

October 2021

BCAK NEWS



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October is Breast Cancer Awareness Month

To date we have heard about two October fundraisers in support of BCAK. Check them out and pass the word to family and friends. We help them; they help us!

Aba Mortley and Chere Mere spa will be running their Pinktober initiative throughout the month of October. They will donate \$5.00 from every manicure, \$7.00 from every pedicure and \$15.00 from every specialty facial using hydrogelly rose mask. These specials are available at both locations; 68 Brock Street (613-767-6652) or 787 Blackburn Mews (613-766-6056).

Courtney Leroux, local independent distributor for GelMoment is donating \$5.00 from every purchase made through her for the month of October 2021. Check out the website: <https://courtneyleroux.gelmoment.com/> or e-mail: purplemonkee@hotmail.com for more information.

Lisa Stacey has been nurturing seedlings to donate to Breast Cancer Action Kingston. She has a number of baby lemon trees that she is selling for \$5.00 and donating the proceeds to BCAK. If you would like to buy a couple to grow over the winter, email : email.bcak@gmail.com.

Heidi Blondin Financial is locally owned and operated by women who genuinely care about our clients and community. We are investment fund and insurance brokers that provide holistic financial planning services including retirement planning, estate planning, life and health insurance protection and group benefits. For the month of October, we will be donating \$100 to BCAK for each client that comes to see us for a Complimentary Introductory Consultation. Please mention that you came to us from BCAK. Heidi Blondin BA, CFP, EPC, 613-887-2726, heidi@heidiblondin.com www.heidiblondin.com 100-785 Midpark Drive, Kingston, ON K7M7G3

NOTIFICATION OF THE ANNUAL GENERAL MEETING – Wed, Oct. 17 – 7:00 p.m.

October is also BCAK's Annual General Meeting. This year's meeting will be held on Wednesday, October 27th. President Lynne Funnell has an arrangement with The Royale Senior Residence (on Princess Street) to use one of their meeting rooms. This room has a Covid capacity of 25 individuals

...annual general meeting, cont.

so, for the first time, we are asking all members who plan to attend to please let us know as soon as possible. Email Lynne at president@bcakingston.ca or phone Bev Tues. through Friday noon to 4 p.m. at 613-531-7912. As a back up, for those who do not wish to attend the meeting in person, we have set up a zoom meeting. The zoom address will be sent to all members, along with the agenda, the week prior to the meeting. It will also be posted on the website.

Meantime, we are actively seeking members to join the Board of Directors. We need your ideas and your talents. With record membership this year, our Board has been challenged to come up with new and innovative programs for our members.

Please consider joining us. We meet the second Wednesday every month – from 6:30 to no later than 8:00 p.m.. The time can be changed to accommodate new members. Here are some of our present projects:

- Expansion of the community discount program for members.
- We are about to introduce an Aqua fit program to our lineup of physical activities geared to breast cancer survivors.
- We are working on a community outreach program to make outlying communities aware of Breast Cancer Action Kingston and the support we give in their community.
- One of our members expressed concern about transportation difficulties for members who don't drive or have access to a driver. This led us to forming a new transportation committee to explore what BCAA can do to assist our members with transportation logistics when attending medical appointments, medical procedures, etc. We are looking for committee members.

Whether at board level, or just as a volunteer here are some areas that need covering:

- Finance – we are looking for individuals to join a committee that will research investment opportunities for BCAA funds.
- Fundraising - We need people to join Linda Yohn in coming up with new and unique (and enjoyable) ways to raise funds and raise awareness in our community.
- Communications – We need individuals to research and write articles for the monthly newsletter and for publication in the local press in order to spread awareness of BCAA.
- We need a media savvy person to liaise with local media to cover BCAA events and promotions.

BRING YOUR IDEAS – join the BOARD OF DIRECTORS!!! BE A VOLUNTER

Send me your name, phone number and interests to: email.bcak@gmail.com

FUNDRAISERS PAST AND PRESENT

2021 has seen three fundraisers presented by Breast Cancer Action Kingston. The “Welcome to Summer Cheese-raiser” was highly popular and raised around \$1,000. Then, in August our 16th annual Share The Care golf tournament was held and thanks to the generosity of many local businesses, individuals and golfers we raised in excess of \$37,000. Last month saw our Annual Walk for Awareness (under Covid restrictions) bring in over \$9,000.00. Again, thanks to several local businesses but mainly our members and their friends!!!

It appears our October dance with Steve Cheesman at the Legion will have to be cancelled for 2021. Although restrictions are easing, there is little hope that we will be able to accommodate enough

Fundraisers Past and Present, cont.

dancers to pay the expenses. Linda Yohn now tells me we are looking at trying to reschedule the dance to the spring – a Spring Fling...if you will!!!

Linda is now working on a repeat of our on-line auction. Last month we asked for donations or ideas for items to auction but we have received no input whatsoever. Does that mean there is no interest with our members? Let us know if there is something you would like us to do that will get you interested enough to check out the auction.

And, finally, Linda will be running the final fundraiser for the year early to mid December. A combined CHEESE AND CHOCOLATE CELEBRATION in preparation for holiday entertaining!

