

November 2021

# BCAK NEWS



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## 2021 ANNUAL GENERAL MEETING

BCAK's annual general meeting was held Wednesday, October 27<sup>th</sup> and it was a very successful "hybrid" meeting. We had 17 members present at The Royale Senior residence and 12 joined in on Zoom.

Two new members will sit on the Board of Directors for 2021/22: Aidee Nunez and Serena Taylor. We introduced you to Aidee in last month's newsletter, so here is an introduction to Serena:



"My name is Serena Taylor. I am an Area Manager for the Ready Mix Division of Lafarge. I am a mother to a beautiful five year old girl, Lily, and two very lovable puppies. My husband and I own a home just outside of Kingston on the outskirts of Yarker. I was diagnosed with Stage 3b breast cancer in July of 2018 at 23 years of age. I have undergone IV Chemo, three surgeries, radiation and pill chemo. I am currently on preventative chemo and hormone therapy. I am recovering well after everything and almost back to what I say, "my new normal". My family and friends were amazingly supportive through everything and I cannot thank them enough. I have a love for being outdoors, physical activity, puzzles, crafts, baking and spending time with my family.

I am hoping to help others that are going through or have gone through a similar journey as I have. I am willing to help with organizing fundraisers, planning physical activity meet ups (hikes, workouts, etc.), writing pieces for the newsletter on nutrition or healthy stretches and movements for different stages of treatment. If I can do anything for you, let me know."

BCAK is very fortunate to have Aidee and Serena join us. Both these dynamic ladies have already begun putting ideas on paper – this is going to be a very productive year!!

It's not too late to step up and join us on the board – we are always looking for new and innovative ideas and those come from you!

## HELP WANTED

We are hoping to find a member, a friend or family member who has a background in investments who will volunteer to join a small committee to guide the investment of BCAK funds. This committee will only meet once or twice. Call the office if you or someone you know is interested.

The Board has agreed to begin a search for a casual employee who is computer savvy and available mornings occasional evenings. If you, or someone you know, is looking for casual work and is computer literate, please email a resume to: [president@bcakingston.ca](mailto:president@bcakingston.ca).

## BCAK ACTIVITIES PROGRAMS

As of last week, the Exercise , Aqua Activities and Yoga classes are back to normal size. Due to demand, we have added to our roster.

### Exercise Classes :

Monday morning class: 10:30 a.m.  
Tuesday morning class: 10:30 a.m.  
Tuesday evening class: 5:30 p.m.  
Thursday morning class: 10:30 a.m



### Yoga Classes :

Thursday evening class: 6:00 p.m.  
Friday morning class: 11:30 a.m.



**Aqua Activities :** Thursday afternoons 1:00 – 2:00 and 2:15 to 3:30 p.m. The 1:00 class is low impact – with emphasis on building arm, leg and core strength through the ease of movement in the water. The second class is more intensive; with a warm up, workout of arms, legs and core and cardio,

Many thanks to Willie Kyer, the program coordinator, for all her efforts in getting our exercise classes up and running after the long shutdown. Many of us are taking advantage of these wonderful programs. They really are beneficial for building strength but good fun! There is nothing better than a good laugh and we certainly get a lot of that!

Remember, in order to participate in the exercise program, there is a \$20.00 annual activity fee (non-tax deductible) but the classes are free on a first-come-first serve basis. You can't find better value anywhere! If you are interested in participating, email willie @ : [wmkyer@gmail.com](mailto:wmkyer@gmail.com).



Save the date and reserve your spot to come learn about how Pilates supports breast cancer survivors and thrivers. Trial sessions are 30 minutes and led by Infinite Wellness owner Georgia Katsabanis. Each session includes an introduction to Pilates where participants will move and learn how Pilates is a whole-body exercise system that strengthens and mobilizes bodies leading to improved posture, stronger cores, and empowerment. Wear comfortable exercise clothing and leave with a Pilates glow. Reserve your spot today by contacting: [donations@bcakingston.ca](mailto:donations@bcakingston.ca).

Date: Saturday December 4

Time: 2pm or 3pm

Location: 156 Princess Street, Suite 201 (Infinite Wellness Pilates Studio)

Investment: Free

Part of our activities program is our very own Chestmates Dragonboat team. Here they are shown gathered for the end of season pot luck luncheon. Part of the 2022 activities will include participation in the 25th anniversary of breast cancer dragon boating by a coming together of teams from across Canada on the same waters where breast cancer dragon boating started in 1996.







