

January 2021

BCAK NEWS



2021

Christmas rush has passed. Resolutions have been made. A new year has dawned.

BCAK weathered through 2020, with a great deal of thanks going to the continued support of our members. When the office closed in March we had no idea we wouldn't open again until the end of September and then have to close again for January. Hopefully this shutdown will bring our Ontario Covid numbers down enough that we can open again at the end of the month.

It is our hope that our members, families, supporters and friends made it safely to 2021 and that we are all looking forward to the positive news of vaccinations coming our way. Meantime stay safe.

Even though the office will be closed most of the month, our president, Lynne Funnell, will be picking up messages from the office phone and both Bev Martin and Lynne will monitor emails to office, donation & president @bcakingston. The email.bcak@gmail account will be monitored by Wendy Barrette. So if you have any questions or need some support or just want to talk to one of us, call or email.

Two pieces of great news came to BCAK in December. Several months ago BCAK was invited to apply for a grant from the Saunders/Matthey Breast Cancer Foundation. *"The foundation entertains requests for funds each year for specific projects. Half of the foundation's proceeds are used to fund research by sponsoring new doctors in cancer research each year at Dalhousie University. The foundation does not donate funds as a general donation but will fund specific projects"*.

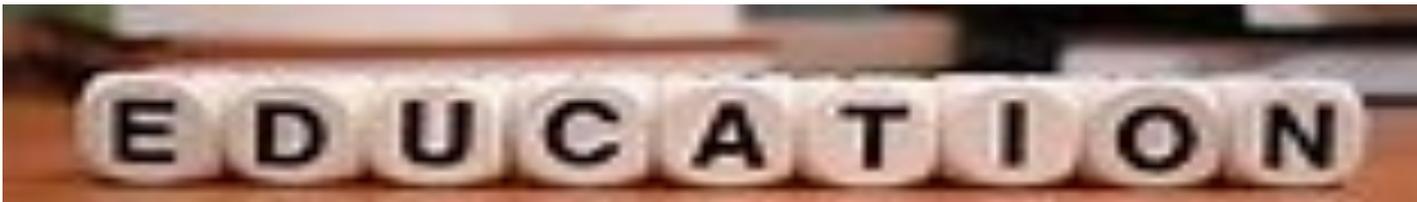
BCAK applied for a grant with a **community outreach project**. The major objective of our organization is to raise awareness of breast cancer and of our support of breast cancer patients in the area. We are limited, however, by the size of the area we are trying to support. South-eastern Ontario covers an area of approximately 20,000 square kilometers, extending from Brighton on the west, to Prescott and Cardinal on the east, north to Perth and Smith Falls, and back to Bancroft. It has a resident population of close to 500,000, 46% of which is rural. Our ability to reach outlying areas of our region is limited.

Our project received approval and now the work will begin. We hope to increase membership, gain community recognition and encourage participation in BCAK programs. We are now looking for a working committee to help realize this project. If you are interested in working on the project, please email me at email.bcak@gmail.com.

The second piece of good news comes from Ralph McKenny from Sienna Living. You will recall that BCAK participated in Sienna's first annual Tour of Lights tree decoration program and our tree was located at the Rosewood Retirement Centre. We have received congratulations...our tree won the best decorated tree contest at that facility! Bragging rights!!!



All the best in 2021...stay safe, stay well.



This section will be our first attempt at grouping breast cancer educational pieces and websites in order to provide informative information for our members.

We need your input. If you read an interesting article that you would like to share or if you come across a website you feel would be of interest to BCAK members, let us know. Email: email.bcak@gmail.com or office@bcakingston.ca

**The library at BCAK is in desperate need of cataloguing and updating.
Is anyone interested in taking on the task of Coordinator?**

Breast Density Matters

Dense Breasts can decrease the effectiveness of a mammogram and increase your risk for breast cancer. There are steps you can take to minimize your risk. Know and understand your breast density. This is an excellent website full of information. <https://densebreastscanada.ca/>

If you wish to know your breast density number, ask the radiologist prior to your mammogram to please provide you with your density grade.

Dense Breasts in ONTARIO:

After your mammogram you will be informed by mail of your density *only* if your density is over 75%. You will be asked to return annually for a mammogram. Your healthcare provider will also be told if your density is over 75%.

