

BCAK NEWS



Bits and pieces: May flowers are blooming across our region. We have seen a good display of daffodils leading to an array of gorgeous tulips that are now blooming, mixed with some proud bleeding hearts and now our local garden centres are selling spectacular baskets of flowers. The colour of summer is returning!

With this 3rd lockdown, life has been pretty simple. The order is supposed to be lifted May 17th but the bad news just keeps coming in. The latest (as of this writing) is the 30 strong breakout on a local construction crew. I heard Dr. Moore say that this breakout may spread through our community.

The answer, of course, is to get vaccinated. If you haven't qualified for your first vaccination, Ontario will be rolling out vaccines to ALL adults (over 18 years) by May 24. To simplify your booking process, I would suggest you go to the regional health unit's website: www.kflaph.ca. There you will find a box COVID-19. Click on this and you will be taken to a world of information. Check out the classifications of who qualifies and when you find your group, click on the +. That will give you the choice of clinics (Invista or Napanee). Click on your clinic and register for your vaccination. Note the last item on the list is "Vaccine Appointment Stand-by list". This is a great feature...make your appointment once you are eligible, then—if you are anxious to get vaccinated sooner and you live within 20 minutes of Invista or Napanee clinics—every morning put your name of the appropriate stand-by list. You will get a call if there has been a cancellation during the day. You have to do this every day and you have to cancel your original vaccines if you get the call.

You will be required to stay in place for a minimum of 15 minutes, so bring along some reading material to keep you occupied. Try to book just before or just after the dinner hour. It should be a little quieter than early or late. Hope this helps!!! Happy Vaccine Day!

After a recent incident reported by some of our members, I have been asked to remind all our members that **SHOULD YOU RECEIVE AN EMAIL** from someone you don't know well or at all, **DO NOT OPEN AND DO NOT RESPOND**. If you do inadvertently open the email or respond, **IMMEDIATELY** log out of your email account and change your password.

In honour of all the Mother-members of BCAK, Lynne Funnell and the Board of Directors wish you a very happy day. Send us a report on how you celebrated under strict Covid restrictions!!! We would love to hear from you!

AS YOU KNOW—Our support groups are unable to meet due to Covid however if you would like to talk to one of our facilitators, phone 613-531-7912 and Bev will make sure a facilitator calls you. We are looking forward to the end of Covid so we can get together with our friends again.



EDUCATION

Myth

Breast cancer always causes a lump you can feel

densebreastscanada.ca

Reprint from Dense Breasts Canada

DID YOU KNOW: Breast cancer does not always cause a lump that can be felt during a self-exam. Here are different symptoms of breast cancer:

- A thickening (an area that feels firmer than the tissue around it),
- Dimpling on the skin—cancer can attach to the overlying skin and pull it in, so it looks puckered,
- Crust on nipple,
- Warmth or redness—some cancers show up as a swollen, warm, red breast and can look just like an infection. If it doesn't resolve it should be tested.
- Discharge from the nipple—discharge is normal, especially if it's white, yellow or green. It is worrisome if it's completely clear like water, or bloody and if it comes out without squeezing.
- Sores on skin.
- Rarely, however if a vein under the skin gets bigger, it can be a sign of cancer.
- Sometimes a breast can change in shape or size.
- Nipple retraction can be normal, but if it's something new it should be checked.
- If the skin gets thick and dimpled like the skin of an orange, that should be checked.

Although performing breast self-exams and being breast aware is important, regular screening with mammography can detect cancer before symptoms appear. Any lump or change needs to be investigated with imaging. Although most lumps are non cancer, they cannot be dismissed by a health care provider without investigative imaging.

DONATIONS FOR THE MONTH OF APRIL

The following donors gave generously to BCAK in the month of April. Our sincere thanks goes to each one. Even though the office is closed, we still have to pay rent, insurance, utilities and other overhead items so your donations are appreciated.

ANNE McCONNELL & ELMER STRONG FUND

ANONYMOUS

BEV MARTIN

CHARITY AIDS FOUNDATION (CAF)

LYNDA KEELER

MAUREEN YEARSLEY

RYAN HOBART

SHARON HOGARTH

SHELLEY BERNABEI

UNITED WAY KINGSTON

VERONICA VISSER



Breast Cancer Action Kingston is very fortunate to have a number of supporters who are always there with a donation or support at every fundraiser. One such supporter is **Karen Peer**. Karen spent most of her career in health care, primarily addictions and mental health. She recently changed direction and now travels on a different path. She has always had a passion for unique, rustic, repurposed and definitely one-of-a-kind art, always grasping for something different that no one else has. She is most happy working away in her a Garudio (garage + studio) and welcomes custom creations, ideas and commissioned pieces. Music is a huge part of her family life and is almost always present in her art. She loves to work with mostly repurposed material, look closely and you'll see some unusual uses of every day items. For more information you can check her out at peerperfectionart.com or Facebook [peer-fection](https://www.facebook.com/peer-fection). Karen is always looking for materials to incorporate in her art so have a look in your basement for old lamps, metal pieces, chain, and wood. Karen would love your "donations"!



