

Announcing a New Partnership: Zarky's Fine Foods and Cancer Assistance Program

We are so pleased to announce a new partnership between Zarky's Fine Foods and the Cancer Assistance Program.

Established in 1985, the Zarcone family and staff proudly stand behind their products and are dedicated to excellence in quality and service.

Their approach is straight forward offering delicious authentic gourmet meals made from scratch using only the freshest & wholesome ingredients.

As a family-oriented business, CAP is honoured to welcome Zarky's Fine Foods as a community partner working together to support cancer patients and their families in the Greater Hamilton Area.



During the week of Wednesday, December 4th through Tuesday, December 10th, Zarky's will donate \$1 from every Zarky's Signature Entrée sold. Donations will also be accepted in store.

Be sure to stop in for all of your holiday hosting needs.
Visit a Zarky's location at:

Superstore / Head Office

Hamilton Mountain Location
20 Hempstead Drive, Hamilton, ON L8W 2E7
(South of Stone Church off Upper Ottawa)

Hamilton Mountain Location

558 Concession Street, Hamilton, ON L8V 1A9
(Between Upper Sherman & Upper Wentworth)

Hamilton Downtown Location

264 Dundurn Street South, Hamilton, ON L8P 4K9
(Dundurn Street South at Charlton)

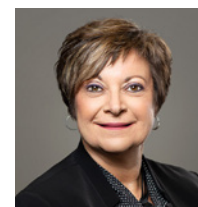


COMMUNITY NEWSLETTER
WINTER 2019

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MESSAGE FROM THE EXECUTIVE DIRECTOR:

25 Years of Continued Service for Cancer Patients and their Families



Twenty-five years ago, Don Muir, a retired Stelco Human Resources professional, and a small group of dedicated volunteers began the Cancer Assistance Program. A 1994 Spectator article states, "The organization relies on volunteers to provide four main services; drives to any cancer-related appointment, loans of medical equipment, personal care items including incontinence products, nutritional supplements, wigs and parking. Mr. Muir and his volunteers were adamant that there would be no cost and that all services would be FREE of charge."

Today, we remain true to the mission of the organization and continue to provide the same FREE services with the main difference being the number of cancer clients that we serve. With one in two Canadians being diagnosed with cancer in their lifetime, we know that this number will continue to grow.

This year we celebrated one full year in our new location at 555 Concession Street. We have seen an increase in the number of new client registrants and an overall increase in all areas of service. We have opened our doors to many new partners in our community sharing our services and offering our assistance. In our community, the Cancer Assistance Program is playing a critical role in the Regional Cancer Plan 2020-2024 by providing supports that address both physical and psychosocial health needs, including the emotional, social and practical aspects of the patient experience FREE of charge, irrespective of ability.

In the attached letter, you will read James Grant's story. Sadly, James' story is one shared by many of CAP's clients, with one thing in common: all have reached out to CAP and our staff and volunteers have been there to help.

I want to express my extreme gratitude to the volunteers and board members who each day give of their time to make a difference in our clients' lives. For 25 years, this volunteer dedication has built our reputation and provided

"Help when you really need it."

To our loyal and generous donors, **THANK YOU.** Without ongoing government funding, we rely on your gifts to sustain and build on our level of service. To clients and family members who share our story, whether during your cancer journey or afterwards, we thank you. There is no better testimonial than one from a CAP client or family member.

As the holiday season approaches, take time to reflect on what life was like 25 years ago, what has changed and what has remained the same. Celebrate each and every day with those that add meaning to your life.

For 25 years, the Cancer Assistance Program has provided services for cancer patients and their families and will continue to do so for the next 25 years.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

Warm wishes for a holiday season filled with happiness.

Sincerely,

Debbie Logel Butler

A Note of Appreciation

"To CAP (everyone at CAP is so special). Thank you so much for all the rides since May 2016. You will never know how much stress you took off my shoulders."

– Cheryl Tinson

2019-2020 Board of Directors

Lisa Owens, President
Joanne Battaglia
Narciso Bomben
Don Burroughs
Michael Ecker
Dr. Bill Evans
Somya Gupta
Paul Heimpel
Ray Hutton
Stan Tick
Bruno Uggenti

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Ashlee Leggett
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Lou Cino
Wendy Kizlyk
Melanie Andrews

Cancer Assistance Program

555 Concession Street, Hamilton, ON L8V 1A8

905.383.9797 | inquiries@cancerassist.ca | cancerassist.ca



Donor Spotlight

The Foundation for Human Development (FHD) was incorporated as a charity in 1970. Keith Reekie, founding director, headed the Foundation until his death in 2016. Under new leadership, the Foundation has continued to uphold its mandate to provide financial assistance to local good works that improve the lives of people in the community.

The Foundation for Human Development made a generous gift earlier this year to ensure CAP is able to continue serving cancer patients and families in our community. We are thankful for partners like the FHD whose mandate aligns so well with our vision of a community where people affected by cancer receive assistance and support in their time of need. Together, we can make a real difference in many lives each and every day.

Growing Together



CAP has partnered with BigYellowBag for a special fundraising campaign. Visit BigYellowBag.com or call 855-424-4224 and use code **"CAP20"** to receive an additional \$5 off any promotion and \$10 of every BigYellowBag of garden soil purchased will go to CAP!

This promotion will run from end of March until June 30, 2020. Show your garden and CAP some love next spring by purchasing a BigYellowBag. Your support is greatly appreciated!

Lifting Communities Through Volunteerism



This year's National Volunteer Week theme was "Lifting Communities," and we see this every day at the office, on the road, and while planning and executing events. Our volunteers join our clients on their cancer journey and walk alongside them, providing support along the way. When we give of our time and energy, it creates a positive effect that ripples out into our communities. It boosts our sense of well-being, it helps others to know that they're not alone, and it inspires our neighbours, family and friends to join the cause.

As of September, CAP's volunteers have dedicated almost 16,000 hours of their time to CAP and our clients. The impact of this number is immeasurable. This year we celebrated 5 volunteers who have been with CAP for 25 incredible years: Soosie Stuart, Laurie Burley, Dave Davey and Henk and Helena Streun. What a legacy! In addition, our very own Rick James, a dedicated Equipment Shop volunteer, won the Behind the Scenes Award at this year's Hamilton Senior of the Year Awards. CAP's volunteers show up unflinching with compassion and generosity and our clients and their families are deeply thankful, as are the proud staff.

If you would like to join in this incredible work, please contact **Maria at 905-383-9797 x102** or apply online at cancerassist.ca.

CAP's CAPitalizers

This year, several of our CAP volunteers decided to form a group that would host in-house raffle sales, as well as sell our custom 25th Anniversary bracelets, generously crafted for us by Monica at glamjulz. They are on sale for a limited time at our office for \$25 each. As of October 2019, they have raised a whopping \$3,500 in bracelet sales and \$3,217 in raffle sales. Amazing! If you come across these women in action, you may find yourself with an empty wallet!

The CAPitalizers are hosting a **Bake Sale on Wednesday, December 18th at 555 Concession from 9am – 4:30pm** (or until goodies sell out!). Please drop in to purchase a variety of baked goods donated by community bakeries, talented staff and volunteers!



2019 Events

5TH ANNUAL CARE WALK – SATURDAY, MAY 25, 2019 AT BAYFRONT PARK



We are thrilled to share that more than \$39,000 (net) was raised at our 5th Annual CARE Walk – walking to **Create Access** and **REmove** barriers to cancer care! Despite the rain, the community rallied together to make it the most successful CARE Walk yet, and we are blown away by the turnout and tremendous support from everyone involved. Thank you to every one who contributed to this success. We can't do it without you!

41ST ANNUAL GOLF CLASSIC – TUESDAY, AUGUST 13, 2019 AT DUNDAS VALLEY GOLF AND CURLING CLUB



The sold out 41st Annual Golf Classic raised over \$35,000 (net) to help us continue providing free and valuable services to individuals and families touched by cancer right here in our community. Being one of CAP's longest-standing fundraisers, it was a gorgeous and sun-filled day enjoyed by all at Dundas Valley Golf and Curling Club. A heartfelt thank you for making this event a continued success!



THE LAST SUNDAY OF EVERY MONTH AT 1:00PM ON **AM900 CHML**

Join CHML host Shiona Thompson and Dr. Bill Evans, Cancer Assistance Program Board Member and Past President, Juravinski Cancer Centre the last Sunday of every month at 1pm as they discuss a variety of topics featuring the latest in cancer research and treatment with local cancer specialists.

Monthly topics are announced on CHML in advance of the Sunday show and past episodes are easily accessible by visiting cancerassist.ca.



Shop Local Perks Fundraising Initiative in Support of CAP

Get VIP ACCESS to exclusive PERKS from the hottest local places to shop, dine and be entertained. Only \$20 to sign up with \$10 supporting CAP directly!

Everyone that supports a Shop Local Perks Fundraiser will receive a complimentary one year membership to Shop Local Perks valued at \$20. Your Shop Local Perks membership gives you access to exclusive Perks offered by local businesses in our community. Save on food, fashion, entertainment and more.

Visit cancerassist.ca and click on Events – Third Party Fundraisers to sign up today through the custom CAP link.



Somya Gupta

Somya Gupta is the Regional Health Planner for the Hamilton Niagara Haldimand Brant Regional Cancer Program. She has worked in several different areas in health care over the past 6 years including hospitals, community care, regional programs and other publicly funded health care organizations. She has worked at the Regional Cancer Program at Credit Valley Hospital and now at the Juravinski Cancer Centre for almost 2 years where she has been involved in advancing quality care and patient experience as it pertains to oncology.



Joanne Battaglia

Joanne Battaglia is the VP Marketing, Communications and Community Partnerships for FirstOntario Credit Union. She has over 25 years experience in marketing, communications, social media and market research. Before joining FirstOntario as Director of Marketing and Product Strategy, Joanne was the Senior Marketing Manager, Insurance & Membership Services for Canadian Tire Financial Services. Joanne has been an Executive Board Member for St. Joseph's Villa Foundation and the Stoney Creek Chamber of Commerce. She is also a board member of the Ontario Credit Union Foundation and the Bulldogs Foundation.

Welcome to new Board Members

2019 CARE WALK DONORS

3 for 1 Glasses (Upper James St.)
Abbott Laboratories
Ad Plus Promotions
Aladdin's Adventures Indoor Playland
ALR Private Car Services
Art Gallery of Hamilton
Bayshore Home Health
Bob Siegel
Cadbury
Cartoon Bob
CHML Street Team
Claire Kostyshyn
Crock A Doodle (University Plaza, Dundas)
Designer's Printing
Domino's Pizza (Upper James St.)
Dr. Bill Evans and Shiona Thompson
Dream Space S.O.S.
Erie Boys Band
FirstOntario Credit Union
FirstOntario Credit Union
(Dundas St. W, Oakville)
FirstOntario Credit Union (Dundurn St. S)

FirstOntario Credit Union
(Upper James St.)
FirstOntario Credit Union
(Upper Sherman Ave.)
FirstOntario Credit Union
(Upper Wentworth St.)
Flying Squirrel Hamilton
Fortinos (Hwy 8)
Genuine Bakery & Catering
Hamilton Bulldogs
Hamilton Honey Badgers
Hamilton Tiger-Cats
Jim Stewart
Karen Louise Logan
Knollwood Golf Course
L.J. Barton Mechanical
Linseed's Boutique
Lisa Owens
Little Monsters Face Painting
Lucilla D'Alesio
Mahasti - The Bellydance Emporium
Martha Prendergast

Melissa Heffernan
Meridian Credit Union
Morison Insurance
OECTA H.S.U.
Office of the Mayor - Fred Eisenberger
Paul & Marilyn Heimpel
Peter Spitman Painting
Pitton Plumbing
Roma Bakery
Rousseau House
RS Accounting & Tax Services
Shop Local Perks
Steve Gregory, Edward Jones
The Keg
The Travelling Tea Room
Tim Hortons (Concession St.)
Ultimate Exotics
Vipond
YWCA Hamilton - Encore
Zarky's Fine Foods

2019 GOLF CLASSIC DONORS

2019 Golf Classic Committee Members
2462292 Ontario Inc.
Allegra Hamilton
Ann Robertson
Arterra Wines Canada
Baldasaro Contracting
Benemar Homes
Bob Siegel
Cardinal Newman Catholic Secondary School
Carmen's Group
Caro Restaurant
Claire & Kate Woodley
CUPE Local 2888
Data Communications Management
David Cremasco
Designer's Printing
DHL/P&G CDC Brantford
Dignity Memorial
Diletti Salon & Spa
Dr. Sean McDonough Dentistry
Dundas Valley Golf and Curling Club
Dutchman Florist

FirstOntario Credit Union
Folkes Car Care Co.
G. Walker Real Estate
Grant Thornton
Groupe Média TFO
Hess Millwork
Home Hardware (Fennell Ave. E)
JDI Cleaning Systems
Jill Murray
John Thomas
Johnston Chrysler Dodge Jeep Ram Fiat
Kathleen Conway
Lisa Owens
Liuna Local 837
M.A. Clark & Sons Funeral Home
McHugh Whitmore
Melissa Heffernan
Michelangelo Events & Conference Centre
Mike Fortier
MontHill Golf and Country Club
Morison Insurance
Natasha Guidi
Newman Youth Summer Sports Camp

OM Massage & Wellness
Overdrive Automotive
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Paul Djonovich
Peter Abi-Rashed
PMA Canada
PX Dermody Funeral Home
Rebecca Southern & Philip Woodley
Richard Hosking
Ross & McBride LLP
Sawmill Golf Course
Sergio Cacoilo
Sheila Tennant
Shop Local Perks
Smith's Funeral Home
Southern Pines Golf and Country Club
Stan Tick
Stonehill Dental
Strauss Mens Wear (CF Lime Ridge)
Sue McIlveen
Tower Service Station
Turner Family Funeral Home