However, dense breasts refer to breasts with 50% and over dense tissue. Women in the 50-75% category are not told they have dense breasts because this information is not recorded. However some radiologists in Ontario now describe the density category in words on the cover letter sent to the healthcare provider.

If you didn't ask the radiologist to provide your density grade, ask your provider if your density is discussed in the report. We continue to advocate in Ontario and if you would like to express your concern about the withholding of information from women with dense breasts in the 50-75% category, please contact the Health Minister: The Honourable Christine Elliott: christine.elliott@pc.ola.org

If you have never accessed the **Canadian Cancer Society's** website, there is an informative section on "What is breast cancer?" <https://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=on>

The Canadian Breast Cancer Network has downloadable brochures and information booklets. We have ordered a supply of each for our BCAK library. <https://www.cbcn.ca/en/pathology-reports>

On that same website there is some good information for young women. https://www.cbcn.ca/en/young_women . We have ordered some of CBNC's pamphlets for our library.

Donations to BCAF in the month of December

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

Sandra Buckingham

Mary Cassidy

David Cupido

Maxine Cupido

Sandra Esford

Sharon Esford

Peter & Jane Good

Donna Hackett

Audrey Harvey

Roger Hoover

Heather Jamieson

Sandra & Randy Joyce

Lynda Keeler

Kelly Kouri (Epicure Consultant)

V-Meditech Canada

Iris Little

Bev Martin

Bethanne Meunier

Avril Morris

My Tribute Gift

Frances Reader

Patricia Rose

Doris Salter

Linda Sawyer

Gail Shanks

Lorrie Stevens

Christine Stroh

The Benevity Community Impact Fund

Faye White

Michelle Methot

Wilton Cheese Fundraiser

At the beginning of November BCAF launched a fundraiser with Wilton Cheese. Order sheets were sent out and shared with family, friends and colleagues. There were some concerns about the success of this fundraising effort because many offices were empty as people were working from home, some people and businesses were financially stressed and there would be very restrictive numbers at get-togethers and probably no Christmas parties. Needless to say, the members and supporters of BCAF came through. Over the course of the month, we received orders for 337 pieces of cheese. Our fundraising was successful and \$1615.51 was raised. This could not have been done without the support and efforts of the members and the community. A special thank you goes to Alice Calver for picking up this large load at Wilton and delivering it to the office and to the volunteers who helped sort and package the orders. This was a team effort. Thank you all. Joan Cristoveanu, Vice-President, BCAF, Co-ordinator of Cheese Fundraiser

Sincere thanks to Kelly Kouri, Epicure Consultant, who raised funds for BCAF in October. For every \$25.00 meal kit sold, Kelly donated \$10.00 to BCAF, for a total donation of \$270.00.

To all the generous donors throughout 2020, a heartfelt thank you goes out. Even though we were in lockdown most of the year we were able to meet our financial obligations (rent, utilities, insurance, etc.) as well as assist 19 local breast cancer patients financially.

It's that time of the year again...

2021 BCAF MEMBERSHIP RENEWAL



NEW IN 2021

- Charitable tax receipt will be issued for membership fee
- Eight local businesses are offering purchasing discounts to BCAF members

Register and pay at:

WWW.BCAKINGSTON.CA/MEMBERSHIP

Why Join BCAF?

Because members....

- Receive our monthly newsletter
- Enjoy our new Member's Community Discount Program (see page 6)
- Receive information about upcoming events
- Have an opportunity to become more involved in our organization
- Can join our exercise and/or yoga classes
- Can join the Chestmates Dragonboat Team
- Can make a difference!

Types of Memberships:

Individual Survivor	\$30.00
Individual Supporter	\$30.00
Family (living in the same household)	\$30.00
Charitable Organizations	\$30.00
Corporate	\$50.00

All membership payments are tax deductible.

NEW in 2021: There will be a one time annual activity charge of \$20.00 for participation in exercise classes, yoga and Chestmates*. This is not tax deductible.

Due to Covid 19 restricted class sizes (once the province opens again) with priority for exercise and yoga programs is given to Survivors.

The Chestmates program is for survivors.