As BCAK members are probably aware, Breast Cancer Action Kingston has a financial assistance program for qualifying members. Check out our program at:

[Financial Assistance | BCAK \(\[bcakingston.ca\]\(http://bcakingston.ca\)\)](#)

Our program is limited because we are self-funded however there is a vast source of financial assistance programs on the cbcn.ca website.

[FinancialNavigator Database - Canadian Breast Cancer Network \(\[cbcn.ca\]\(http://cbcn.ca\)\)](#)

This database is accessed by filtering category of need, region and demographics. If you are in need of some financial assistance for purchase of equipment, etc., check this out!

Last week our golf committee sent this email to 200 contacts who have participated in Share the Care golf tournaments. Response is overwhelming...we are filling up quickly. If you or someone you know wants to join us on Aug. 5th, have them fill out a registration form and get it to us immediately....email.bcak@gmail.com to hold a spot for your team or register on-line. (see below).



16TH ANNUAL

SHARE THE CARE GOLF TOURNAMENT

**\$125
PER PLAYER**

- 18 HOLES W/CART
- SNACK AT TURN
- DELICIOUS DINNER
- CONTESTS, PRIZES & MORE!

Breast Cancer Action
Sensibilisation au cancer du sein de

Kingston

FUND RAISER!

THURSDAY, AUGUST 5TH
4-MAN SCRAMBLE WITH ASSIGNED TEE TIMES
COLONNADE GOLF & COUNTRY CLUB
REGISTER ONLINE: BCAKINGSTON.CA/GOLF-2021

613 531 7912 **EMAIL.BCAK@GMAIL.COM**

MEMBERSHIP UPDATE

127 MEMBERS AND GROWING

We are so pleased with the response to our membership drive this year. It's not a record number of members (I believe that is 130) but the more members the more clout we have in negotiating programs for our members. Last year we began the monthly newsletter and this year we introduced the community discount program.

If you have any suggestions for new programs or have ideas for the monthly newsletter, please email: email.bcak@gmail.com.

Join Us!



Complimentary
Webinar Series

Seniors' Health and Safety Series

Hear from sector experts!

- **Let's Talk Dementia: Wed. May 5th at 1:30PM**
The Alzheimer's Society will discuss its services, dementia, reducing the stigma, and how to support someone with dementia. Share your story and receive support.
- **ABCs of Fraud: Wed. May 12th at 1:30PM**
Avoid identity theft, gain information on 10 common frauds, learn the signs of fraud and what to watch out for, and know who you can call.
- **Protect your Heart Health: Wed. May 19th at 1:30PM**
The Heart & Stroke Foundation will discuss common risk factors, the signs and symptoms of heart disease and stroke, and heart health during troubling times.



Scan the QR code
to register now!

Space is limited.

Please call Sheena at

 **613-634-5900**
to reserve your spot!

Soci t  Alzheimer Society
KINGSTON, FRONTENAC, LENNOX & ADDINGTON



Royale Place
Retirement Residence

siennaliving.ca

2485 Princess Street, Kingston, ON



Save the Date

BCAK Annual Walk

Saturday September 11, 2021

This year's format will be similar to last year
- no formal gathering at Lake Ontario Park.

However, we will be at the Park on September 11th, from 12 - 4 pm in the pavilion, for those wanting to walk at LOP. There is no designated distance to walk, just walk as far as you feel comfortable!



Walk registration forms will be available to download on the website.... www.bcakingston.ca. We are encouraging active participation anytime in the month of September in your own neighborhood.... **Walk, Run, Ride.... Whatever suits you.** Distance is up to you! Do what you can do!

Gather some walking buddies together (if Covid restrictions permit), **dress in pink—and make some noise while you walk!!! Let people know you are walking for BCAK!!!**



September 11th is our official Walk Day and we ask that you have your completed Walk Forms and money collected turned in to the office by September 15th. Donations to the Walk can be made by e-transfer, credit card, cash or cheque.

Please watch the website for more information as we get closer to the date.



From the desk of Charlotte Arklay, Volunteer, Media

This summer I am rolling out the marketing campaign that I started working on earlier this year. The aim of this campaign is to engage our target audience using local media and social media platforms in order to promote breast cancer education to individuals within BCAK's service region.

I am recruiting an unpaid communications intern to provide assistance for the summer. We will start by creating sponsored Instagram and Facebook posts to be shared with users of the social media platforms located in the Kingston & Southeast Ontario area. We will also be working with local news stations to spread information about BCAK.

My hope is that once restrictions ease, we are able to get our golf tournament covered on Global News Kingston. By using a mix of paid and earned media, I anticipate that we will reach a larger demographic and make more people aware of our services. The pandemic has taken a toll on the wellbeing of our community; therefore, it is more crucial than ever that individuals have access to assistance from organizations like BCAK.

AND FINALLY—We heard a heart-warming story the other day about one of our BCAK Community Discount participants. The Kingston Police Association teamed up with Dave McNamara from The Merchant Taphouse and Union Kitchen to give 120 lunches to thank the nurses and staff working the two crowded ICUs at KGH. Thank you Union Kitchen and The Merchant for your kind gesture and thank you to all the hard-working staff in the ICU who are dealing with the overwhelming circumstances caused by Covid-19.