## Breast Cancer Connection Podcast

Breast Cancer Connection is an informative, conversation-based podcast created and hosted by the Canadian Breast Cancer Network (CBCN). Designed for patients and caregivers alike, Breast Cancer Connection breaks down complex terms and topics through meaningful discussion with expert voices. It provides helpful information, resources, and authentic stories for those touched by breast cancer.

Episode 1: Breast Cancer Stages and Types Explained

Episode 2: Recurrence: Terms, Risks, and Steps for Prevention

To listen to the podcast, copy and paste: [Canadian Breast Cancer Network - Home \(cbcncan.ca\)](http://cbcncan.ca)

### **Nutrition** by Serena Taylor

Sometimes it can be difficult to want to eat; taste buds change, nausea from treatment or lack of enjoyment from eating. On the flip side too, some medications during treatment may make you want to eat everything in sight.

It is important to remember to fuel your body with the nutrients that it needs, especially when it is fighting or recovering. Eating a diet rich in vegetables, fruits and whole grains can really help give your body the nutrients it needs to keep going.

If you have found that many things are tasting “blaaaa” from treatment, try using different spices that might make your sense of smell trigger your brain to see the food more appetizing. Also, use an array of colors in your dishes to capture your sense of sight and may trigger your brain to think, “Oh! This looks great, maybe I am hungry”.

If you are on the other end of the spectrum, and are on steroids or other medications that make you want to eat everything in sight, try portioning, still making sure you are getting all the needed nutrients. Also, maybe try drinking more clear fluids. You may not be hungry, just thirsty.

Always be sure to discuss with your doctor about what and how much you should be taking in during and after treatment. Remember, everyone’s body and treatment path is different, so how we fuel our bodies will be different too. Discuss with your doctor if you have any questions, the Cancer Centre does have a professional Nutritionist that could be a resource too if you have additional questions.

Recipe of the Month: Smoothies!

Smoothies are quick and easy to make and the recipes can be changed so easily. They can be bright in color and smell amazing, capturing those other senses. You can also get a whole lot

of nutrients packed into one glass if you pick the right ingredients. Below are a couple examples of great morning smoothies. Give it a try or be adventurous and change up the ingredients if you want!

2 cups frozen unsweetened blueberries  
½ cup calcium-fortified orange juice  
¾ cup low-fat or nonfat vanilla yogurt  
½ medium frozen banana  
½ teaspoon pure vanilla extract

1 cup filtered water  
½ frozen banana  
½ ripe pear  
½ Granny Smith [apple](#)  
2.5 cups spinach  
Juice of ¼ lemon

1 mango, peeled and cut into chunks  
½ orange, peeled and quartered  
1 carrot, sliced into chunks  
1½ cups unsweetened soy milk  
1-inch piece of ginger, peeled  
6 ice cubes

## OCTOBER DONATIONS

Sincere thanks to all the individuals, businesses and groups who so generously donated to Breast Cancer Action Kingston in the month of October.

Bev Martin  
Clare Breckinridge  
Doris Salter  
Gurley Thompson  
Heidi Blondin Financial  
IBM Employees  
Lynda Keeler  
Renata Stewart  
Ryan Hobart  
Sandra Esford  
Sandra Joyce  
Sharon Esford  
Sharen Hogarth  
Sheilagh Nolan  
Sylvia Treadgold

United Way Donation from Victoria BC

Alison Ahara      In Memory of : Barb Raudnask  
Muriel Laird      In Memory of : Adele Cummings  
Elaine Parratt    In Memory of : Adele Cummings  
Donald Kinsella   In Memory of : Adele Cummings  
Ioene Davidson   In Memory of : Adele Cummings

Marilyn Smith      In Memory of : Ella Johanna Stryio  
Tami Perera      In Support of : Amanda Hulton Fundraiser  
Nicola White      In Support of : Amanda Hulton Fundraiser  
The Royale Senior Residence      Chili Fest Drive Through Fundraiser  
Trillium Ridge Senior Residence      Bake Sale Fundraiser

We apologize to Sandra Joyce and Lynda Keeler – somehow your donations were missed in September's newsletter

## **BCAK Online Christmas Auction 2021**



**This year's auction is live from**

**Nov. 14 12:00 pm — Nov. 22 12:00 pm**

Start Christmas shopping ..... Get a great deal online

Some of our generous sponsors are:

\*Taylor Auto Mall

\*Echo Hair Studio

\*Partylite

\*Gelmoments

\*Bespoke Skin MD

\*James Keirstead

\*Boho & Hobo

\*Jacob Nathan Home Furnishings

Check our website [www.bcakingston.ca](http://www.bcakingston.ca) for more information



***Help Us Help You***

***Support \* Programs \* Education***

***Breast Cancer Action Kingston***



Did you miss the call for donations of items to the auction? Email Linda Yohn: [vp@bcakingston.ca](mailto:vp@bcakingston.ca) if you have any NEW items to add. Then copy this notice and send it to ALL your friends. Some great items for holiday gifts will be auctioned.