In 2021 consider becoming a volunteer, a committee member or a board member.

Website and Newsletter

If you are reading this section, send an email with the dates of the 2020 Wilton Cheese fundraiser shown on the website, along with your name and phone number to email.bcak@gmail.com for a chance to win your 2021 membership free of charge.

For more information on membership and BCAF, check out the website:

[Home | BCAF | Kingston Ontario \(bcakingston.ca\)](http://Home|BCAK|KingstonOntario(bcakingston.ca))

To register online or to download an application form, go to:

[Membership | BCAF \(bcakingston.ca\)](http://Membership|BCAK(bcakingston.ca))

Membership can be paid with credit card on line or via e-transfer at your bank.

2021 MEMBERSHIP APPLICATION

Print this page, fill out the application and either scan and return to: office@bcakingston.ca.
MEMBERSHIP is renewable on an annual basis (January to December).

Types of Memberships:

Survivor	\$30.00
Supporter (has not had Breast Cancer)	\$30.00
Family (family members living in the same household)	\$30.00
Corporate (business, agency or organization not registered as a charity)	\$50.00

NEW IN 2021 - Your membership fee is tax deductible and a 'charities and giving' tax receipt will be issued.

Participation in exercise classes, yoga and/or Chestmates will cost an additional \$20.00.

Please check one:

New Member ____ Renewal ____ Survivor ____ Breast Cancer Supporter ____ Agency/Corporate _____

(Please print)

NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE: (h) _____ (w or cell) _____

EMAIL: _____

Payment can be made at the office with cash, cheque, credit card or Interac or cheque by mail to Breast Cancer Action Kingston 110 - 650 Dalton Avenue, Kingston K7M 8N7. We also accept e-transfers at: donations@bcakingston.ca (please be sure to give us your phone # or email address in the comment line of your bank's e-transfer form). If you would like to return this form via email and pay by credit card, please send your email and then call the office at 613-531-7912 to make your payment securely.

Would you like to volunteer? Yes ____ Would you like to serve on a committee? Yes _____

NOTE: Do you wish a monthly newsletter sent via email Yes ____

I do not wish to receive a newsletter. _____

If you have no email address and wish the newsletter mailed to you, please check here _____

All personal information collected remains confidential. For more information call (613) 531-7912, email admin@bcakingston.ca or visit our website at <http://bcakingston.ca>

****We have an urgent need for committee members for the Share the Care golf tournament. No golf experience necessary - enthusiasm is the only prerequisite! For information email: email.bcak@gmail.com**

Charity number : 89056 7241 RR0001

INTRODUCING BREAST CANCER ACTION KINGSTON'S NEW MEMBERSHIP PERK: A COMMUNITY DISCOUNT PROGRAM

Several months ago it was suggested we attempt to put together a new membership perk that would help raise awareness in the community and help our members. The discount program is in its infancy but so far we have signed up eight local businesses to be a part of the initiative.

Milestones Restaurant

Located at 27 Princess Street, Kingston— 613-544-8338

Weekdays 4 p.m. - 9 p.m., Friday 4 - 11 p.m. Saturday noon - 11 and Sunday noon - 9:00 p.m.

[milestones \(milestonesrestaurants.com\)](https://milestonesrestaurants.com)

Every Tuesday and Thursday evening, Milestones will give BCAK members a 20% discount off the food portion of their bill with proof of membership (your membership card). This applies to personal dine-in and take-out curbside pick up orders (but not 3rd party deliveries such as Uber Eats or Skip the Dishes, etc.)

All Hair Alternatives and Bea's Mastectomy

1334 Princess Street, Kingston (613) 536-0180 or (613) 547-3262 or toll free 888 331-9928

Monday & Friday 8 a.m. - 4 p.m. : Tuesday - Thursday 8 a.m. - 5 p.m. Saturday 9 a.m. - noon,

Closed Sunday

<https://aha-studio.com/>

Every month **All Hair Alternatives** will offer a different and unique discount. In the month of January receive a 20% discount off any regular priced in-stock hair care product. Check for next month's discount in the monthly newsletter or online at bcakingston.ca

Bea's Mastectomy's offer ...On the first Monday of the month, Bea's Mastectomy will give members a buy one get one free discount on in-stock bras. Be sure to keep up to date because Bea may change this promotion occasionally!

