

CARE walk



NEW
FORMAT!



WHO ARE YOU WALKING FOR?

SATURDAY, MAY 23, 2020
Anywhere, Anytime!

WALK, HIKE, BIKE OR ROLL

COST - \$20/adult (under 18 are free)

Join us (**virtually**) for a 5km walk, hike,
bike or roll in your local neighbourhood!

**VIRTUAL
EVENT**



REGISTER AT WWW.CANCERASSIST.CA!



COMMUNITY NEWSLETTER
SPRING 2020



IN THIS ISSUE:
Giving Back to CAP
Give & Grow
Donor Spotlight
2020 Events Overview
Cancer Assist Show

MESSAGE FROM THE EXECUTIVE DIRECTOR:

And in a flash our world changed!



No matter who you are or where you live, your world has changed. The feelings of uncertainty, fear, concern, and not knowing where to turn for help have become our reality. Wondering what the future will look like for you, your children, your grandchildren, and how you will adjust to this new normal is a daily reality.

COVID-19, a single word, changed our world forever; much like when a person hears the word CANCER.

A cancer diagnosis immediately causes stress, insecurity, sadness, and makes us ask the ultimate questions, "Why me? Why now?" These feelings combined with having to cope with the emotions of family and friends, the many appointments and tests, waiting for results and procedures, and the strain on your financial resources can be debilitating. To a cancer patient, COVID-19 has added an additional layer of stress to what they are already experiencing.

For over 26 years the Cancer Assistance Program has been providing services that provide *help when you really need it*. These services include drives to all cancer-related appointments, the provision of personal care items (nutritional supplements, incontinence products, wigs, and mastectomy garments), parking assistance, equipment loans to keep you safe at home, and access to practical cancer education from medical experts with the Cancer Assist Show podcast... all free of charge, irrespective of ability.

Over the last few weeks, we have been asked to provide this help differently. During these unprecedented times we have been required to react quickly and carefully to continue to serve our clients. As you have read in the attached letter, we needed to provide service, but we had to do it in a different way.

The Cancer Assistance Program receives no sustainable government funding. Our funds come from you – our donors, our sponsors, our clients, and community organizations. You will read in the following pages of this newsletter the many ways that individuals and groups have chosen to support us; each one making a difference in the lives of cancer patients in our community.

But today, WE NEED YOUR SUPPORT more than ever. Every dollar that you can donate will help us to continue to provide these free practical services a cancer patient requires, for as long as needed.

During these unsettling times, I would like to acknowledge the tireless efforts of our Board of Directors, staff, and most importantly, our volunteers. When we decided to close our doors on March 16th in order to protect our clients, volunteers and staff, so many volunteers reached out and asked, "How can we continue to help?"

There is no crystal ball to forecast what the future will look like post COVID-19, just like there is no crystal ball to forecast who will be diagnosed with cancer and how they will manage. But we do know that with your help, we can together be assured that the Cancer Assistance Program will continue to provide FREE services to those in our community.

If we have learned anything over these past few weeks, it is that we live in a community that works together to assist those in need.

Thank you,

Debbie Logel Butler

Cancer Assistance Program

555 Concession Street, Hamilton, ON L8V 1A8

905.383.9797 | inquiries@cancerassist.ca | cancerassist.ca



Giving Back to CAP

Looking for a way to give back to your community or honour a friend or loved one? Consider holding a third party fundraiser for the Cancer Assistance Program. You can also consider asking for donations to CAP in lieu of gifts on any occasion. Now more than ever, we are reliant upon the generosity of donors and the community to continue providing free services for cancer patients and families in need.

Visit cancerassist.ca to check out our new **Third Party Fundraising Guide** for ideas and helpful steps for planning your event. We would love to hear from you! (Under Events, click on Third Party Fundraisers)

Give & Grow



We have an exciting new way for you to support CAP this growing season. We’re partnering with BigYellowBag®, a local company that delivers high quality garden products in a neat, clean bag straight to your door. As we are all getting into the planning for our spring/summer gardens, BigYellowBag has offered to donate \$10 to CAP for each bag purchased using our unique code below. As an added bonus, YOU save \$5 on your BigYellowBag purchase! So, if you’re in need of soil or mulch to get your lawn and garden going this year, keep us in your thoughts.

