



UPCOMING EVENTS

Frontenacs Hockey - 16 April
Retreat Car Wash - 14 May
Wilderness Retreat - 27-29 May

Share The Care Golf Tournament - 18 August
Walk For Awareness - 24 September
Charity Dance - 22 October

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Message From The President

I'd like to take this opportunity to thank Wendy Barrette for all her hard work on the monthly e-mail newsletter. In November 2019 Wendy started this to replace the Today magazine which was produced by Sue Davies 4 times a year. Monthly she worked hard getting all the information together and sent out to our members. I heard nothing but rave reviews from the members who thoroughly enjoyed the monthly information.

Wendy is handing over the newsletter to Elizabeth Johnston who is a member and a past Board Member. She enjoys writing and I'm sure will do a fantastic job. Welcome Elizabeth and I look forward to your newsletters.

Respectfully Submitted
Lynne Funnell
President-BCAK

Membership Update

Our 2022 membership numbers currently total 123. We welcome all new members and heartily thank those who have renewed their membership this year. Membership in BCAK is open to everyone.

BCAK has 3 types of membership:

- Basic: \$35.00 for an individual (survivor or supporter), family of survivor (at the same address) or a charitable organization. Tax receipt provided.
- Gold: \$55.00 (includes Exercise, Yoga and Chestmates (Chestmates must be a breast cancer survivor)). Tax receipt provided for \$35.
- Corporate: \$55.00 for agencies and corporations/organizations & tax deductible.

As a bonus, all members can participate in our Community Discount Program. Companies offering discounts are listed on our website on the Community Discount Program Page.

Membership fees help fund BCAK's many programs. If you have not already done so, please consider purchasing or renewing your membership. Memberships can be purchased online on our Membership Page or by contacting our office during business hours.

Programs

Exercise Classes

Monday morning, 10:30 - 11:30 with Tim Bell

Tuesday morning, 10:30 - 11:30 with Sharon Allen

Tuesday evening, 5:30 - 6:30 with Elizabeth Cochrane

Wednesday Morning, 9:15 - 10:00 with Jane Marten (NEW!)

Thursday morning, 10:30 - 11:30 with Tim Bell

The classes with Tim Bell focus on joint movement, breathing techniques and strength training through isometric exercises. There is no cardio component in this class.

Sharon Allen leads a traditional mixed fitness class beginning with cardio, strength training, balance and stretching.

Elizabeth Cochrane's class focuses on all around strengthening and toning.

A new class has been added on Wednesday morning with Jane Marten who also teaches our aqua-fit class. She is familiar with teaching fitness for seniors through the VON and her class will focus on toning.

Yoga

Thursday evening, 6:00 - 7:00 pm with Kathy Kennedy

Friday morning, 11:30 - 12:30 with Tina Beaudin

Aquafit

Will (hopefully) take place at the Royale retirement home beginning on May 5th, 2022. New stricter COVID protocols will be in place including a rapid antigen test before entering the pool.

Thursday afternoons from 1:30 - 3:30 with Jane Marten.

Financial Assistance - Important Update

The Board of BCAK and the Financial Assistance Committee have decided to update the amounts we give for financial aid. It has been many years since the last update and we feel these new amounts are more in line with current costs. Starting May 1st the following will be the new maximum amounts that members in need of financial assistance may receive.

- General - \$1,500/ year (maximum \$3,000)
- Lymphedema - \$1,500/ year (maximum with \$3,000)
- Full Prosthesis - \$250/ 2 years
- Partial Prosthesis - up to \$80/ 2 years
- Bras - 60% every 2 years (max of 2)
- Wigs - \$350 (1 per hair loss due to treatment)

BCAK provides financial support to breast cancer patients in need who live or receive treatment within the Home and Community Care Support Services South East coverage area. Information about the support we offer and how to apply is available on our Financial Assistance webpage. All information is kept strictly confidential.

Shawls And Hats For Cancer Patients

We have received 4 beautiful, crocheted shawls to be given away and each one is in different multiple colours. The person who donated and crocheted them asked that they be given to patients who were going through cancer treatment.

We also have also received 25 hand knit wool hats in various sizes and colours donated by one of our members.

- If you know of anybody that would like a shawl or a hat, please call the BCAK office 613 531-7912.

Wilderness Adventure Retreat

We are pleased to announce final plans for our Wilderness Adventure Retreat. This event is open to members, families and friends of all ages – we already have some young and some not quite so young survivors joining us. This weekend getaway to the Wilderness Tours facility in Forrester Falls on the Ottawa River will be held May 27 to May 29th, 2022. The cost for BCAK members is \$300 and \$350 for non-members. Your payment includes:

- transportation to and from Forrester Falls
- all meals
- double occupancy accommodation
- a 5-hour beginners white water rafting experience (tame, you shouldn't fall out of the raft)
- workshops and
- loads of outdoor fun and camaraderie all weekend long.



Sign up by printing the Registration Form, completing it and sending it to or dropping it off at our office during regular business hours.

More information, including the weekend's itinerary and sign-up form, are attached to this email. Alternatively, you can find this information and sign-up form on our website on the Wilderness Retreat webpage.

CBCN Educational Webinars

In April, the Canadian Breast Cancer Network (CBCN) will be hosting two educational virtual events. To learn more and participate, visit the CBCN website and click on the links for the presentations.

A Radiologist Answers your Questions about Breast Imaging After Breast Cancer

April 12th at 6PM (EDT)

Have all of your questions about breast imaging and surveillance after breast cancer answered.

[Learn More and Register for this session](#)

Advancements in Care for Metastatic Breast Cancer

April 14th at 2PM (EDT)

Learn about the latest treatments, clinical trials and research for metastatic breast cancer.

[Learn More and Register for this session](#)

Upcoming Fundraising Events

Frontenacs Hockey Game - 16 April

The Frontenacs hockey game providing support to BCAK is finally here. The game is 16 April at the Leon's Centre when the Fronts will be battling the Ottawa 67's. **Tickets for the game are now sold out.**

In addition to financial support from ticket sales, BCAK will be on hand to raise awareness about our organization and the programs we offer. Similar to previous years. we will have a booth in the concourse with our "Pink" items and information packages on display and for sale.

Wilderness Retreat Car Wash

BCAK will be holding a car wash to raise funds for the Wilderness Adventure.

- Date: Saturday, May 14
- Time: 10 a.m. until 4 p.m.
- Place: Petrie Ford on Bath Rd.
- Cost: a donation to BCAK

Please come out to wash cars with us and bring along any family and friends who would like to help raise money for a good cause. We also encourage you to pass the word about the car wash to family and friends.

Share The Care Golf Tournament - Save the Date

Just a heads up at this time that BCAK will be holding its annual Share the Care Golf Tournament on Thursday, 18 August at Colonnade Golf & Country Club. Similar to last year there will be assigned starting times in the morning and afternoon. The cost this year will be \$145 dollars which will include golf, goodies and a choice of a chicken or steak sit-down meal.



More information and registration forms will be available soon. In the meantime, we are searching for donor support and gifts and especially for volunteers to serve on the Golf Committee. Please contact Wendy at email.bcak@gmail.com to donate your time or support in the form of sponsorships, gifts and prizes to this major BCAK fundraiser.

29th Annual Walk for Awareness

BCAK's Annual Walk for Awareness will be held Saturday, 24 September, at Lake Ontario Park. This year, Covid permitting, it will be a full, in-person walk. We will kick off at 1:00 with the victory lap. In addition to the walk, there will be vendor displays, music, our legendary "Pink Table, fun and camaraderie.

Charity Dance

Get your dancing shoes ready for a Charity Dance fundraiser on behalf of BCAK featuring Steve Cheesman and the Heeters

- Date: 22 October
- Time: 8 pm to midnight
- Place: Collins Bay Legion 631 - 4034 Bath Rd., Kingston
- Cost: \$20 in advance - \$25 at the door.

Get your tickets now at the BCAK office during regular business hours.

March Donors

Apologies to Donors missed in February newsletter:

Kelly Kouri and Phil Masters

Maggie Daicar
Joyce Forsyth
Jane Martin
Aaron Alexander Forsyth
Vesna Vukomanovic
Audrey Harvey
Ryan Hobart
Lynda Keeler
Irene White
Alma Penney
Ishita Pande

Agnes Ritchie
Kevin Corcoran
Mary Cassidy
Don Heath
Mary Steacy
Bev Martin
Maureen Yearsley
United Way
Charities Aid Foundation
Paypal Giving Fund Canada

Meet Maggie Daicar



Maggie Daicar is one of our newest Board Members. As she puts it, she is "an old nurse" who recognized that spotting a "dimple" beside her breast might not be good news. Maggie has generously offered to share her breast cancer journey from the time she initially noticed that dimple to her becoming a BCAK Board Member. Part 1 of her story follows; her story will continue in next month's newsletter.

Maggie's Story

How did I go from finding a tiny dimple last May to becoming, only a few months later, a proud new member of the Board of Breast Cancer Action Kingston? Well here's what happened.

I'm an old nurse, so I knew when I saw that telltale dimple beside my breast that the news wouldn't be good, but at the same time I couldn't believe that at the age of 81, I might possibly have breast cancer. I honestly thought I was way too old. I thought that somehow having gotten through the years when breast cancer is most likely to occur, and having survived 25 years of routine mammograms I was safely through to the other side. Not so.

I have friends. Actually, I have quite a lot of friends. But there wasn't even one woman among them who had had breast cancer that I could talk to. So I started my journey feeling very alone, and indeed for several weeks the only people who knew of my diagnosis and treatment were my partner, my immediate family and my four closest friends.

I longed to have someone to talk to who had been through this ordeal ahead of me, someone to give me encouragement and support when I needed it and a shoulder to cry on when I needed it, but there was no-one in my circle of friends and nobody told me a group of such people existed right here in Kingston. Not my family doctor who gave me the dreaded diagnosis, not the surgeon who so skillfully removed my lump, not the nurse navigator who guided me through appointments, biopsy, surgery and radiation, not any of the lovely technicians in the Cancer Clinic, not the radiation oncologists...not one person even mentioned Breast Cancer Action Kingston and what it had to offer.

No, I found this incredible group for myself because around the middle of August, with my lumpectomy behind me and part-way through my radiation treatments I had a vague recollection that Kingston had a dragon boat that was paddled by women who had breast cancer. More investigation led me to Collins Bay Marina on a sunny evening in August and there I found a boatload of women laughing and chatting as they settled on their benches prior to leaving from the dock. They were warm and welcoming and invited me to paddle or at least to sit in the boat with them, but I declined because I had to get home to cook supper for my partner.

To be continued