

**HAPPY NEW YEAR WISHES
to our members, support-
ers and friends - from the
Board of Directors of BCAK.**

Our Website, bcakingston.ca

As some of you may be aware, until recently our website, ***bcakingston.ca***, was hosted externally. It was decided several months ago to bring this task in-house.

Our volunteer website designer, Margaret Dickson, tells us there are several unforeseen problems that are begging attention but she hopes we will be up and running on our own bcakingston.ca very soon. We will keep you posted.

Breast Health Awareness and Self-examination

The term "breast self exam" has gone out of favour, replaced with the recommendation that women should be "breast aware," and note any changes. But in order to recognize a change, women need to know what their normal "lumpiness" is.

The goal was to stop making women feel that they should do BSE every month and to stop making them feel guilty if they didn't do it at all. But "periodic" BSE makes sense, if women want to increase their chance of early detection.

There really isn't a right or wrong way for

women to examine their breasts, as 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]

Remember that most breast changes will not be cancer but should be discussed with a health care provider.

Be Breast Aware

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.



Exercise classes at BCAF

Recently the Board of Directors approved a motion to allow ALL paid up BCAF members, whether breast cancer patient status or supporter status, to participate in some of our exercise classes. That means if you want to bring a friend to exercise with you, have your friend pay the \$30.00 membership fee as a supporter—and they can start exercising immediately! This is probably one of the best deals in Kingston!!! For qualifying classes, see the calendar pg. 4.

The Power of Social Media

If you are a follower of Facebook, Twitter or Instagram you have probably noticed BCAF has been quite active with posts these past few months. That's thanks to our two new social media experts, Sarah Hillcoat (Instagram) and Dianne Johnston (Twitter & Facebook). We are receiving a lot of very positive feedback from these sites so THANK YOU Sarah and Dianne.

One question that has come up from facebook is that some of our members have a difficult time getting from the work environment to BCAF by the 5:30 start of the support group meetings. If that's your problem too, we are assured that you will be welcome if you arrive late and the facilitator will make every effort to stay a little late in order to give you your full attention.

New Classes of Drugs for Metastatic Breast Cancer

Leda Raptis has sent along links to a very interesting article on new classes of drugs for metastatic breast cancer. There are clinical trials at KGH for patients with the brca mutation and, at the ethics stage, are drugs

for patients without the brca mutation. For more information see:

<https://breastcancer530667969.wordpress.com/new-drugs-parp-inhibitors/>

2020 A New Year

The Best Way to support BCAF is to renew your membership

Make sure you can take advantage of all your BCAF advantages....

- support groups through facilitators
- Education
- Financial Assistance
- Chestmates Dragonboat team
- Puffy Pillow program
- Exercise, Yoga & QiGong classes
- Ribbon and In Memoriam programs
- And much more

Call Bev at the office (613-531-7912) to let her know you want to renew and pay through credit card. If you (and your friends) prefer to fill out the application (page 5) and mail, the application can be printed. Hopefully by the end of the month the website will be live and you will be able to renew your membership on line.

MARK YOUR CALENDAR!!!

On Saturday, April 18th, BCAF will host a Health and Wellness Fair from noon to 5:00 p.m. at The Salvation Army Church on Taylor Kidd. We hope to have a wide variety of exhibitors and presenters at the fair. If you know of someone who might want to be an exhibitor, have them call Bev at 613-531-7912. And let us know if you are interested in volunteering for the event.

2-MONTH CALENDAR OF BCAF EVENTS

In the event of cancellations, an advisory email will be sent

JANUARY:

Monday 13th :	5:30—7:00 p.m.	Support Group Meeting with Sylvia & Judith
Tuesday 14th:	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 15th:	11:00—12 noon	Yoga in the gym (survivors only)
	6:00 p.m.	Board Meeting in the gym
Thursday 16th:	10:30—11:30 a.m.	Exercise Class in the gym (survivors only)
	6:00—7:00 p.m.	Open Yoga in the gym (all members)
Tuesday 21st:	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 22nd:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 23rd:	10:30—11:30 a.m.	Exercise in the gym (survivors only)
	6:00—7:00 p.m.	Open Yoga in the gym (all members)
Monday 27th:	5:30—7:00 p.m.	Young Support Group Meeting with Liz and Karen
Tuesday 28th:	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 29th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 30th:	10:30—11:30 a.m.	Exercise Class in the gym (survivors only)
	6:00—7:00 p.m.	Open Yoga in the gym (all members)