Visit BigYellowBag.com or call **855-424-4224** and use code “CAP20” until June 30, 2020. Let’s help each other grow!



DONOR SPOTLIGHT

The Gift That Keeps on Giving



As a charity that receives no sustainable government funding and operates on the generous support of our community, not only is it important to raise funds to support our services, but it is equally important to find ways to reduce our expenses. With the ever-increasing costs of lighting our beautiful new office space, we needed to find a partner that would help to replace our existing light fixtures and move to a more sustainable and energy-efficient alternative. We were absolutely thrilled to find that partner in **T. Lloyd Electric!**

Mark Lloyd and Robert Tyrell quickly responded to our request and had 20 electricians signed up to donate their time and expertise on Saturday, March 7th to replace our light fixtures. Joining the Lloyds in this wonderful gift were Robertson Electrical, who donated all the LED lights, and Claire’s Drywall, who donated the ceiling tiles.

This is the second time that the team at T. Lloyd Electric stepped up to lend a helping hand. When we first moved to 555 Concession Street in 2018, they also donated their time to install efficient lighting in the equipment shop.

On behalf of our clients, volunteers, and staff, we cannot thank them enough for providing this gift that will keep on giving, while ensuring more funds can be directed to services. Our hearts are full, and we are forever grateful for their generosity.

Not All Heroes Wear Capes

Our warmest THANK YOU to the **Barton Street East Lowe’s Home Improvement store** for choosing Cancer Assistance Program as their 2019 Heroes Campaign beneficiary. Together, staff and customers raised over \$16,000 towards free services for those with a cancer diagnosis in our community!

have a community behind you every step of the way... This team stepped up to make the campaign their most successful to date, and we are beyond thankful for their support!



These are just a few of their large team of passionate staff members who held their own fundraisers throughout the year, educated their team about CAP’s services and ensured that message got out to all customers who were asked to donate at checkout. We simply do not have words for how important it is to

CAPitalizing on Giving Back

We are filled with much gratitude for our 130+ CAP volunteers who in 2019, donated over 21,000 hours of their time to serve our clients. Our capacity to serve more clients than ever before is due in part to our committed volunteers, who diligently work to meet the demand for our services through events, fundraising, transportation, and in-office support.

Our in-house fundraising group, who have aptly named themselves the “CAPitalizers”, spent the year hosting raffles, a holiday bake sale, and the sales of our limited-edition 25th Anniversary CAP Bracelet. All efforts were incredibly successful, raising over **\$7,000** to date! The CAPitalizers voted to dedicate this funding to purchase equipment needs for the Equipment Shop, as well as parking passes for clients visiting the Juravinski Cancer Centre. After seeing the success of the 25th Anniversary CAP Bracelets, the CAPitalizers collaborated with the designer of glamjulz once again to create a custom necklace (two styles to choose from!) that will be sold in complement to the bracelets. They will be on sale at our office for **\$25** each, while supplies last.



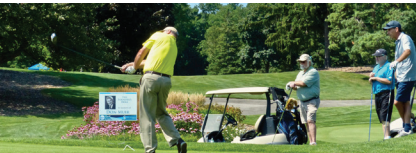
2020 Events Overview

6TH ANNUAL *VIRTUAL* CARE WALK – SATURDAY, MAY 23, 2020 FROM ANYWHERE!



REGISTRATION OPEN! Due to the COVID-19 pandemic, we have moved this event to a virtual format where you can participate from anywhere, anytime! Walk, hike, bike or roll 5km in honour of a friend or loved one affected by cancer. Start or join a team, set a fundraising goal, and begin collecting pledges to help ease the physical, emotional and economic impact of cancer for those in our community. Registration is \$20 for adults (under 18 are free). Register or donate online at cancerassist.ca. WHO ARE YOU WALKING FOR?

42ND ANNUAL GOLF CLASSIC – TUESDAY, AUGUST 11, 2020 AT DUNDAS VALLEY GOLF AND CURLING CLUB



SAVE THE DATE! One of CAP’s longest running events is its Annual Golf Classic. Golf registration is \$200 and includes 18 holes, power cart, passport (access to on course contests), lunch & dinner (or \$60 for dinner only). Registration opens soon.

