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## Newsletter

March 2023

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### Get to Know Eileen - our featured BCAK member



#### What brought you to the BCAK community?

During the first week after my bi-lateral lumpectomy, my husband dropped by BCAK, and picked up several informative books and videos. When I returned them, I met up with two happy, healthy survivors; that was just what I needed to see! I have since recommended BCAK to several friends and relatives upon diagnosis.

#### Favourite place to eat in Kingston?

My favourite place to eat in Kingston is the Mandarin Buffet.

#### Coffee or Tea?

Given the choice, I always take coffee over tea.

#### Are you an early bird or a night owl?

I am an early bird, although that isn't always easy in the winter!!

#### You get one song to listen to for the rest of your life. What is it?

Given one song to listen to for the rest of my life, it would be Faure's "Cantique de Jean Racine." I have had the pleasure of taking part in several choral presentations of that work, over the years.

#### What is one thing you are grateful for right now?

I am grateful that I have been given twenty-two happy years in good health, since my diagnosis.

### Staying Abreast - Upcoming events and important dates

#### In The Pink

We look forward to meeting you at the In the Pink social gathering at BCAK the **first Tuesday of every month at 12:30pm**. Bring your lunch to the BCAK office (#110 – 650 Dalton Avenue) and catch up with your fellow BCAK members.

#### Walking Group

The BCAK Walking Group meets on the last Sunday of every month from 10am-11am. In February we enjoyed a beautiful walk through Lemoine Point. Join us on **Sunday March 26th to walk across the Waaban Crossing (meet in the parking lot of the Pittsburgh Library)**. All fitness abilities welcome.



In the Pink gang at the last Tuesday get together.

**Reuse Project Update**

Another 24 lbs was delivered at the end of February to our 3 reuse partners. To date, that makes 39 pounds we have diverted, much of which involves reusing plastics. Thank you for your support and keep it coming! See our web site for more information.



Lynn, Sarah and Tracey enjoy a beautiful Sunday morning walk.

**Fitness at BCAF**

**Exercise Classes**

Monday 10:30am - 11:30am with Tim Bell  
 Tuesday 10:30am - 11:30am with Sharon Allen  
 Tuesday 5:30pm – 6:30pm with Elizabeth Cochrane  
 Wednesday 10:15am - 11:00am with Jane Martin  
 Thursday 10:30am – 11:30am with Tim Bell

**Qi Gong**

Monday 1:00 - 2:00 with Marilyn Picard

**Yoga**

Wednesday 11:15-12:15 with Pam Ferner  
 Thursday evening 6:00pm - 7:00 pm with Adrienne Frandsen  
 Friday morning 11:00am – 12:00pm with Tina Beaudin

Contact the BCAF office to sign up  
 For all classes please enter through the side entrance.

**Show Me the Money - Fundraising for BCAF**



On March 3rd, 2023 BCAF was the feature community partner at the Kingston Frontenacs game. Even though the Fronts lost a hard fought game against Ottawa the crowd was in a giving mood. Linda and Sarah enjoyed chatting with fans and sold over \$500 worth of BCAF merchandise. We look forward to attending this event next year with new BCAF gear (fanny pack anyone?)!



Support our fundraiser by shopping your everyday eco-friendly essentials with Tru Earth! Check out the new toilet bowl cleaner and dishwasher detergent!

[Learn More](#)

**SAVE THE DATE**  
**Share the Care Golf Tournament**  
**August 10th, 2023**



## BCAK Retreat 2023

Start Survey

Last year BCAK members experienced the exhilaration of white water rafting for the 2022 BCAK Retreat. We are planning another retreat this year and would love to know your opinion on this year's location. Please click on the survey button if you are interested in attending.



**Even if you voted in the last newsletter please vote again as we have narrowed down the options to two events.**

## Peer Support

### GROUP PEER SUPPORT MEETINGS REOPENING - CALL FOR INTEREST

We are in the process of reopening our Group Peer Support meetings in late April or early May 2023, under the leadership of our trained and experienced volunteer survivors.

This program has always been a vital part of the range of programs BCAK provides. Many members have reported how useful and supportive these groups are. Unfortunately, we had to close down early in the covid crisis. The BCAK Board now feels we can safely start again.

To meet the needs of the greatest number of members, we therefore need to know:

1. who would like to attend?
2. your contact number and email
3. what time is possible and best?
4. in person attendance or virtual?

Please email or call the BCAK office at [admin@bcakingston.ca](mailto:admin@bcakingston.ca) or 613-531-7912 with the above info. The line is staffed Tues through Fri between 12 and 4, or leave a message. Your input will be important in the design and reopening of this program.

Please remember everyone is always welcome whether you respond to this message or not. However, we cannot accommodate your preferences without your early input.