FEBRUARY:

Tuesday 4th:	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 5th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 6th:	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 10th :	5:30—7:00 p.m.	Regular Support Group Meeting with Judith & Joy
Tuesday 11th:	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 (al members)
Wednesday 12th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 13th:	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)
Tuesday 18th:	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 19th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 20th:	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 24th :	5:30—7:00 p.m.	Young Support Group Meeting with Liz and Karen
Tuesday 25th:	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 26th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 27th:	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)

BCAK wishes to thank the following for the generous donation (final quarter of 2019)

THANK YOU FOR MAKING BCAK YOUR CHARITY OF CHOICE:

Benevity Community Impact Fund \$105
 Bowling for Boobies fundraiser (Mike Deveau/Tanya Peeters) in memory of Jeff Howes \$2,705.00
 Cher-Mere Pinktober fundraiser (Aba Mortley) \$225
 Dr. Samuel Robinson Charitable Foundation \$300
 Kingsdale Retirement Home fundraiser (Tammy Moore) \$400
 My Tribute Gift \$129
 OPSEU Local 4106 (Ben Arbeau) \$1,000
 PayPal Giving Fund \$307
 Providence Care Dress Down fundraiser (Sydenham St., Lori Lawless) \$129
 RBC Fundraiser Bocce For Boobies \$5,000
 Scrapbooking Fundraiser (Eileen Van der zwan) \$123

IN HONOUR OF:

Alison Ahara's Birthday: Mary Ellen Courtright

IN MEMORY OF:

Joyce deLong:

Brenda Poirier Christine Zeleski

Gloria Malette:

Elizabeth Young

IN MEMORY OF, CONT.

Nina Churchill:

Mary Cassidy

Ms. Darlene Quinn:

Ontario Nurses Association

Susan Persson:

Anne Ellis	Charmaine & Vic Anthony
Delia McAdoo	Dianne Sykes
Doreen McDonald	Sonjoy Gupta
Janet Innis	Karen & David McKinnon
Kira Muir-Polk	Lisa Cook
Mary Cassidy	Terry Krupa
Virginia Belmore	

THANK YOU FOR YOUR GENEROUS DONATION

Alexis Girling	Alice Calver
Barbara Love	Clare Breckenridge
David Cupido	Dona Riddell
Donna Vermette	Joelle Park
Joan Cristoveanu	Joyce Forsythe
Laurel Trull	Lisa Thompson
Liz Latourell	Lynda Keeler
Maxine Cupido	Michelle Methot
Peter & Jane Good	Roger Hoover
Sabrina de Sousa	<i>Sandra Buckingham</i>
Sue Davies	

WE STILL HAVE SOME WINTER "PINK" ITEMS FOR SALE...CALL OR DROP INTO THE OFFICE.

Fleece Pullover	\$25.00	Scarf	\$20.00
Fleece Hoodie	\$48.00		
Mitts & Scarf	\$30.00		
Mittens	\$15/Pair		
Pink fleece	\$75.00		
Toques	\$10.00		
Pink rain jacket	\$40.00		





2020 MEMBERSHIP APPLICATION

Breast Cancer Action Kingston (BCAK) is a local volunteer-based organization dedicated to the education, support and empowerment of persons affected by breast cancer in Kingston and the Southeast Ontario Cancer Region.

MEMBERSHIP is renewable on an annual basis (January to December) for a fee of \$30.00 for an individual (survivor or supporter), family (at the same address) or a charitable organization and \$50.00 for agencies and corporations/organizations. BCAK welcomes charitable donations (and issues charity receipts) to further our mission.

Membership entitles you to receive our monthly newsletter, information about upcoming events, to participate in BCAK programs. We encourage you to get involved through participation or by volunteering in one of our events.

(Please print)

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

NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

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

EMAIL: _____

Payment may be made at the office with cash, cheque, credit card or Interac or by mail to Breast Cancer Action Kingston 110 – 650 Dalton Avenue, Kingston K7M 8N7. As of February 1, payment can be made on our website, BCAKingston.ca under membership.

M/C or VISA no: _____ Expiry: _____

Would you like to volunteer (this would normally require a part day commitment): Yes _____ No _____

Would you like to become a committee member (this would normally require evening meetings): Yes _____ NO _____

NOTE: our monthly newsletter is normally sent via email, if you have no email address and wish it 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>

Charity number : 89056 7241 RR0001