26TH ANNUAL GALA – THURSDAY, NOVEMBER 12, 2020 AT MICHELANGELO EVENTS & CONFERENCE CENTRE



SAVE THE DATE! This memorable evening brings together hundreds of community members to celebrate and raise the much-needed funds for CAP’s valuable and free services. Tickets are \$125 and includes dinner, host bar, live entertainment, live auction, raffle, envelope picks & special opportunity to support a CAP program. Tickets available in the Fall.

Visit cancerassist.ca or call 905-383-9797 x107 for more information on events including sponsorship opportunities.

25TH ANNIVERSARY GALA DONORS

Thank you to all who supported our 25th Anniversary Gala. Together, over \$110,000 (net) was raised, making it the most successful Gala yet! Special thanks to our many Donors:

2462292 Ontario Inc.
3 for 1 Glasses (Upper James St.)
4imprint
ALR Private Car Services
Amica - Stonely Creek
Ange & Denise Restivo and Family
Anna’s Nail Salon
Art Gallery of Ontario
Baci Ristorante
Barangas on the Beach
Bay Gardens Funeral Home & Bayview Cemetery
Beanermunky Chocolate
Beyond the Batter (Stone Church Rd. E)
Bimbrook Little Theatre
Bishop Tonnos Catholic Secondary School Students
Bishop Tonnos CSS
Black Forest Inn
Blue Line Taxi
Boston Pizza (Main St. W)
Bras for Buddies
Bruno Uggetti
Brux House
Burts Bees | Clorox
CAP Board of Directors
Cardi Construction
Cardinal Newman Catholic Secondary School
Carla D’Elia
Carmen’s Group
Carolyn Gray
Catholic Youth Organization
Chadwick & Hacks
Charlene & Steve Hawkins
Chatters Hair Salon
Chedoke Flowers
Chicago Style Pizza
CHML900

Christina Davino
Chuggy’s Tap & Grill
CIBC Wood Gundy
Claire & Kate Woodley
Claudia Ionico
Coach & Lantern
CocoMazzi Salon & Spa
Collyer Benson Capital
Copetown Woods Golf Club
Costco (Meadowlands)
Creative Insight Pottery
Crumbuns Bakeshop
Cutting Edge Studio Salon & Spa
Daiva O’Neill
David’s Restaurant
Denninger’s
DHL/P&G CDC Brantford
Diamante Investments
Dolce Kamira
Don Burroughs
Dr. Bill Evans
Dr. Darlene Ozimok
Dr. Tony Anziano
Dutchman Florist
East Side Mario’s (Upper James St.)
Elham & Joe Farah
Elmhurst Inn & Spa
Equal Parts Hospitality
Estrada’s Cleaning Services
Expedia Cruise Ship Centers (University Plaza)
Farm Boy
Fascination Florist
Ferrell Builders’ Supply
Filomena Tassi, MP
FirstOntario Credit Union
Fisher’s Pub
Food Basics (Mohawk Rd. E)
Food Basics (Mohawk Rd. W)

Fortinos (Mall Rd.)
Fortinos (Upper Centennial Pkwy.)
Fortinos (Upper James St.)
Fox Harb’r Resort
FreshCo (Upper Gage Ave.)
G. Walker Real Estate
Genuine Bakery
Giant Tiger (Upper Ottawa St.)
Goodness Me (Upper Gage Ave.)
Gordana Rastovac
Grandad’s Donuts
Greenhorizons Sod Farms
Hamilton Board of Approved Basketball Officials
Hamilton Bulldogs Foundation
Hamilton Food Share
Hamilton Indoor Go Karts
Hamilton Philharmonic Orchestra
Hamilton Tiger-Cats
Harry’s Fish & Chips
Hasty Market
Home Hardware (Fennell Ave. E)
Hotti Biscotti
India Village
IOS Estiatorio & Wine Bar
Iron Chef Chinese Restaurant
James D. Oates, CPA
Jenn Morreale
Jen Watson Voice Overs
Joanne Battaglia
Johnston Chrysler
JR DiGS Acoustic Christmas Concert
Kathleen Miller
Kelsey’s (Paramount Dr.)
KPMG
Kreations by Kimberly
L.G. Wallace Funeral Home
La Bakeri
La Piazza