Ashley Homestore/Jacob Nathan Home Furnishings

Located at 2776 Princess St, Kingston (613) 384-2444

Monday through Saturday 10:00 a.m - 5:00 p.m.

<https://jacobnathan.ca/>

With the presentation of your membership card, Ashley Furniture Homestore Kingston will discount all regular priced Ashley Furniture products by 25%.

The Union Kitchen + Cocktails

Located at 184 Princess Street 613 547-5152

Monday-Wednesday:9am-11pm : Thursday: 9am-12am : Friday & Saturday: 9am-1am

Sunday: 9am-4pm

<https://unionkingston.com/>

The Union Kitchen + Cocktails is offering 15% off pick up meals for all BCAK members.

The Merchant Tap House - Kingston's Downtown Waterfront Bar

Located at 6A Princess St., Kingston (613) 547-1313
Sunday through Saturday : 11 a.m. – 2 a.m.
<https://www.merchanttaphouse.com/>

Casual haunt with occasional live music, outdoor seating, fancy pub grub & a variety of draft beers.

Show your membership card and The Merchant will give you 15% off pickup meals.

Union Market Specialty Foods & Take Out

Located at 184 Princess Street, Kingston
<https://www.unionmarketkingston.com/>

Gourmet #YGK foods, health products, take away meals, fresh pasta, fresh sauces, imported olives and oils, honey, syrup, vegan food, and gluten free items!

Union Market Kingston is offering BCAA members a 10% discount every Friday.

The Honest Handyman

<https://www.thehonesthandyman.ca>

The Honest Handyman is Cory King from Kingston. With the presentation of your membership card, Cory will give you a 10% discount on your project.

THE HONEST HANDYMAN SERVICES:

General carpentry and home repairs:

Installing bookcases, shelves, baseboards, trim, moulding, framing, interior doors.

Mounting or hanging flat screen televisions, book shelves, window coverings and pictures

Minor plumbing tasks: faucets, sinks, toilets and shower heads

Indoor/ outdoor furniture assembly

Bedroom suites, Ikea furniture, shelving units, wall units, desks and patio furniture

Flooring installation or repairs- vinyl or laminate flooring

Hardware help: Installing door knobs, hinges, locks and handles

Painting projects: walls, trim, bedrooms, bathrooms, living rooms etc.

**MEMBERSHIP CARDS WILL BE MAILED AS SOON AS YOUR APPLICATION
AND PAYMENT IS RECEIVED.**

**Please email : email.bcak@gmail.com if your card has not been received
within ten days of payment.**

Let us know and you can also ask to pick up your card at the BCAA office.

IT'S MY LIFE!



Canadian
Cancer
Society



Desjardins

10 ways to reduce your cancer risk

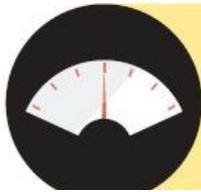
Did you know that about 4 in 10 cancer cases can be prevented?

Learn about the impact of cancer and how to reduce your risk with **It's My Life!**



01 Live smoke-free

Quitting smoking is the best thing you can do for your health. Within 10 years of quitting, an ex-smoker's risk of dying from lung cancer is cut in half. If you don't smoke, do your best to avoid smoke. No amount of second-hand smoke is safe.



02 Have a healthy body weight

Besides not smoking, having a healthy body weight is one of the best things you can do to prevent cancer. Check with your doctor about what a healthy body weight is for you and how you can work toward it.



03 Eat well

Enjoy a variety of vegetables and fruit every day. Limit red meat and avoid processed meat. Eat lots of fibre. Eating a healthy diet can help reduce your cancer risk.



04 Move more and sit less

Aim for 30 minutes of daily activity that gets your heart going each day to help protect against cancer. Too much sitting is different from not enough physical activity and can also increase your cancer risk. Try to take frequent, short breaks from sitting.



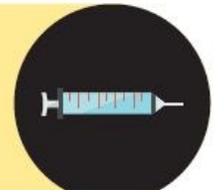
05 Limit alcohol

It's sobering news, but drinking any type or amount of alcohol increases your risk of developing cancer. The less alcohol you drink, the more you reduce your risk of cancer.



06 Practise sun safety

In Canada, sunlight is strong enough to cause skin cancer. Stay in the shade, wear protective clothing, a wide-brimmed hat and sunglasses and apply sunscreen properly. Also, don't use tanning beds! Tanned skin is damaged skin.



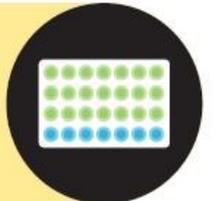
07 Ask about vaccines

Hepatitis B infection increases your risk of liver cancer. HPV infection can lead to cervical, penile and other cancers. Check with your doctor about whether a hepatitis B or HPV vaccine is a good idea for you.



08 Test for radon

Radon is a colourless, odourless, tasteless radioactive gas found naturally in the environment. About 16% of lung cancer deaths in Canada are related to indoor radon. Test your home for radon by buying a test kit and take steps to lower radon levels if needed.



09 Be aware of hormones

Taking hormone replacement therapy for menopause or the birth control pill increases the risk of some cancers and decreases the risk of others. If you're concerned, talk to your doctor about the risks and benefits.



10 Get screened

Screening tests help find cancer before you have any symptoms and even help prevent cancer by finding changes in your body that would become cancer if left untreated. Find out about organized screening programs for breast, cervical and colorectal cancers in your area.

Find out more about **It's My Life!** and ways to reduce your cancer risk at itsmylife.cancer.ca or call **1-888-939-3333**.



All Hair Alternatives and Bea's Mastectomy Boutique is dedicated to helping breast cancer survivors (and anyone who needs our help) to reclaim a positive body image and restore confidence. These are some of the options we provide:

1) **HAIR REPLACEMENT** options, such as wigs (natural and synthetic) any available style and colour, partial hair solutions (for people with thinning hair), head coverings, hair additions (pony tails, falls), custom designed wigs and hair pieces, etc. We service and repair all of the items listed. We also consult on hair transplant referrals.

2) **MASECTOMY BOUTIQUE** options, like post surgical camisoles and brassieres, soft fiberfill post surgical breast prosthesis, partial and full breast prosthesis. We provide custom made breast prosthesis designed just for the individual customer, as well as newly developed Adapt Air by Amoena, a customizable breast form innovation that allows you to fill the time gap between surgery and your implant with a self adjustable feature. This allows you to adjust the prosthesis, to hug your concave or uneven chest wall (come in to see it and let us explain more about it). While you are here, you can find great swimsuits, swim forms, lingerie, etc. We have private fitting rooms.

3) **LYMPHEDMA** treatments, using the Lympha Press machine (**sponsored by Breast Cancer Action Kingston**), to help clients manage symptoms and improve quality of life, by reducing swelling, hardening and pain associated with lymphedema. It is an Intermittent Pneumatic Compression Device that provides "milking action" that promotes lymphatic flow by moving fluid in a distal to proximal direction, as well as is improving range of motion of the affected limb.

We supply gradual compression garments to help maintain the affected limb. These need to be worn day and night for life. They help to keep the swelling down and improve circulation of lymph fluid. Compression garments are also suggested for after breast surgery that involves the removal of lymph nodes or when travelling or during more active times such as exercise and sports—to prevent lymphedema.

4) **HAIRSTYLING** We offer a full range of personalized hair services for women, men and children as well as hair extensions to improve density and length of customer's hair. We suggest professional hair care products for daily use or specialized treatments. For that reason we stock wide selection of healthy hair care products for regular, thinning, and all other hair and scalp conditions.

With post chemotherapy hair loss, we provide hair removal, and haircuts between nr#3 to short pixie (when the hair is back), completely free of charge.

5) **Free wigs, breast prosthesis, and most related items**, are available at the store, for customers who are financially strapped. The items are donated.

We at our AHA Studio and Boutique are passionate about our work, we are caring, respectful and inclusive. Our staff are continuously developing their skills in order to provide up-to-date advice and the best products and processes.

We focus on privacy and confidentiality and client needs.

Please arrange an appointment before you visit. Email Bea@AHA-studio.com or

Call AHA 613-536-0180 : BEAS (613-547-3262 or toll free @ 888-331-9928