



Dear

It seems incomprehensible that every single day an average 20 people come into the office of the Cancer Assistance Program for help. I certainly didn't think I would be one of them, but I am, and my story is like so many whose lives have been forever changed by a cancer diagnosis.

Christmas should be a time of celebration, a time to pause, a time to bring family close, a time to reflect on the important things in life. Yet with my family around the Christmas table last year, I was having trouble celebrating. After experiencing symptoms for several months, I had had an emergency colonoscopy just days before Christmas. Because of the holidays, my results weren't going to be available until early in the new year. While I hoped for good results, I knew deep inside myself that things just weren't right. Unfortunately, my deepest fears were realized and shortly after Christmas 2018, I was diagnosed with Stage 4 colon cancer. Certainly not the way you want to start the new year.

The drive home from that appointment is one I will never forget. Both my wife and I were very quiet as we were in our own heads with our own thoughts. Once home, we broke down crying in each other's arms. We were both so afraid. We were worried about how our family would handle the news and what our future would look like. We were overwhelmed by so many decisions that needed to be made and needed to be made quickly. I have a grandson and I want to watch him grow. I want to see him take his first steps. I want to have conversations with him. With that in mind, I chose to fight the diagnosis with chemotherapy.

And what a fight it turned out to be. I became so sick and so weak. I had no idea how overwhelmingly difficult even the smallest of tasks would become. My wife was and continues to be my rock. She came to every treatment and every appointment with me and never once complained. I can't count the number of times she cleaned up after me when I was so sick from chemo. I truly could not have gotten through the darkest of days without her.

It was tough physically, but it was also challenging in other ways we hadn't even thought of. Getting to our many appointments, buying the incontinence products I needed, and paying for parking was getting so expensive for us. I was going through 20 – 22 adult diapers a day and some weeks we had appointments every single day. I worried about the impact on my wife emotionally and physically, and of course the impact on our finances.

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(PLEASE TURN OVER)

Yes, I want to make a gift to CAP this holiday season.
I would like to make a one-time gift of:

☐ \$50 ☐ \$100 ☐ \$150 ☐ \$200 ☐ Other \$ _____

Please make cheque payable to Cancer Assistance Program.
To make your gift online please go to www.cancerassist.ca.
Charitable Registration Number 14026 2759 RR0001

☐ I have enclosed my cheque made payable to **Cancer Assistance Program**.

☐ I authorize CAP to charge my credit card in the amount indicated at left.

☐ Visa ☐ Mastercard

Card # _____

Expiry _____ CVV _____

Name on Card _____

Date _____

Signature _____

Phone _____

Email _____

Then we walked into the doors of the Cancer Assistance Program. Now here was our Christmas. We walked out with a transfer chair so I could manage some personal hygiene on my own. We received a Roho cushion to increase my comfort when sitting; an item that we could not have afforded to buy in a million years. They gave us packages of incontinence pads and told us we could receive them monthly. All of this at no cost to us. At the same time we received the free products, the wonderful volunteer taking care of us registered me for the Drive & Ride program. I can't begin to explain what this has done for us. My wife still comes to every appointment with me but now we are driven there and back by a compassionate volunteer driver. If I feel sick after a treatment, they understand. If we are overwhelmed by the news from an appointment, they understand. I am no longer embarrassed by the fact I have a diaper on. My wife no longer has to try and find parking or deal with traffic when she too is overwhelmed. These drivers have seen it all and are simply the kindest, most compassionate people on this earth.

“ I can't imagine travelling this path without family, without my wife, without the Cancer Assistance Program.”

I know I am not alone on this cancer journey. I have met so many who have had a diagnosis and are trying to manage their challenging new 'normal'. I have heard their stories as we sit in waiting rooms and during chemo treatments. I am one of the lucky ones. I can't imagine travelling this path without family, without my wife, without the Cancer Assistance Program. I tell every cancer patient I meet to visit 555 Concession Street. The very real supports provided by the volunteers and staff at the Cancer Assistance Program will make their nightmare a little less frightening.

As I am sure you can well imagine my cancer diagnosis has made me very reflective. I regret that I didn't know about the Cancer Assistance Program before I was diagnosed – when I was healthy enough to help. I may not have been able to do much, but I sure could have volunteered as a driver, or walked in their CARE Walk, or donated some products. There were so many times before my diagnosis when I thought about doing something for someone else, but I just didn't get around to it. I thought I would get to it 'tomorrow'. I mean, cancer wasn't going to touch me. I had other health issues and figured these were my challenges - not cancer! But when you are faced with the thought that tomorrow may not come, regrets surface. Today I regret not doing the many things that I thought about doing for others. When I accept the endless gifts from the Cancer Assistance Program, I feel a sense of guilt... I wish I had done more when I had the ability to do so.

My message to you this holiday season is to give now, to give when you can. Life has a funny way of throwing curve balls at us. You don't know what is around the next corner. You don't know when you or someone in your world will be needing the many free supports offered by the Cancer Assistance Program. This holiday season I ask you to join me and my family in making a gift to help others like me who have cancer; so that you can graciously accept that help without guilt, without regret. The Cancer Assistance Program receives no sustainable government funding and relies on the financial support of the community to provide the practical and essential services that I and so many others need to manage this cancer journey.

Please make your holiday gift TODAY. I guarantee you will not regret it.

Yours truly,


James Grant



Yes, I want to make a gift to CAP this holiday season.

Monthly Giving:

I authorize CAP to charge my credit card in the amount of \$_____ on or after the 15th of each month, commencing in the month after I date my request.

☐ Visa ☐ Mastercard

Card # _____

Expiry _____ CVV _____

Name on Card _____

Date _____ Signature _____

Phone _____ Email _____



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Thank You!

An official tax receipt will be issued for all gifts of \$20 and above. Monthly donors receive one tax receipt at the end of the year for the full amount.