DON'T FORGET BCAA'S LYMPHA PRESS

For our members with lymphedema, don't forget that BCAA has partnered with Bea Faraklas (Bea's Mastectomy) to purchase a Lympha Press. This is a machine that offers a versatile advanced compression therapy system. Call Bea at 613-539-1150 to book your appointment. Sessions are free to members.



Recently BCAA received a request from a new Kingstonian to be considered as a volunteer in our organization. Lynne Funnell, Linda Yohn and I interviewed Aidee last week and we are delighted to announce that she will be joining BCAA as a freelance writer for the newsletter and will be joining us in our community outreach program.

Here is your introduction to Aidee. We are hoping to have her at the AGM this month to speak with members. If you have questions for Aidee or would like to meet her in person, let us know.



Aidee Nayeli Rebollo Nunez, OB/Gyn trained abroad

Hi all,

I was born in Mexico City, and lived most of my life in Zacatecas, Mexico. I have of two lovely parents and 3 wonderful sisters. I married Adrian Sanchez, a lovely and supportive man, in 2004 and I am mother of 2 beautiful children, Zoe and Tadeo- my great pride and joys.

I received my university bachelor's degree as medical surgeon and afterwards I did my residency in the Zacatecas Women's Hospital for 4 years to get my specialization as an OB/Gyn. I have a master's degree in Health Care Administration issued by the Puebla University Institute. I worked within the Zacatecas Secretary of Health for 9 years. The last 5 years I was responsible to lead the women public health programs. I was in charge of the State breast cancer program during that period.

Recently I moved to Kingston, Canada for study purposes. I am currently a student in the health care administration program at St. Lawrence college. I enjoy being involved in

Education, cont.

community activities while studying because I am passionate about serving others and I like to provide support to vulnerable populations who need my contributions to enhance their quality of life through empathetic warm services.

Currently, I am a volunteer member of BCAF, focused on the education program to patients, families and community in an effort to raise the awareness of breast cancer and its impacts in the Kingston and surrounding areas. I look forward to being a part of BCAF, meeting and getting to know the members.

Breast Health Awareness and Self-examination

October is Breast Cancer Awareness month. All women should be aware of what is normal for their breasts even if they get regular screening tests.

There really isn't a right or wrong way for women to examine their breasts, so long as they get to know the whole area of their breast tissue – up to the collarbone, under the armpits and including the nipples – well enough to notice changes. (www.cancer.ca)

Use different levels of pressure to feel all the breast tissue:

- light pressure to feel the tissue closest to the skin
- medium pressure to feel a little deeper
- firm pressure to feel the tissue closest to the chest and ribs

Some changes to look for as you check your breast health:

- Changes to the size or shape of one or both breasts.
- Unusual, persistent pain in the breast or armpit.
- Swelling under the armpit or below the collarbone.
- Changes to skin texture on your breasts, such as puckering or dimpling.
- Unusual discharge, rash or crusting from the nipples or surrounding areas.

Some changes to look for . . .

Nipple changes



Redness



Nipple discharge



Lumps/thickening



Skin changes



Dimpling/puckering



cbcf.org

BCAK MEMBER EXERCISE CLASSES FOR BREAST CANCER FITNESS

This October will see all our fitness activities return. While both exercise and yoga classes have operated throughout the summer, we are implementing some restructuring and changes in leaders. We are careful to follow all provincial Covid guidelines which means limiting class size and requiring

BCAK Member exercise classes, cont.

all participants and leaders to be double vaccinated.

Willie Kyer, our fitness coordinator, is keeping close track of numbers for each of our programs so if you wish to join in, please email Willie at: wmkyer@gmail.com. In order to participate you must have paid your annual \$20.00 activity fee (to help cover the cost of instructors) and show proof of double vaccination.

Exercise classes

Morning exercise classes are held Tuesdays and Thursdays beginning at 10:30 am. We have been very fortunate to have Sharon Allen lead these classes through the COVID period. She reformatted the classes to remove the cardio portion thus focusing on strength building, toning, balance and flexibility. With the new structure, it is hard to imagine how we ever fit in the cardio portion! Sharon is going away for a well-deserved holiday in October and while she is away Tuesday morning classes will be covered by our trusty substitutes, Carole and Sue, who have both been with us for several years.

On Thursday mornings, beginning October 14, we will have a new instructor, Tim Bell. Tim is a personal trainer who specializes in restorative movement through isometric exercises. This type of fitness class will be new and different to BCAK but we are excited to have such a qualified trainer. Many of our members have some mobility issues that Tim can address while those more fit can still reap the benefits of the exercises.

The Tuesday evening fitness class will recommence on October 5th with Elizabeth Cochrane leading us. Elizabeth leads us through strength training exercises with steady caution, followed by quality stretching.

Yoga Classes

Yoga classes, led by Jackie Adams, were held Wednesday mornings throughout the summer. Beginning in October we will have a new Yoga instructor, Tina Beaudin. Because Tina is only available on Fridays, the class will move to 11:30 am on Fridays, beginning October 15th. Tina leads several classes through Zoom and specializes in yoga for seniors.