Lake House Restaurant
Lava Pizza & Wings
Len Varrasso
Lighthouse Theatre
Linda Grimshaw
Linda Tallman
Lisa Owens
LIUNA Local 837
Main Optical
Maple Leaf Sports & Entertainment
Marel Real Estate Brokers
Maria Eleusiniotis
Mary Brown’s Chicken & Taters
Mastectomy Lingerie & More
McHugh Whitmore LLP
Melissa Heffernan
Memphis Fire BBQ
Metro (Fennell Ave. E)
Metro Freightliner
Michael Ecker
Michael Hendershot
Michelangelo Events and Conference Centre
Milestones (Paramount Dr.)
Miller Shoes
Mohawk Car Wash
Monique Taylor, MPP
Montana’s (Paramount Dr.)
Moore’s (Eastgate Square)
Morgenstern’s
Mountain Beauty & Esthetic Supply
Multi-Area Development Inc.
NAPA Autoprop Glendale Motors
Narciso Bomben
Nardini Specialties
Nino’s Ristorante
Opie’s Meats
Papa Leo’s Restaurant
Paul & Marilyn Heimpel

Peter & Debbie D’Amico
Pic’s Parlour
Pita Pit (Stone Church Rd. E)
PMA Canada
Postmedia Network Inc.
Pretty Grit
Radiant Logistics
Ray Hutton
Realty Network
Rebecca Southern & Philip Woodley
Red Avenue
Rick Hosking
Ripley’s Aquarium
Robin Lebel
Roma Bakery
Rose Garden Family Restaurant
Royal Ontario Museum
Sapporo Japanese Restaurant
Schofield’s Bistro
Shakespeare’s Restauramt
Sherwin-Williams
Shirley MacKinnon
Shoeless Joe’s Sports Grill (Upper James St.)
Shop Local Perks
Shoppers (Fennell Ave. E)
Shoppers (Hwy 8)
Shoppers (Mohawk Rd. W)
Shoppers (University Plaza)
Sleeve & Bristle Painting
Sobey’s (Stone Church Rd. E)
Somya Gupta
Sonam Benedetti
Southern Pines Golf & Country Club
Spa in the Village
Speedy Subs
Spencer’s at The Waterfront
Splitville Entertainment
Stan Tick

Star Nails
Subway (Concession St.)
Swiss Chalet (Queenston Rd.)
Taj Mahal Spices & Cheese
The Coffee Shop of Port Dover
The Designers Printing Inc.
The Express Restaurant
The Good Shepherd
The Innsville Restaurant
The Mule
The Other Bird
The Purple Pear
The Roman Catholic Diocese of Hamilton
The Soup Stop
The Travel Corporation Contiki Tours
Theatre Aquarius
Tim Dickens
Tim Hortons (Fennell Ave. E)
Tony Cocchiara
Trattoria Cavallo Nero
Trish’s Gluten Free Bakery
Turtle Jacks (Upper James St.)
Tweedle Productions
Urban Sign & Design Co.
Valentino’s Restaurant
Victoria Young
Vipond
Walker’s Chocolates
Walmart
Wear’s Flowers & Garden Centre
Wendy Hayes
White Flame
Wild Orchid Restaurant
Ye Old Squire
YMCA of Hamilton/Burlington/Brantford

Cancer Assist Show
NEW Podcast Format!

Cancer education that is practical and easy to understand is important to help patients and their families navigate a complex health care system.

Research has proven that informed and educated patients make better partners. Educated patients are better prepared to handle the side effects of treatment and advocate for themselves throughout their journey.

Listen to Dr. Bill Evans and other cancer care specialists as they discuss a variety of practical cancer-related topics to help navigate prevention, treatment and care – including the latest episodes on COVID-19 and its impact on cancer patients and caregivers.

Visit cancerassist.ca where you can access a variety of episodes anytime, anywhere.

