

February 2020

BCAK NEWS



HAVE YOU PAID YOUR 2020 MEMBERSHIP FEES YET?

Young Breast Cancer Survivor Support Group

(aka TaTa Sisterhood of YGK)

One question BCAK does not ask on its membership application form is age. But thanks to Liz Adamson, age became important. Liz realized more and more young people were being diagnosed and she saw a need to start a support group.

She came to BCAK with the idea and so the group was formed. From the beginning the group was overwhelmingly popular, with a regular attendance of 15 to 20 survivors.

There is no age restriction but the meetings do revolve around the needs and problems realized by the younger generation. Anyone is welcome to join the "TaTa Sisterhood of YGK" as they like to call themselves!

Breast Cancer diagnosis can be difficult and coping during and after can be stressful and so this group gives participants an opportunity to talk to others who have walked or are walking the same path and to find compassionate support. Often the group has a special guest to speak.

The group meets under the leadership of Liz Adamson and Karen Craig, the last Monday of every month at BCAK's office from 6—8 p.m. Child care and transportation are available.

Please feel free to share this information with anyone who might benefit from this group.

For more information email: email.bcak@gmail.com

Your membership fees help pay for our programs and services

Other Support Groups

NOTE: Our regular support group is changing their meetings in March 2020. Beginning March 18, 2020, the group will meet the third Wednesday of each month from 1:00—2:30 p.m. Coffee, tea and water will be served.

We will, upon request, set up a telephone support call. This is to help those who live outside the City and cannot easily commute to BCAK. Call the BCAK office for further information. 613-531-7912

Revved up Thrive

Revved Up Thrive is launching a new exercise program for breast cancer survivors. Each program member will receive a customized exercise program incorporating strength and flexibility exercises.

Cost is \$80. for the 12 week program. M/W 11:30—2:30 or T/TH 5:30—6:30 p.m. Eligible women must have completed primary treatment (surgery, chemotherapy, radiation) for breast cancer and have medical clearance to participate.

Revved up Gym : 28 Division St. (Queen's University)

2-MONTH CALENDAR OF BCAA EVENTS

FEBRUARY:

Tuesday 4th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 5th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 6th:	10:00—11:00 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)
Monday 10th :	5:30—7:00 p.m.	Regular Support Group Meeting
Tuesday 11th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 12th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 13th:	10:00—11:00 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)
Tuesday 18th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 19th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 20th:	10:30—11:30 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)
Monday 24th :	6:00—8:00 p.m.	Young Support Group Meeting (TaTa Sisterhood of YGK)
Tuesday 25th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 26th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 27th:	10:30—11:30 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)

MARCH:

Tuesday 3rd:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 4th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 5th:	10:30—11:30 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)
Tuesday 10th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 11th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 12th:	10:30—11:30 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)
Tuesday 17th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 18th:	11:00—12 noon 1:00—2:30 p.m.	Yoga in the gym (survivors only) Regular Support Group Meeting
Thursday 19th:	10:30—11:30 a.m. 12:30—1:15 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open QiGong class (all members) Open Yoga in the gym (all members)

March Calendar of BCAF Events, cont.

Tuesday 24th:	10:30—11:30 a.m.	Exercise Class in the gym (survivors only)
	5:30—6:30 p.m.	Open Exercise Class In the gym (all members)
Wednesday 25th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 26th:	10:30—11:30 a.m.	Exercise Class in the gym (survivors only)
	12:30—1:15	Open QiGong class (all members)
	6:00—7:00 p.m.	Open Yoga in the gym (all members)
Monday 30th :	6:00— 8:00 p.m.	Young Support Group Meeting (TaTa Sisterhood of YGK)
Tuesday 31st:	10:30—11:30 a.m.	Exercise Class in the gym (survivors only)
	5:30—6:30 p.m.	Open Exercise Class In the gym (all members)

UPCOMING BCAF EVENTS

Saturday, April 18th BCAF will host a Health & Wellness Fair at the Salvation Army Church on Centennial and Taylor Kidd. This is a great venue—it's central and there's lots of parking and they have a gym that is perfect for exhibitions.

For more information on the Fair and information on how to become an exhibitor, email : email.bcak@gmail.com

Health & Wellness Fair Saturday April 18, 2020

**Salvation Army Citadel
816 Centennial Drive
Kingston, ON**

Everyone Welcome!

Open to the Public

1:00—4:00 pm

*** NO Admission Fee**

*** Plenty of Free Parking Available**

**Come join us for an opportunity to meet local businesses in
health related fields**

Health and Wellness Fair Exhibitor Information and Application

Exhibition spaces are eight feet long by either eight or 10 feet deep. Two chairs are provided for each space and additional chairs are available upon request.

Nothing can be glued, taped, or tacked on the walls.

No burning of candles will be permitted.

The Salvation Army and Breast Cancer Action Kingston may not be held liable for any type of damages. This also includes people assisting businesses loading and unloading.

Vendors may sell items or memberships .

All vendors are invited to donate an item of your product or service for a raffle table of which all proceeds will go towards BCAF programs .

Businesses must have their contract, along with payment in full, to Breast Cancer Action Kingston by March 1st, 2020 in order to guarantee a space.

Confirmation of receipt of your contract will be sent to the email address listed on the

EXHIBITOR AGREEMENT

Name: (Print)

Company Name:

Contact Address:

Email: _____

I wish to rent: Please indicate # required

8x10 table (\$30): # _____ \$ _____

8x8 table (\$25) # _____ \$ _____

Brief Description of your Business/Service:

Do you need electric? Yes _____ No _____

Any special requests? We will try to accommodate as many as possible.

LIABILITY RELEASE

I/We agree that Breast Cancer Action Kingston and the Salvation Army are not liable and/or responsible for any damage and/or injuries in assisting in transporting crafts, display units, and/or any items related to the Show. I/We also agree to abide by the restrictions printed on the opposite page.

Signature: _____ Date: _____

IMPORTANT INFORMATION FOR ALL BCAF MEMBERS AND BREAST CANCER PATIENTS IN THE SOUTH EAST ONTARIO HEALTH REGION.

Of particular note for all BCAF members, we still have money left from this grant. If you would like a swim pass, or are in need of lymphedema sleeves, a massage or physio, contact the office as soon as possible.

The grant will expire May 29, 2020 (unless grant funds are exhausted prior to that date.)



Community Foundation
for Kingston & Area

Do you have lymphedema as a result of breast cancer?

Do you live in the area currently covered by the South-East LHIN?

If so you may apply to BCAF for some financial help in relation to costs associated with the ongoing treatment and maintenance of lymphedema. These funds are provided by a grant which BCAF received from the Community Foundation of Kingston and Area to use for lymphedema issues for affected breast cancer patients.

Please call or email our office for further information and to request a copy of the application form or checkout our website for a downloadable form.

613-531-7912 admin@bcakingston.ca <http://bcakingston.ca>