Lastly, we recognize that while vaccines have reduced risk, many of our members are still very vulnerable. Consequently, in terms of masking, the group will have to be prepared to follow the wishes of the most cautious participant, or attend virtually. Anyone with symptoms that could be covid will have to attend virtually until their symptoms have disappeared.

Looking forward to seeing you.  
The Peer Support Team

### A Little South of Sanity - monthly musings about medicine and life by Sarah Arrowsmith

#### Amazing

With all of my recent walking I have had a lot of time to explore the world of podcasts. It is truly amazing the breadth of topics you can find. From design and architecture to economics and unsolved murders to debunking conspiracy theories you can find any type of podcast to entertain you. I recently heard a guest on one of my favourite podcasts quote that the single best predictor of longevity is the strength of our social connections. I was quite surprised by this statement. Wouldn't exercise or our genetics be more significant predictors of longevity than friendships? After a little bit of research I found that even though exercise and genetics do contribute to our longevity (so keep walking) research shows that having strong social connections helps us live longer. The Harvard Study of Adult Development began in 1938 and collected physical and mental health data on participants. It now stands as one of the longest running studies of adult life. It is important to note that all of the original participants were male and female relatives were only included starting in the 1960's.



Being diagnosed and treated during the Covid-19 pandemic didn't help either. I was two thirds of the way through my treatment before I attended a virtual support group through Wellspring ([www.wellspring.ca](http://www.wellspring.ca)). I will never forget the first session when one of the participants apologized for being quiet and went on to say that the fatigue she was experiencing was oppressive. We all nodded signaling to her that we knew exactly what she was talking about. I immediately felt physically and mentally lighter. It was not until that moment that I realized how powerful it is to be among

Robert Waldinger, the current director of the study, remarked in a recent article “The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health.” I was pleasantly surprised to read that in this study they found that “close relationships are better predictors of long and happy lives than social class, IQ or even genes”. I am not at all surprised that research also shows that breast cancer survivors who are more socially integrated have less risk of recurrence compared to those women who are socially isolated. I remember the loneliness I felt during my cancer treatments. I have incredibly supportive family and friends, but I often felt I could not burden them with the deep sadness I felt around my diagnosis.

fellow cancer survivors and to be given space to be tired or fed up or deeply sad. I felt that same lightness during the BCAF Walking Group outing at Lemoine Point. I had the chance to meet Lynn and Tracey and was inspired by their stories and their energy. I now counsel all of patients with cancer diagnoses to join a support group as soon as they feel ready. As BCAF members we have access to many opportunities to make and grow social connections: In the Pink, Walking Group, Chestmates, and Exercise classes. I am also looking forward to the reintroduction of the Group Peer Support program this spring. Spring is also a great time to grab a cocktail at a local patio - or does alcohol negate the positive benefits of social interaction? The recent guidelines from the Canadian Centre on Substance Use and Addiction certainly suggests so, but that sounds like a question for next time.

### Chestmates



We are very busy preparing for the start of our season. Land training began at the end of January under the experienced hand of Sarah Emery, our wonderful, dedicated coach. We have had a great turn out this year and are all feeling the benefits.

On March 19, we head to Peterborough to do our first of two water paddle training sessions in mock boats at Trent University. This will be a great opportunity for newbies to get a better feel for the unique stroke we use, and for experienced paddlers to get a realistic refresher before we hit Collins Bay the first of May.

The Team has decided to attend four festivals this year in Peterborough, Arnprior, Welland and Stratford. We are very excited that there are more options this year with the relaxation of covid restrictions.



Of course, there is always equipment to prepare, repair, and restock, and that is also underway.

Please let us know if you are interested in becoming a Chestmate. Everyone who is a survivor and is healthy enough to paddle is more than welcome to join us at any time! No experience necessary. Contact the office for more information.



PADDLES UP!

### Contact Us

Peer Support 613-331-6652 BCAF Office 613-531-7912 [admin@bcakingston.ca](mailto:admin@bcakingston.ca)

**Are interested in contributing to the Newsletter? We want to hear from you! Please email [admin@bcakingston.ca](mailto:admin@bcakingston.ca) attention Sarah Arrowsmith.**

### Donor Recognition

Joy McBride  
Heidi Merz  
Sharon Hogarth  
Smith-Homestead Foundation  
Judith Cova  
Lynda Keeler  
Bev Martin  
Sue Davies

Liz Latourelle  
Julia Baran  
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Mary Cassidy  
Kingston Professional Firefighters Association  
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PayPal Giving Fund

Sue Davies – IN MEMORY OF KELSEY COOPER  
Sue Martin – IN MEMORY OF ODETTE MACDONALD


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