We are hoping to have a record number of participants in our auction this year!

Watch the website: [bcakingston.ca](http://bcakingston.ca) for a list of items to be auctioned. There will be an email to all members next week to remind you to get the word out and plan your shopping.

## **CHEESE AND CHOCOLATE FUNDRAISER FOR THE HOLIDAYS**

You had a taste of our Wilton Cheese last Christmas and again in June and we offered up Donini Chocolate for Easter treats...now we are combining the two favourite food groups at one time so you can cover the buffet table and wrap up amazing treats for family and friends this holiday season.



Breast Cancer Action Kingston presents....

# Holiday Chocolate & Cheese Fundraising Event

Nov. 15 – Nov. 26 2021

with



Orders will be ready for pick up by December 7, 2021 at the BCAA office

650 Dalton Avenue



Order forms coming soon to our website.  
[www.bcakingston.ca](http://www.bcakingston.ca)





## COMMUNITY OUTREACH

Last March, Breast Cancer Action Kingston was awarded a \$10,000.00 grant from the Saunders-Matthey Cancer Prevention Fund for a community outreach program. As you know, BCAA serves a very large area of South Eastern Ontario (see map) and we wanted to let breast cancer patients and survivors in outlying areas know about us and what we do in the community. We want these people to know we are here to help them if there is anything they need.

The project was delayed due to Covid but we have now launched the campaign in full. Linda Yohn has coordinated a media blitz of print and on-line advertising for BCAA in the local press and Post media publications in our catchment. Here is the article Post Media ran in 7 outlying newspapers (as well as Kingston's Whig).

This article is [Sponsored](#) by [BCAA](#)

# No matter where you are in the cancer region, Breast Cancer Action Kingston is there to help

Author of the article:

**Ursula Leonowicz** • Postmedia Content Works

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Breast Cancer Action Kingston is a community organization that supports cancer patients at all stages. PHOTO BY BCAA

With a reach that extends to Maynooth in the north, Picton in the south, Brighton in the west and Cardinal in the east, Breast Cancer Action Kingston (BCAA) is a community organization like no other. BCAA is run by a board of directors that is made up of breast cancer survivors and volunteers dedicated to ensuring that no one within their reach experiences the disease on their own.

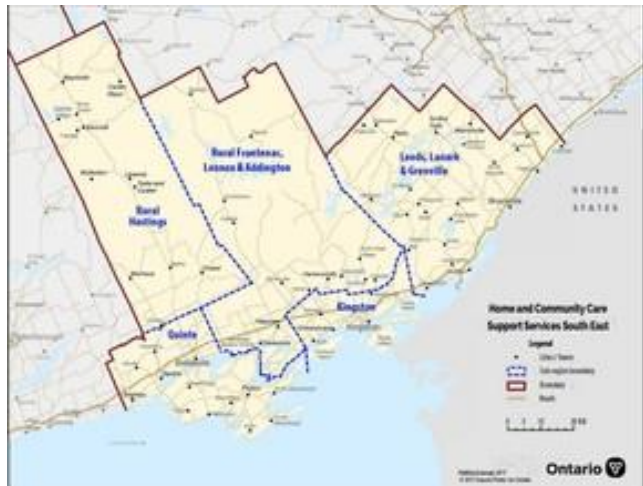
Originally established in 1993 to act as a source of support, research and education to people affected by cancer in the Southeastern Ontario





cancer region, the non-profit, charitable organization runs a variety of programs and services aimed at making the breast cancer journey less lonely, and more informed.

Based in Kingston, on Dalton Ave., BCAA provides support for patients, survivors and their families. When possible, it helps fund local research projects by the University Hospitals Kingston Foundation and educates its members, as well as the general public, about new diagnostics, treatments and the importance of self-examination.



Chestmates, one of BCAA's programs, is the only breast cancer survivor dragon boat team in the region's catchment area. The organization offers aquafit, yoga and exercise classes to its members as well.

