



“As I sat listening my hand was writing. Primary brain cancer. Aggressive. Non-operable. 3 maybe 6 months to live. I was losing control. I knew I had to leave the room. I thought the pandemic was the worst thing that could happen to us. I was wrong.” *Those are the very words penned by the spouse of a cancer client and are reflective in many ways of the feelings of all cancer patients and their families upon diagnosis.*

While not all cancer patients receive a diagnosis as awful, for every single one of them their cancer diagnosis cuts to their very soul with fear. A fear of the unknown; a fear of a future they have no control over.

Since March 2020 we have all lived in fear of something all of us have never in our life experienced, something beyond our control. COVID scared us. COVID isolated us. COVID forced us to change how we lived our lives. But today with the development of vaccines and protocols that have become second nature, we have a sense of optimism. Even with a resurgence of COVID, even with the lingering and significant impact of the aftereffects, we can be safe.

Upon diagnosis cancer patients are forced to change how they live their lives. They are isolated. They are scared. For patients and their caregivers, the journey can be long and hard, fraught with many questions, challenges, and unknowns that being in control seems a thing of the past.

Our mission at CAP is to help cancer patients and their families regain some control – by providing practical **help when you really need it**. Since our inception we have stayed true to our mission and offer free practical supports. We drive clients to their appointments, we provide free parking spots, home safety equipment, personal care items, nutrition and deliveries of food and home safety equipment to your door. While these things appear on the surface to be everyday offerings, which you and I may question the importance of, they are the very things that make living with a cancer diagnosis less stressful and more manageable. They are the things that offer cancer patients and their caregivers the chance to have moments of peace, enjoyment, and control. It has been said we often take for granted the very things that most deserve our gratitude.

(PLEASE TURN OVER)

**ONE-TIME DONATION:** Yes, I want to make a gift to ensure cancer patients and their families get the help they need.

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

- ☐ 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.
- ☐ Please sign me up for electronic communications from CAP (be sure to include your email address).
- ☐ Visa ☐ Mastercard

Card # \_\_\_\_\_

Expiry \_\_\_\_\_ CWV \_\_\_\_\_

Name on Card \_\_\_\_\_

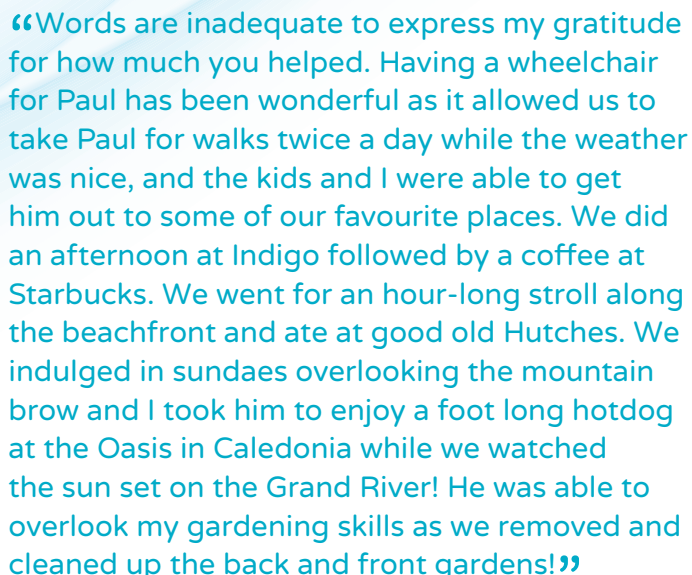
Date \_\_\_\_\_

Signature \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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



Unfortunately, cancer continues to rage as the leading cause of adult death in Canada. It does not discriminate, nor is it predictable in who and when a diagnosis will occur. While there continues to be great strides in cancer research to prevent, treat and manage all forms of cancer, the reality is that diagnoses will continue. In addition, because of measures taken to manage the spread of COVID over the past few years (cancelled or delayed screenings, cancelled or delayed surgeries), there is a very real concern that more of us will experience a diagnosis and often a late-stage cancer diagnosis resulting in more complicated and difficult treatments.

This holiday season, as you reflect on the past year, as you remember with gratitude the many blessings you have, we ask that you consider sharing your gratitude with those who are living with cancer by supporting CAP. Your gift will go directly to providing someone living the daily reality of cancer with the practical supports that they need to attend an appointment or park for free or have the home health equipment to safely be at home while managing treatments. When they have no one else to offer practical support, CAP is here for them.

“Having him at home where I could safely attend to his personal needs made us happy. The bed tray allowed him to eat on his own, to read and to write. While I didn’t think I would ever need help with meals, the weekly delivery of food was amazing, and I didn’t have to leave the house to get it. Each detour we took, we were always able to enjoy the view from a different perspective, with gratitude always driving towards the final journey.”

John F. Kennedy once said, "as we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them". Please live by your words of gratitude this holiday season and help us to continue to be the network of support for cancer patients and their families that provides practical and free services helping to shoulder the many challenges of a cancer diagnosis.

Winter Campaign 2022