

August 2020

# BCAK NEWS



Hello All,

Wow it's August already. This has been a strange year so far - to say the least! The office is still closed but we are hoping to open soon, when we feel it is safe. We are preparing for the opening by installing hand sanitizers and having a supply of masks available. We will have signage and will follow the required Public Health Protocols.

We have had to cancel our 2020 car raffle and have planned our Walk for Awareness for September 12<sup>th</sup> and Share the Care golf for September 17<sup>th</sup>. These events will be quite different due to COVID.

As you may know BCAK receives no government funding and as of July, we don't qualify for any Covid related benefits being offered by the government. Our only source of funding through these times are donations. I know many of you donate on a regular basis but it seems to me that, not only are more people donating, but the amounts have increased.

Because of this we are managing financially and I can't thank you enough. We are still offering services to those in need even though we are closed. If you need us please don't hesitate to e-mail or call. We check our messages daily.

Hopefully we will see you all soon. My kindest regards and extreme gratitude.

Lynne Funnell, President-BCAK

## Share the Care Golf Tournament, Covid-Style!

BCAK's golf committee has spent much of the past few months putting together, what we hope will be, a very safe Covid-free tournament that respects all government regulations plus addresses some safety concerns of our own. Invitations have gone out to donors and sponsors to participate and last week we sent out golfer registration forms.

This year's tournament will be a four-man scramble for a maximum of 100 players, but rather than a shot-gun start, we will be assigning tee times so we will only have 4 players together at one time. We will not be touching anyone's equipment nor will any of our players touch other player's equipment. We have devised safe ways to record scores, to mark closest to the pin, to auction gifts and to play our games on the course.

To ease the financial burden a bit, we have lowered the entry fee to \$125.00 per player and stipulated that \$50.00 of that fee goes directly to BCAK (and for which you will receive a donation tax receipt).

As an update—on Aug. 11th at 4:00 p.m. the Share the Care tournament filled all 100 spots so the tournament is officially sold out!

We do need volunteers though, so if you have a few spare hours on Sept. 17th email: [email.bcak@gmail.com](mailto:email.bcak@gmail.com)

## ***VOLUNTEER ... a great way to support BCAK***

*Breast Cancer Action Kingston cannot function without the invaluable help of our volunteers. This is always true, but especially so this year.*

***DID you KNOW the Share the Care Golf Tournament*** has raised in excess of \$30,000 annually for BCAK these past few years?

*On Thursday, September 17th BCAK will host the 15th annual Share the Care golf tournament at Colonnade Golf & Country Club. We need volunteers tournament day to help ensure the safety and integrity of the tournament. If you can give us a few hours of your time, we would be most appreciative.*

*We need two shifts of volunteers; one from around 10 a.m. until around 1:30 p.m. These volunteers will man information desks, sell tickets for gift boxes and on-course competitions, direct players and help keep the site clean. Around 3:30 we will need a new shift of volunteers to greet players as they come off the 18th green and to help direct and keep players in the clubhouse safe. That shift will end around 7:30 p.m.*

*Please let Lynne Funnell know as soon as possible if you can volunteer and which shift you prefer. Email : [president@bcakingston.ca](mailto:president@bcakingston.ca)*

*In anticipation of the 2021 tournament, the golf committee is looking for committee members. If you have any experience working at a committee level or if you are a golfer, we need you. Please email : [president@bcakingston.ca](mailto:president@bcakingston.ca). Lynne can answer your questions and she will put you directly in touch with the Share the Care Chair.*

***DID you KNOW the Walk for Awareness*** has raised in excess of \$10,000 annually for BCAK these past few years? This is down considerably from years past and we are anxious to see it become a vibrant fundraiser once again. We have had enthusiastic committees who worked hard to ensure the success of our events. But we need new members, new ideas and new energy!!

***We cannot host a successful walk without enthusiastic participation.***

*Please consider enlisting friends and family to help us make this year's event another huge success for BCAK.*

*Download a registration form at : [bcakingston.ca](http://bcakingston.ca)—events—walk for awareness or print page 4 of this newsletter.*

***LET US KNOW YOU ARE PLANNING TO WALK: EMAIL Linda Yohn @ [yohn.lindalee@gmail.com](mailto:yohn.lindalee@gmail.com) and give her a heads up on when and where you will be walking!***



Supporting the Southeastern  
Ontario Cancer Region

# Walk for Awareness

## 27th Annual Walk

### Saturday Sept. 12, 2020



On Sept 12, 2020 BCAK will be hosting the 27th Annual Walk for Awareness. This year we are encouraging our walkers to take part anywhere they feel safe to do so... their neighbourhood or backyard or join us at Lake Ontario Park between 1:00 and 4:00 pm. We'll be there to welcome you, encourage you and celebrate your accomplishments.

Registration fee is \$20, waived if you collect \$100 in pledges.

Download the registration form at [bcakingston.ca](http://bcakingston.ca) under events / Walk for Awareness or print page 4 of this newsletter.