It also manages the Hands-On Self-Examination program, a community discount program and a phone line that's open four days a week. During off hours, messages are monitored and immediate action is taken if and when warranted.

Through its support program, community members can speak to an in-house, certified facilitator who can help talk them through the breast cancer treatment and survival process via phone, or Zoom. The facilitator can also act as a source of comfort throughout the entire journey.

While the organization doesn't provide medical advice, it can act as a valuable source of information; especially for people in remote communities who don't have ready access to cancer resources and often have to travel all the way to Kingston for medical treatment.

In addition to increasing awareness about its existence, purpose and catchment area, BCAA is currently on a mission to find out more about the people it serves, where they are and what they need in terms of breast cancer support, in order to better serve them.

For more information about Breast Cancer Action Kingston, to arrange to speak to a facilitator or to access the [contact page](#) and provide feedback, visit [bcakingston.ca](http://bcakingston.ca), email [office@bcakingston.ca](mailto:office@bcakingston.ca) or call 613-531-7912.

*This story was created by Content Works, Postmedia's commercial content division, on behalf of Breast Cancer Action Kingston.*

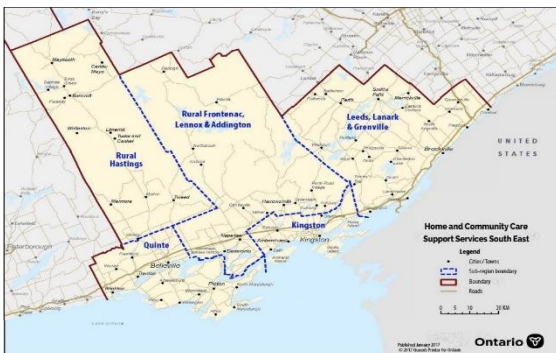
and a reprint from The Kingstonist, November 3, 2021 edition:

## From diagnosis to remission, Breast Cancer Action Kingston supports those on the journey



Fitness classes are one of many resources BCAK provides to those on the breast cancer journey. Image via BCAK. Breast cancer is the most common cancer and the second leading cause of cancer death among Canadian women, according to the Canadian Cancer Society. Breast Cancer Action Kingston, a volunteer-based organization founded in 1993, is dedicated to the education, support and empowerment of those affected by breast cancer throughout the Southeastern Ontario Cancer Region. Breast Cancer Action Kingston (BCAK)

offers resources, education and support for individuals and families who have been affected by this common disease. The organization, when possible, also promotes and provides funds for research into the cause, control, and cure of breast cancer. In the Kingston area, BCAK is known, though not as widely as the organization would like it to be, according to Linda Yohn, board member at BCAK. "I'd like Breast Cancer Action Kingston to be a household name at some point," shared Yohn. "You know, we have this fabulous little organization. It's local, all the money that is raised stays local. We fund all our programs through donations and fundraising. We want to be a go-to place for persons affected by breast cancer."



Wendy Barrette, also a board member for BCAK, speaks of breast cancer as a journey, stating "It's a horrible journey, but it is a journey and it's shared by all of our members. They've all been through a similar thing. We just want people to know that they are not alone." "We would, one day, like to be in a position where, if I go to my doctor tomorrow and am told 'you have a lump; you have breast cancer', my doctor will tell me that there is a place I can go and get information, get support, and find out what the next step is," Barrette continued, saying

that BCAK has this support already in place.

BCAK is looking for input from those who are on, or who have survived this journey. Their current objective is to expand services throughout the southeastern Ontario cancer region, providing support where it is needed most. Right now, they offer support groups and fitness classes in the Kingston area, but plan to grow throughout the region, and can also connect virtually with others. The organization has a very large service area extending from Cardinal in the East, Brighton in the west, north to Maynooth and south to Picton. Both Yohn and Barrette stated that it's vitally important to reach out and let those with breast cancer in the region know that they are not alone.

BCAK services this area surrounding Kingston, known as the South East Cancer Region, according to Home and Community Care Support Services, formerly known as LHIN (Local Health Integration Network). Image via BCAK website.

"We're just not reaching those people [across southeastern Ontario] and this is what we want to do!" Yohn explained. "We want to let them know that we're here and what we offer, and that we want to know who you are, where you are, and what BCAK can do for you."

The organization wants to hear from individuals across southeastern Ontario. Reach out to them [over email](#), through [their contact page](#) or by phone at 613-531-7912.