination information line—1 888-999-6488 (open 8 a.m. to 8 p.m. seven days a week). You can book through this number if you feel more comfortable booking on the phone. If at all possible, book both your Covid vaccines at the same time.
2. You can go to the KFLA website: [COVID-19 Vaccines - KFL&A Public Health \(kflaph.ca\)](https://www.kflaph.ca/COVID-19-Vaccines)
3. You can book your vaccine (in blue print “Book a Covid-19 Vaccination appointment” by age (currently 60 and older) or by status (health care worker, caregivers, etc.) for any of the KFLA immunization centres in the region.
4. You can enter your name daily on the Covid-19 Vaccine Standby List (near the bottom of the page). This has to be done daily and you must be ready to go if the phone rings.
5. You can get a list of participating pharmacies under the tab “Participating Pharmacy Clinics” and most will take you to the pharmacy booking site.
6. On the day of your appointment, wear short sleeves and bring something to do for your wait after the vaccine.

DONATIONS FOR THE MONTH OF MARCH

The following donors gave generously to BCAF in the month of March. Our sincere thanks goes to each one. This month your support helped us help new breast cancer patients with some much needed financial assistance. Thank you.

ALMA PENNEY
BEA FARAKLAS
BEV MARTIN
CAF CANADA
DELIA MCADOO
EMILY WALKER
FAYE IRVING
KNIGHTS OF COLUMBUS (ST PATRICK'S COUNCIL #12309)
MARILYN BENNETT
JULIA BARAN
LYNDA KEELER
MARY PEEL
THE BENEVITY FUND
RYAN HOBART
SONA MOFFAT
TAMMIE HEPBURN
UNITED WAY
LOUISE HUNTER in support of **AMANDA**

VOLUNTEER APPRECIATION WEEK APRIL 18 - 24

BCAK is a **volunteer** based organization with emphasis on **volunteer**. We would not be as successful as we are or even exist without all of you wonderful volunteers who give time and go above and beyond with your support.

From Board Members, facilitators, exercise instructors, committee members and fundraising helpers you are all amazing and invaluable to Breast Cancer Action Kingston.

As President, I'd like to give my heartfelt thanks to you all for what you do, not just for Volunteer Week but throughout the year.

Sincere Thanks to each and every one of you!

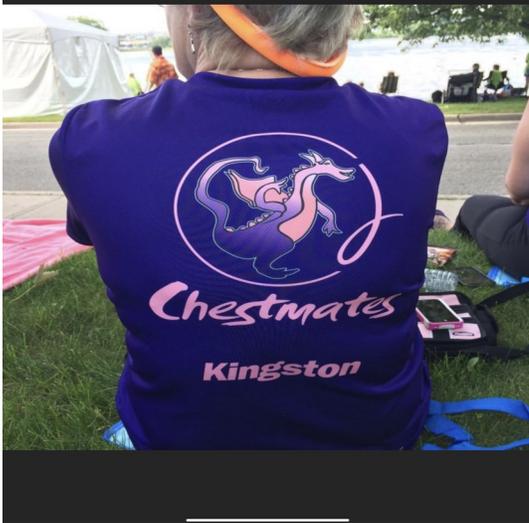
Lynne Funnell, President

WE  **OUR**
VOLUNTEERS



**Thank you
for all you do**





Chestmates Dragon Boat Team

In March of 2002, 27 strong and spirited women, with the support of Breast Cancer Action Kingston, joined together to form Chestmates Dragon Boat Team. A team of breast cancer survivors. We paddle to slay the “evil” dragon of breast cancer and to enrich our lives through the creative fire of the “good” dragon.

During the winter months, our focus is on strength and flexibility at Breast Cancer Action Kingston’s exercise and yoga classes. When time and money allow, we may also have the opportunity to practice at a paddling tank.

In April of 2003, we acquired our very own magnificent dragon boat, thanks to the generosity of The Andy Fund of Kingston. Our on-water practices take place twice a week on the Collins Bay, docking our dragon boat at the Collins Bay Marina as soon as the ice is off the water.

During our first summer of competition in 2003, we took our message of awareness to dragon boat festivals in Peterborough, Belleville, North Bay and Stratford where we competed along with breast cancer survivors from across Ontario as well as in regular women’s and mixed team races and the Breast Cancer Survivor Challenge races which are designed to showcase our cause.

The team ended our first full season of paddling in grand style at The Kingston Dragon Boat Festival in September. It was a thrilling moment for us as we streaked across the finish line ahead of six other teams from Ontario and Quebec to win the Breast Cancer Challenge Cup in front of a cheering hometown crowd.

Fast forward to 2021 we still stand strong and proud and have delivered our message throughout Ontario, Quebec and to International Breast Cancer Survivor Festivals. The race towards victory is a symbol of our determination to stand tall and strong against this disease which claims the lives of so many. Dragon boating gives us an opportunity to spread our message of awareness and hope; at the same time, as we paddle our hearts out, we celebrate our lives while doing healthy exercise that boosts our fitness level.

If you are a Breast Cancer Survivor and would like to join our fabulous team we would love to have you as a new mate. Please contact Breast Cancer Action Kingston at 613-531-7912 or by email at email.bcak@gmail.com

Respectfully submitted Lori Cox, Chestmate

From Bea's desk



I will be in the studio on a need-be basis. Call my cell if you need anything related to hair replacement or mastectomy, or if you need to order compression garments. I am also seeing clients with appointments for treatment on the lymph press. Call for an appointment.



The hair salon is closed. We can handle one client at a time, with no accompanying person. You must have an appointment and arrive at your scheduled time (not before).

I need half an hour between appointments to clean and disinfect and to prepare for the next client hence I am seeing a maximum of three clients a day. This month will make 6 out of 12 months in lockdown . We are experiencing delays in deliveries and price increases. (paid advertisement)

Did you know that . . .

. . . .BCAK has Support Groups?

Led by trained breast cancer survivor facilitators they provide one-on-one conversation as well as group discussion.



. . .and there is a **Young Breast Cancer Survivors Support Group (aka Ta Ta Sisterhood of YGK)**

This support group has no age restrictions but is targeted to the 20 - 40 years age group

It can be comforting to spend time with others who have gone through some of the same things you are going through.

Support groups can provide an increased quality of life and better psychological well-being for people with breast cancer.



MEMBERSHIP UPDATE; As of April 1, 2021 we had a total of 122 paid members. Approximately 10 of these are new members this year and we welcome them with open arms. Hopefully everyone will soon be able to take full advantage of the services provided to our members. For now, keep using your community discounts!!!