Payment may be made on the day of the walk or at the office by credit card, Interac, cheque or cash or by e-transfer to donations @[bcakingston.ca](http://bcakingston.ca)

**Choose the distance, choose the route, take pictures of your walk  
and share them with your BCAK family.**

**IT IS ABSOLUTELY IMPERATIVE THAT YOU ADVISE US IF YOU ARE PLANNING TO PARTICIPATE AT LAKE ONTARIO PARK IN ORDER FOR US TO FORMULATE A COVID SAFE ENVIRONMENT. PLEASE EMAIL LINDA YOHN AT: yohn.lindalee@gmail.com AS SOON AS POSSIBLE to let her know where and when you are planning to walk.**



# Walk for Awareness

Annual Walk

Saturday September 12, 2020 Lake Ontario Park

Or Anywhere you prefer to walk at anytime you wish to walk!

**PLEASE COLLECT ALL PLEDGES BEFORE THE EVENT** and bring them with you to the event or deliver /mail to the office on Dalton Avenue.

Registration for the event is \$20.00 Youth 12 and under are free.

Breast Cancer Action Kingston (BCAK) does not rent, sell or trade our mailing lists. The information you provide will be used solely to recognize donations.

Receipts for tax purposes will be issued for amounts of \$20 or more **ONLY IF ALL INFORMATION PROVIDED IS COMPLETE AND LEGIBLE.**

Please make any cheques payable to: **Breast Cancer Action Kingston**

Name of Participant (please print clearly)

Email address OR Full Mailing Address

Phone number

| Donor Name<br>Please Print Clearly | Email Address (preferred) or Full Mailing Address | Postal Code | Phone<br>Number | Pledge<br>Amount | Collected | Owing | Cash<br>/Chq |
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Charitable Number 89056 7241 RR0001

Registration Fee (add \$20 if \$100 not collected in pledges)

Are you a Survivor? Yes No

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|                |                  |              |
| <b>PLEGGED</b> | <b>COLLECTED</b> | <b>OWING</b> |

I hereby release and discharge Breast Cancer Action Kingston and all sponsors from any claims, injuries, losses and liabilities suffered as a result of my participation in this event. This release also applies to any person to whom I am a parent or guardian and who is under the age of 18 years and will be accompanying me at this event. By participating in a BCAK event: I grant permission to photograph and videotape me in the course of my participation in the event, and to use my name and any photographs and videotapes of me.

Participant's Signature \_\_\_\_\_

BCAK Official as Witness: \_\_\_\_\_

## NANNY ANGEL NETWORK IN KINGSTON

Good afternoon,

I wanted to take this opportunity to reach out and introduce myself. I'm Barb Mundell and I'm the new Program Manager with the [Nanny Angel Network](#) (NAN) here in Kingston. I'm very thankful to Lynne, Wendy and everyone with Breast Cancer Action Kingston for the chance to introduce myself and NAN and hopefully have the opportunity to meet and chat about how we can support you and your children.

I'm not sure if you're aware of Nanny Angel Network (NAN) and our role in the Kingston community. NAN is a registered charity that provides free, specialized, Child Life directed childcare to moms with cancer. We have been in operation in Ontario since 2009 and launched our Kingston branch in 2019.

Our flagship program, Nanny Angel Network Program for Children, provides families with children 16 years and under with 4 hours per week of in-home support for the duration of your treatment. This free care gives you a chance to go to medical appointments or simply rest and recover from treatments knowing your children are in safe hands. Our volunteer Nanny Angels engage children in fun, age appropriate play and interaction that helps them manage their anxiety during this stressful time.

NAN works closely with partners like Breast Cancer Action Kingston who understand how important it is to be able to take the time to focus on your recovery and who understand the benefit of a service like NAN. We are grateful for the support they provide.

I would welcome the opportunity to have a phone conversation with you to discuss our programs in more detail and see how we can support you and your children. Email me to [request a Nanny Angel](#) and I will follow-up with you within a couple of days, so we can talk about how we can support you.

I look forward to hearing from you. If you have any questions, please don't hesitate to email/call me.

Regards,

Barb

**Barb Mundell**

Program Manager - Kingston Branch

**Nanny Angel Network** | 221 Queen Street, Unit  
107, Kingston, ON, K7K 1B4

Phone: 613-417-3832, ext. 8 | Fax: 416-730-8963

Email: [barb@nannyangelnetwork.com](mailto:barb@nannyangelnetwork.com) |



BCAK thanks the following donors for their generosity. These donations were received in the month of July, 2020.

BCAK Scrapbooking Club

Mary Cassidy

Charities Aid Foundation of Canada

Jean-Simon Diallo

Catherine Hamilton

Roger Hoover

Lynda Keeler

Bev Martin

Karin McVean

Sylvia Porter

Dona & Barry Riddell

Catherine Schenk

Sarah Walker

“IN Honour of Donna Vermette’s Birthday  
From Ann Levison”



# Breast Cancer Action Kingston and Bea's Mastectomy announce a new service for members affected by lymphedema.

The Board of Directors of BCAK and Bea Faraklas, Bea's Mastectomy, are pleased to announce a news service available to all Breast Cancer Action Kingston members.