The evening Yoga class will begin on Thursday, October 7th at 6:00 pm. We have a new yoga instructor, Kathy Kennedy. Kathy has been a yoga teacher for 12 years. She has taken many additional courses to address lymphedema and to increase strength in breast cancer survivors.

Recap:

Tuesday morning exercise class: 10:30 a.m. all of October – Carole and Sue will fill in for Sharon when she is on vacation

Tuesday evening fitness class: begins Oct. 5th @ 5:30 p.m. – Elizabeth Cochrane leading

Thursday morning exercise class Oct. 7th only: - Sharon leading

Thursday morning exercise class: begins Oct. 14 @10:30 a.m. - Tim Bell leading

Thursday evening yoga class: begins Oct. 7 @ 6:00 p.m. – Kathy Kennedy leading

Friday morning yoga class: begins Oct. 15 @ 11:30 a.m. – Tina Beaudin leading

New Aqua fit Classes

The Royale retirement village on Princess Street has offered BCAF the use of their pool on Thursday afternoons beginning October 7th. We are guaranteed the pool until the end of the year.

Do you have mobility problems? Would you be interested in an exercise program in the swimming pool tailored to helping strengthen joint movement, improve muscle tone and just to get you moving. The exercises can be as easy or intensive as you wish. The class will be held Thursday afternoon from 1:15 to 2:15 (with staggered entry to and from the pool). If interested email Willie Kyer (wmkyer@gmail.com).

We will hold a second class from 2:30 to 3:45. This will be a more intensive program tailored to strengthening and toning. Again if interested, email Willie.

With Covid restrictions, the pool can only accommodate ten people at a time. The locker room is small so there will be staggered entry and exit to the pool. All participants must sign a waiver for The Royale and prove double vaccination.



CHESTMATES DRAGONBOAT

September 30th was the final paddle for our Chestmates Dragonboat team this year. It was a short but fun season – and it felt so good to get back on the water after losing 2020 altogether. We may not have been able to paddle for over a year but that doesn't mean the spirit of our team waned.

Throughout winter and spring we held zoom meetings. We participated in CWAC – Chestmates Walk across Canada where each of our Chestmates walked whatever she could during the week and reported the distance to Suzanne Bodner (founder of Chestmates and programme coordinator). Our collective goal was to walk at our own pace but with a common goal to go from Halifax to Vancouver (over 6000km) where breast cancer dragon boating began 25 years ago. Our team made it to Vancouver in record time. In order to remain in condition and be together a group of us met and walked in June, July and early August.

Then the miracle happened, we were allowed to put the boat in the water and paddle again. We had a COVID-19 safety plan based on the guidelines set out by our region's Health Unit, just like that, on Monday, August 9th we were on the water.

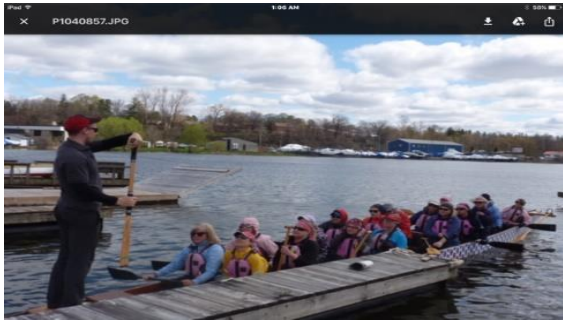
Thank you to Collins Bay Marina for giving us a slip to dock the boat and to Henry of DC Marine for trailering our boat and assisting with the launch. Special thanks to Sarah Emery who returned as our coach and to steers Huw Davies and Ross Hanes. Four new paddlers geared up for the start of the season and 3 new paddlers joined us in the week of September 13th.

Chestmates, cont.

It is always sad to see the boat come out of the water but this year we have a goal in sight. Next June our Chestmates plan to head to Vancouver to participate in a Dragonboat Festival in Vancouver to celebrate 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.

We are always looking for new paddlers. You are never too old – our paddlers range in age from mid 30s to 80s!! This is an amazing experience - a way to connect with other breast cancer survivors, stay in great condition and be a part of an international movement.

Lori Cox, Assistant Secretary & Recruitment - Chestmates



Thank you to the following list of generous donors for their financial assistance in September

United Way Ottawa

Benevity Fund

Anne McIvor

Tammy Leighton "In Honour of" Vanessa Matos

Jeff Potter "In Memory of" Julie Rawding

Doreen McDonald to aid Chestmates for their trip to Vancouver, June 2022

Chelsea Bolton "In Memory of" Adele Cummings

Karin McVean

Bev Martin

As you probably know by now, the Ontario government has instituted mandatory guidelines for entry into a number of establishments (which includes the gym area of the BCAF office). In order to enter this area, we are asking for proof of vaccination as defined by the Ontario government as follows:

An individual is considered fully vaccinated if they have received:

- The full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines, or
- One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or
- Three doses of a COVID-19 vaccine not authorized by Health Canada; and
- They received their final dose of the COVID-19 vaccine at least 14 days before providing the proof of being fully vaccinated.