

December 2020

# BCAK NEWS



## A Holiday Message From Lynne Funnell, President

When the bells rang in 2020, none of us had any idea what 2020 had in store. It's been a "challenging" year to say the least, one in which everyone, including BCAK, has had to adapt to meet the challenge.

Although the office closed in March, we continued to respond to our member needs, we organized a Covid-safe golf tournament and walk and we responded to all phone calls and emails.

Our Lymphedema Grant from the Kingston Community Grant Foundation will expire the end of December. There is still some money to help with compression garments so if you have purchased any recently please send in your application asap (go to [www./bcakingston.ca/](http://www./bcakingston.ca/)).

I'd like to thank each and every one of you for helping BCAK continue to function during the pandemic. Not only have our members been generous, we have had wonderful support from the community.

Heartfelt thanks to the Board of Directors and Bev Martin for all your help and guidance this year.

From my family to yours, Happy Holidays and a safe and Happy New Year.

Kindest Regards, Lynne Funnell

President-BCAK



## Financial Assistance for BCAF Members

Are you aware that one of the services BCAF provides to our **members** is our Financial Assistance program? This service is offered in two forms; monetary assistance and a materials bank.

BCAF receives many requests during the year for financial support. This support is offered to Breast Cancer Action Kingston **members only** (membership is offered as part of the assistance program) and covers such expenses as medication, food, accommodations, utilities, wigs, prostheses, bras, and special garments. Applicants are expected to canvas other sources of funds as well as support from BCAF.

If you need help to get through difficult times, go to: [www/bcakingston.ca/financial-assistance](http://www/bcakingston.ca/financial-assistance) and download a brochure and an application form. Further information and instructions on where to send your application are available on the website. All applications are kept strictly confidential.

BCAF also maintains a bank of wigs, prostheses, bras and swimwear. This inventory is made up of gently used donations from survivors. If you have need of any of these items, please contact Bea Faraklas at 613-536-0180.



**Community Foundation**  
for Kingston & Area

Thank you to the Kingston Community Grant Foundation. In May 2019, BCAF applied for and was awarded a grant to be used to help clients with lymphedema. Sincere thanks to Dr. Leda Raptis for proposing BCAF for the grant and writing the grant application for us. Thanks to her efforts, we were awarded \$14,077.00.

The original grant was to expire in May, however due to Covid we received several extensions and were allowed to make Covid related alterations to the proposed budget items. Part of the grant included a visit to Kingston from Marize Ibrahim, who gave a great talk about lymphedema at our 2019 Annual General Meeting.

Originally there was money for exercise and yoga programs as well as equipment. Not only did the yoga instructors who were trained in treating lymphedema leave the Kingston area, but Covid hit and we had to cancel the two programs and close the office.

Some swim passes to Queens had been purchased before shutdown but we hadn't received passes to Artillery Park and, based on the new restrictions, we knew they wouldn't be used in a timely fashion. Based on this I approached the Foundation and received approval to transfer the money meant for these items to purchase a Lymph Press Machine which will be kept at Bea's Mastectomy Boutique and will be available to all BCAF members to help with their lymphedema management, even after the grant has expired.

Fortunately we have been able to help over 20 people with their massage and compression garment expenses. If you have outstanding qualified expenses, please call the office by Dec. 15th.

On behalf of BCAF I'd like to thank the Kingston Community Grant Foundation for this generous grant and for being so accommodating to our needs in this difficult time.

Respectfully Submitted by Lynne Funnell on behalf of Finance Committee

## Meet our New Board Member, Elizabeth Stachura

My name is Elizabeth (AKA Liz) Stachura (nee Wojciechowska) and I hail from Niagara Falls Ontario. Upon high school graduation I joined the military and started at The Royal Military College of Canada and I've been in the Air Force as an Aerospace Engineering Officer. I've worked with helicopters and jets. I've been with the same wonderful man for over 20 years, and we have 2 wonderful children together.



I, unfortunately, have a lot of history with cancer in my family. Two of my grandparents died from cancer, my mother was diagnosed with breast cancer (actually a cancer that is not normally found in the breast) while I was finishing high school, my dad had cancer as did my eldest sister.

I was diagnosed with IDC in 2018. I have finished chemo, rads and lumpectomy. I recently found out that I have a genetic mutation PALB2. I started a blog called [www.boobytrap.ca](http://www.boobytrap.ca) where I talk about my journey.

I love to sew and bake and over the past numerous months I've been able to enjoy these past-times. I have trained to be a doula and have had the pleasure of helping friends and family during the miracle of birth.

The Ta Ta Sisterhood and the Young Women's support group through KGH really helped me while going through treatment and after. I hope to provide back to those in need by being a part of BCAF and being a shoulder to lean on and an ear to listen with.

## Meet our New Board Member, June Parker

I've been married for 27 years and have a 25 year old daughter. I'm an English Quebecer (bilingual) from a family of 13 children (I'm number 10). I'm the only one in my family to have had Cancer. I was diagnosed in October 2011, had surgery in December 2011, followed by Chemo and Radiation.



I moved to Kingston this summer from Calgary due to the downturn in the oil and gas industry. I've worked in banking, finance and mortgages for many years. The last five years in Calgary I was a Realtor in a depressed Market! Now I'm a Manager, Mobile Mortgage Specialist with TD Bank.

While in Calgary, I joined a cancer group, "Wings of Hope" and helped organize and fundraise for their annual gala. I look forward to getting to know the members of BCAF and getting involved in the organization.

## Wilton Cheese Fundraiser

Joan C. advises that our Wilton Cheese Christmas Order has been placed...for an unbelievable 332 pieces of cheese. A huge shout-out of appreciation goes to the ICU staff on Kidd 2, Kingston Health Centre for their 87-piece order. What would we do without those amazing hospital supporters!

We also heard that Hellen Tolles' son Paul, whose Alberta company (Wilson Tolles.com) is on contract with a local company, sold the second largest order at 46 pieces.

Thanks to all our members, family and friends who supported this Christmas fundraising initiative. All proceeds will go towards supporting BCAF programs and services.

Have you had surgery for breast cancer in Canada within the last 5 years? Researchers from the University of British Columbia and BC Cancer would like to understand what people who have had breast cancer surgery think about different physiotherapy programs.

Taking part in this study involves one 30-minute online survey asking you to choose between different physiotherapy programs for breast cancer surgery. If this sounds interesting to you, please go to <https://bit.ly/BrCaPhysio> for more information.

## Sharing Christmas in the Community



Several weeks ago, Christine MacKenzie from Sienna Senior Living contacted BCAF (an other organizations and businesses in the Kingston area) with a request to decorate a Christmas tree at one of the three Sienna communities in Kingston.

We decided to join in the initiative. We were given “our” tree at the Rosewood Retirement Centre, 833 Sutton Mills (backs onto the Cataraqui Mall (old Sears bldg.)). Pat Frost and Margaret Dickson provided some wonderful “pink” decorations and Linda Yohn filled in the gaps with lots of glitter. The lights were “borrowed” from the Chestmates’ parade stash. Last Monday we transformed our tree to a beautiful pink delight—you must drive by and have a look!!!

Sienna has gone one step further this year with the following: *“This year has been hard for all of us in so many different ways. We are trying to think of new ways to lighten the community, and put a smile on everyone’s face. This year our 3 communities in Kingston are putting up more Christmas lights than usual. Every Tuesday starting December 1 until the 22<sup>nd</sup> from 6pm -7pm each community will have their lights on for a drive thru, and there will be hot chocolate and apple cider to warm your hearts. “*

Drop by any Tuesday and vote for tree #10... As an added bonus, the lit trees make a spectacular environment for the residents of Rosewood. Wave hello as you pass by!

**COMING SOON—MEMBERSHIP BLITZ for 2021 with new membership perks...WATCH FOR THE EMAIL!!!**

## Donations to BCAF in the month of November

Thank you so much to the following donors for your generous contribution to BCAF

Charity Aid Foundation of Canada  
Pat Frost  
Lynda Keeler  
Bev Martin  
Oengke Rachdianty  
Kathie Thomas  
Eileen Van Der Zwan

Dr. Samuel Robinson Charitable Foundation  
Roger Hoover  
Jo-Anne Kennedy  
Fred Peterson  
Dianne Sykes  
Sylvia Treadgold  
Irene Witzke

**In Memory Of:** Nancy Carr for **Susan Persson** and Leslyn Pitcher for **Julie Rawding**

**Because of the generosity of the community, the following fundraisers donated proceeds to Breast Cancer Action Kingston**

**Courtney Leroux** - Distributor of GelMoment donated **\$200** which represented \$5 for every purchase in October

**Kingsdale Chateau Retirement Home** - **\$359.50**, the proceeds of a 50/50 draw and donations from residents.

**Rachel Curran** - Naked Beauty Bath & Body raised **\$110** for BCAF - 10% of her October online sales

**Jennifer Mills** - The Sweet Life Café, Brockville **\$171.50** - Cupcakes in October

**Aba Mortley** - Cher-Mere Spa - **\$200** - Pinktober Fundraiser - Pink Manicures/Pedicures for October



**Louise Boardman** donated \$3,000.00 of her proceeds in the sale of home-made masks.

Louise is no stranger to supporting breast cancer causes. Over 10 years ago she volunteered for an Ottawa breast cancer group. Six years ago her mother was diagnosed and passed away.