Bea has purchased a "Lympha Press" and installed it in the upstairs of her boutique. Shelly has taken the courses and will be running the service for Bea.

## What is a Lympha Press?

**The Lympha Press® device applies pressure in sequence from the distal part of the limb towards the body. The pressure wave is created by up to 24 overlapping inflatable chambers inside a special garment, or "sleeve," which is fastened around the area to be treated. (arm, leg or torso)**

**Each chamber inflates in sequence, applying a directional massage action that assists trapped lymphatic fluid to find its way to alternative, open lymphatic channels. .Once the sequence is complete, the Lympha Press® releases the pressure, allowing the emptied lymphatics to refill. Then the process starts over again, and is repeated for the length of the**

By appointment, BCAK members will be able to take advantage of this service free of charge if visiting the boutique.

If you are unable to manipulate the staircase to Bea's boutique, Shelly is offering to bring the machine to your home for your treatment. She will charge \$25.00 to cover her costs.

***Take advantage of this special service: Call Bea or Shelley at 613-547-3262 to make your appointment.***

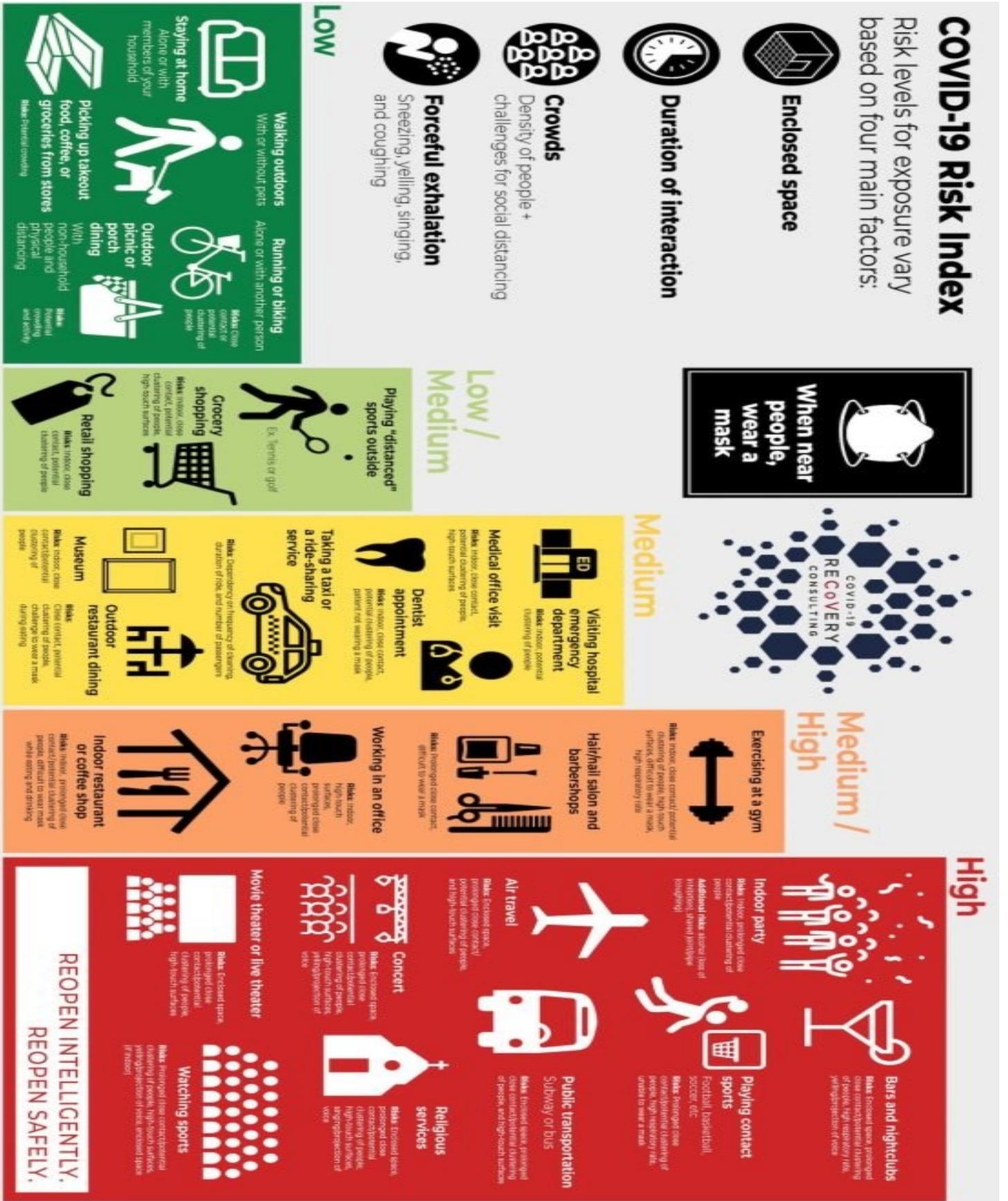


**prescribed treatment session.**

Because of Covid 19 restrictions, treatment times will be limited to the capacity of Bea's salon.



The following two charts contain information relative to Covid-19.



# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

## Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

## Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization