CARE Walk





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!

REGISTER AT WWW.CANCERASSIST.CA!







COMMUNITY NEWSLETTER SPRING 2020



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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?"

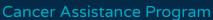
There is no crystal ball to forecast what the future will look like post COVID-19, just like there is no crystal ball to forecast who will be diagnosed with cancer and how they will manage. But we do know that with your help, we can together be assured that the Cancer Assistance Program will continue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

Diptie Legel Butles

Debbie Logel Butler









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

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!

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

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!



Adjustable Wear long or short!

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.



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.

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

Cancer Assist Show

NEW Podcast

Format!

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.



WITH HOST DR. BILL EVANS, MD, FRCPC

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 [

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3 for 1 Glasses (Upper James St.)	Chuggy's Tap & Grill
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ALR Private Car Services	Claire & Kate Woodley
Amica - Stoney Creek	Claudia Ionico
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Anna's Nail Salon	CocoMazzi Salon & Spa
Art Gallery of Ontario	Collyer Benson Capital
Baci Ristorante	Copetown Woods Golf Club
Barangas on the Beach	Costco (Meadowlands)
Bay Gardens Funeral Home &	Creative Insight Pottery
Bayview Cemetery	Crumbuns Bakeshop
Beanermunky Chocolate	Cutting Edge Studio Salon & Spa
Beyond the Batter (Stone Church Rd. E)	Daiva O'Neill
Binbrook Little Theatre	David's Restaurant
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Black Forest Inn	Dolce Kamira
Blue Line Taxi	Don Burroughs
Boston Pizza (Main St. W)	Dr. Bill Evans
Bras for Buddies	Dr. Darlene Ozimok
Bruno Uggenti	Dr. Tony Anziano
Brux House	Dutchman Florist
Burts Bees Clorox	East Side Mario's (Upper James St.
CAP Board of Directors	Elham & Joe Farah
Cardi Construction	Elmhurst Inn & Spa
Cardinal Newman Catholic	Equal Parts Hospitality
Secondary School	Estrada's Cleaning Services
Carla D'Elia	Expedia Cruise Ship Centers
Carmen's Group	(University Plaza)
Carolyn Gray	Farm Boy
Catholic Youth Organization	Fascination Florist
Chadwick & Hacks	Ferrell Builders' Supply
Charlene & Steve Hawkins	Filomena Tassi, MP
Chatters Hair Salon	FirstOntario Credit Union
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Pic's Parlour	Subway (Concession St.)
Pita Pit (Stone Church Rd. E)	Swiss Chalet (Queenston Rd.)
PMA Canada	Taj Mahal Spices & Cheese
Postmedia Network Inc.	The Coffee Shop of Port Dover
Pretty Grit	The Designers Printing Inc.
Radiant Logistics	The Express Restaurant
Ray Hutton	The Good Shepherd
Realty Network	The Innsville Restaurant
Rebecca Southern & Philip Woodley	The Mule
Red Avenue	The Other Bird
Rick Hosking	The Purple Pear
Ripley's Aquarium	The Roman Catholic Diocese of
Robin Lebel	Hamilton
Roma Bakery	The Soup Stop
Rose Garden Family Restaurant	The Travel Corporation Contiki
Royal Ontario Museum	Theatre Aquarius
Sapporo Japanese Restaurant	Tim Dickins
Schofield's Bistro	Tim Hortons (Fennell Ave. E)
Shakespeare's Restauarnt	Tony Cocchiara
Sherwin-Williams	Trattoria Cavallo Nero
Shirley MacKinnon	Trish's Gluten Free Bakery
Shoeless Joe's Sports Grill (Upper James St.)	Turtle Jacks (Upper James St.)
Shop Local Perks	Tweedle Productions
Shoppers (Fennell Ave. E)	Urban Sign & Design Co.
Shoppers (Hwy 8)	Valentino's Restaurant
Shoppers (Mohawk Rd. W)	Victoria Young
Shoppers (University Plaza)	Vipond
Sleeve & Bristle Painting	Walker's Chocolates
Sobey's (Stone Church Rd. E)	Walmart
Somya Gupta	Wear's Flowers & Garden Centre
Sonam Benedetti	Wendy Hayes
Southern Pines Golf & Country Club	White Flame
Spa in the Village	Wild Orchid Restaurant
Speedy Subs	Ye Old Squire
Spencer's at The Waterfront	YMCA of