When Covid struck, Louise decided to use her quilting talents and materials to raise funds for charity. So far she has made and sold over 2,500 face masks and raised \$9,500.00.

Because breast cancer is near to her heart, she googled breast cancer support groups and discovered BCAF. Melanie's Way (a Canadian charity that grants personalized 'wishes' to young women with metastatic or relapsed cancer), the legion poppy drive and Breast Cancer Action Kingston were the recipients of Louise's hard work and generosity. See photo, president Lynne Funnell accepts a cheque for \$3,000 from Louise.

Louise—we thank you from the bottom of our heart(s)!

## Things to remember in the month of December!

Don't forget BCAK's on line Christmas auction is in full swing.

<https://www.32auctions.com/BCAKAuction2020>

We have some great items on the auction block—you can Christmas shop and have fun outbidding on one or more of the 51 items that have been generously donated by local businesses and individuals. Some of the items on the auction site do not show well if you cannot enlarge from your device. We have included some of those items below and on the following page—so you can get a better idea of the beauty of the package.

If you find something you like, open an account and start bidding!!!

This is a first stab at this kind of fundraising—which, because of Covid, has been severely restricted this year. Thanks to the 50 plus participants (so far) - we have already succeeded our goal of \$2,000. This newsletter is delivered to 300 plus individuals—it would be nice to see another 100 or so register and bid!!!

### COME ON ... Together we can surpass \$3,000!!

You have until noon Sunday, December 6th to place your bids.



<https://www.32auctions.com/BCAKAuction2020>

**IF YOU MISSED BLACK FRIDAY — DON'T DISPAIR! SHOP NOW!!!**

Moms with Cancer Need a Little Extra Help

# Request a Nanny Angel



### You can request a Nanny Angel:

If you are a mom who has been diagnosed with cancer, live in Kingston, and have children 16 or under, we can help. You may request service at any stage along your cancer journey.

If you are a surviving partner or guardian of children of a mom who had cancer, NAN will provide support to your family during the bereavement period for up to one year.

### How we can help:

Through a network of specially trained and experienced Nanny Angel volunteers, we give moms a break to go to medical appointments, take a nap, or just have time to themselves.

By visiting once a week, we build trusting relationships through fun, creative and educational activities so that kids can be kids just a little longer.

We give children the tools they need to cope with their mom's illness so they can grow to be strong, resilient, healthy adults.

### What we offer you:

- Four hours of specialized childcare each week (same volunteer every week)
- A special match with one of our amazing, specially trained Nanny Angels
- The Nanny Angel Network Program for Children through fun, engaging and educational activities
- Confidence knowing your children are in safe, caring hands.
- Time to rest, go to medical appointments or just have a break
- Consultation with our Child Life Specialist
- Resources and support to help you discuss cancer with your children



To request a Nanny Angel, contact:  
Barb Mundell, Program Manager  
Nanny Angel Network, Kingston Office:  
613-417-3832 ext. 8

Give Moms with Cancer a Helping Hand

# Become a Nanny Angel

Lessen the impact of cancer on families



### How you make a difference:

Through a network of specially trained and experienced Nanny Angel volunteers, we give moms a break to go to medical appointments, take a nap, or just have time to themselves. By visiting once a week, we build trusting relationships by engaging in fun, creative, educational activities so that kids can be kids just a little longer.

We give children the tools they need to cope with their mom's illness so they can grow to be strong, resilient, healthy adults.

### What we offer you:

- The opportunity to change the world one child at a time
- A life changing volunteer experience
- Specialized training in cancer, child development, grief and bereavement
- Support from an amazing team
- Networking with other wonderful Nanny Angels
- An opportunity to gain experience and build your resume
- A chance positively impact your community

### What it takes to be a Nanny Angel:

- A passion for children
- Compassion and empathy
- One year of experience working with children
- Ability to provide consistent care
- First Aid and CPR Training\*
- A Vulnerable Sector Police Clearance\*
- Verifiable references related to childcare
- Completion of Nanny Angel Network Training\*

\* Can be arranged through NAN



To volunteer, contact:  
Barb Mundell, Program Manager  
Nanny Angel Network, Kingston Office:  
613-417-3832 ext. 8

**2020 is almost over  
and I think I speak for  
most of us here  
when I say,  
What the HELL  
was THAT**

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One more auction item—a beautiful hand-made sterling silver bracelet ... <https://www.32auctions.com/BCAUAuction2020>