



MESSAGE FROM THE EXECUTIVE DIRECTOR:

2023 - The Importance of Connection & Kindness

Three years ago, we were facing a very different spring. The uncertainty and disbelief, that in 2020, a world wide pandemic could occur was just too much for many to fathom. The feelings conjured by this virus were for many, similar to those that cancer patients and their families feel when they learn of their cancer diagnosis.

Since 2020, our community has changed. We are experiencing more random acts of kindness through our shared experiences and feelings. Covid and the regulated safety protocols heightened our awareness of feelings of isolation and once lifted the feelings of joy and kindness when connecting with people, whether at work, in our neighbourhoods, and with family and friends was a welcome change.

It is the importance of connection and kindness that is so vital to the work of the Cancer Assistance Program. In 2022, our staff and volunteers have provided services to over 3,248 registered clients ranging from transportation, equipment loans, personal care items and nutrition, parking, and free education with our monthly podcasts. The willingness and kindness by each member of the CAP team when dealing with clients is something that has remained consistent for the past 29 years.

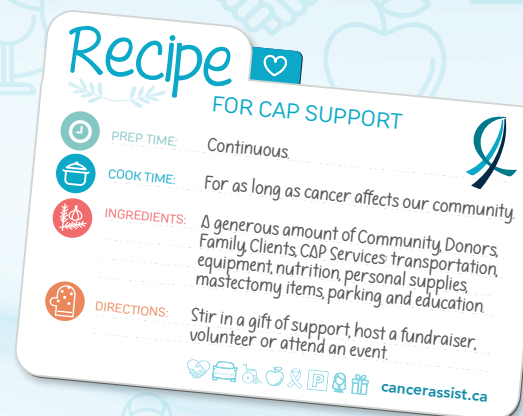
As you read the story of Barb Swing, and how she and her family are sharing their connection with family recipes and paying it forward to raise funds to support CAP, we hope you as well can pay it forward. It is this story and the countless other stories that we hear each day that reinforces the sense of connection and the feeling of joy when we help each other.

It has been said that, **"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today."** – Amy Leigh Mercree

Thank you to our donors, volunteers and staff who continue to share their kindness and support to cancer patients and their families in our community.

With gratitude,

Debbie Logel Butler
Debbie Logel Butler



Help
when you
really need it.
 Cancer Assistance
PROGRAM

New Board Members

Please join us in welcoming the following new Board Members

Catherine Ivey

Catherine is a corporate-commercial lawyer at McHugh Whitmore LLP in Stoney Creek with over 20 years' experience. She advises clients in many different aspects of solicitor's work including incorporations, corporate reorganizations, purchase and sales of businesses and other contracts such as commercial leases. Catherine obtained her law degree (LL.B.) from the University of Western Ontario and an undergraduate degree from McMaster University. During her career, Catherine has served on several other Boards including the Hamilton Children's Aid Society, the Estate Planners Council of Hamilton and the Stoney Creek Chamber of Commerce.

Bryce Hyslop

Bryce Hyslop has over 14 years of progressive management experience in Accounting and Finance. He is a graduate of Brock University and completed his CPA Designation in 2012. During his career Bryce has held positions with Grant Thornton LLP, KPMG LLP, and L3Harris including CFO of their Cyber Security division. He is currently the Director of Finance, for American Iron & Metal.

Bryce and his partner Heather live in Hamilton with their dog Chewbacca (Chewie). When he is not working, he can be found exploring one of our city's beautiful trails.

Farewell to Board Member Bruno Uggenti

Bruno joined the Cancer Assistance Program in April, 2016 for a second tenure as a Board member. During his time Bruno was a member of the Finance committee providing expertise and guidance during his 7-year term. Bruno supported many of CAP's fundraising events and had the unique advantage of being a Board Member in CAP's early years and able to share CAP's history.

**On behalf of the Board of Directors, staff and volunteers
thank you Bruno for your years of service and dedication.**



Upcoming Fundraisers

Check for updates often at

✉ cancerassist.ca/third-party-fundraisers/ or

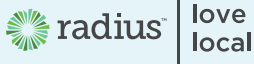
✉ events@cancerassist.ca or

☎ 905-383-9797 x112 for more info.



Big Yellow Bag Fundraiser

Buying soil or mulch this spring? Help support **CAP** by using our promo code **CAP23** when purchasing your **Big Yellow Bag** of soil or mulch. You will save \$5 and \$10 will be donated to CAP for every purchase.



Radius' Love Local® Lunchgiving Menu

As part of **Radius' Love Local® Mission**, they are launching their new lunchgiving menu - with **10%** of your Dine In, or To Go lunch bill supporting **CAP**, local hospitals, and non-profit organizations in the community. **Help support CAP and a local Hamilton restaurant with your lunch order!**



CAP 50/50 LOTTERY

CAP's Summer 50/50 Lottery

Event starts June 1st. Be sure to buy your tickets for a chance at winning thousands of dollars. cancerassist.ca/online-lottery

Our winter 50/50 Lottery raised a total of \$11,620 and the winner, Jim Barton, taking home \$5810.

On behalf of our clients, we want to extend a grateful thank you to Jim for donating his winnings back to CAP so we can continue our FREE services in the community.



STAFF PROFILE



CAP Welcomes Sheila Sferazza

CAP is excited to welcome Sheila Sferazza to the Staff team. Sheila is our new Coordinator, Special Events and Community Fundraising. Sheila will be instrumental in planning all of CAP's signature events and helping the community with Third Party fundraisers. Sheila's 15 years of event planning experience combined with her extremely kind approach makes her an asset to CAP. Be sure to stop by the office, introduce yourself and contact her with any ideas you may have.

"It is a privilege to work with the CAP team where everyone shares the same views and values. Working together we can help make a difference in the lives of those impacted by cancer." *Sheila Sferazza*



THIRD PARTY FUNDRAISERS

THANK YOU to our community partners who have made CAP their Charity of Choice.

The Cancer Assistance Program relies greatly on third party or community fundraisers held by individuals and groups throughout the year. By hosting your own event with proceeds benefitting CAP, you are helping to make a very real and tangible difference in many lives. Big or small, every dollar helps, and you can feel great knowing that funds raised stay right here in our community impacting friends, family, neighbours and coworkers directly.

With your support, we can continue our legacy of providing help when it is needed most. Contact ✉ events@cancerassist.ca or ☎ 905-383-9797 x112 to start the planning of your fundraiser.

Linseed's Encore Fashion Show

Thursday, April 20, 2023

📍 Zoetic Theatre

St. John Henry Newman Purse Raffle

Friday, April 28, 2023

Villages of Glanaster Door to Door Campaign

May 1 – 31, 2023

Kal Tire Concession Streetfest BBQ

Saturday, June 10, 2023

AIM Scrap Metal Drive

Saturday, June 24, 2023

📍 CAP parking lot

Edgewater Summer Fest

Saturday, July 22, 2023

Annual Cam Way Memorial Golf Tournament

Saturday, August 19, 2023

📍 Willow Valley Golf Course

Lou's 8th Annual Ride for CAP

Saturday, September 9, 2023

Check cancerassist.ca/third-party-fundraisers/ often for updates and information on how to support one of these great initiatives. To host your own third party fundraiser contact ✉ events@cancerassist.ca or ☎ 905-383-9797 x112 to start the planning of your fundraiser.



Special thanks to our many 2022 GALA DONORS!

Thank you to everyone who tuned in on November 10th, 2022 and supported our **Gratitude Gala presented by Johnston Chrysler**. Together, over **\$120K** net was raised to provide cancer patients and families with help when it is needed most. If you missed our 2022 Gala you can watch it on our YouTube Channel.

Special Thank You to those donors and friends who supported the Gala with a gift of \$1,500 and above.

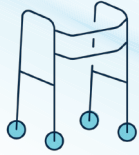
- Jim and Sheila Drury
- Michael and Emily Ecker
- Ray and Caroline Hutton
- Johnston Chrysler
- Mike Lamontagne
- Sam Mattina and Family
- Scarfone Hawkins LLP
- Westinghouse HQ
- Benemar Homes
- FirstOntario Credit Union
- McHugh Whitmore LLP
- Multi-Area Homes
- Subaru Hamilton
- Hamilton Fire Fighter's Association
- First On Site Restoration



Your Support Makes a Difference

In **2022**, the **Cancer Assistance Program** saved **3,248** Registered Clients and their families in our community over

\$830K

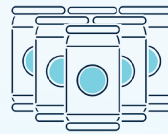


401 LOANED
ROLLATORS
= \$144,360



109 RAISED
TOILET SEATS
= \$32,700

250 LOANED
COMMODOES
= \$60,000



3,865 SIX-PACKS
OF NUTRITIONAL
SUPPLEMENTS
= \$38,650



1,702 FREE
PARKING SPOTS
= \$34,040

31 BREAST
PROSTHESIS
= \$9,300



3,253 PACKAGES
OF INCONTINENCE
PRODUCTS = \$55,301



299 LOANED
WHEELCHAIRS
= \$143,520



1,795
DELIVERY
DROPOFFS
= \$13,462



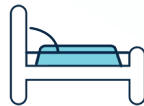
81

WIGS

= \$26,325



118 LOANED
BEDRAILS
= \$28,320



1,519 GROCERY
BAGS = \$75,950

165 LOANED BATH
CHAIRS = \$49,500



8,934 RIDES TO
CANCER-RELATED
APPOINTMENTS
= \$67,005

19,667 VOLUNTEER HOURS = \$304,838⁺

⁺Not included in total savings

⁺Equipment loan prices based on Rexall Pharma Plus Ltd. 2022 listing



Thank you to our volunteers!

In a post pandemic world, where, according to Volunteer Canada, up to 65% of organizations have identified a shortage in help, CAP's volunteer numbers are thriving. At onset of last year, CAP's numbers were 20% below the usual threshold, but as of today, our numbers are once again over 150 members strong and counting. So, what is CAP's recipe for success in both volunteer recruitment and retention?

Aside from the general overall benefits achieved from volunteering on a mental health and interpersonal level, CAP offers volunteers a unique opportunity to give back in a very palpable way. Sadly, the burden cancer patients and their caregivers face in our community is a growing concern. Prompted by a strong desire to help, many are drawn to CAP due to its reputation for providing tangible and practical help when it's needed the most. For many, there is a great sense of satisfaction and fulfillment achieved in knowing their contributions are making the difference in the lives of other. This knowledge, in conjunction with the abounding gratitude received from our clients, is what motivates their dedication to our cause.

"My time volunteering at CAP has impacted me in so many ways. It's given me a better understanding and empathy. It's a very rewarding experience to help where I can." – 10 year volunteer, Eileen S.

But even with our numbers where they are today, help is always needed. If CAP is to continue providing assistance to those impacted by cancer and finding ways to extend our reach in more tangible ways, we need a strong and dynamic team of community minded individuals offering us their support.

For more information on how you can start making a difference today, please contact Cindy Sharp, Volunteer & Client Services Manager at csharp@cancerassist.ca

THANK you

2023 Signature Events

9th Annual CARE Walk

SATURDAY, MAY 27, 2023

ANYWHERE, ANYTIME, 5KM – YOUR WAY.

REGISTRATION OPEN! Participate from anywhere at any time. Whether you walk, run, bike, or roll 5km, we hope you will help us come together in honour of a friend or loved one affected by cancer. Register yourself or a team and begin collecting pledges today. Registration is \$20 for adults and free for children.

Register or donate online at cancerassist.ca. We are currently looking for event sponsors, and auction donations. Please contact events@cancerassist.ca or 905-383-9797 x 112.

! New this year we will have Meet Up locations across the city, join a Meet Up location near you.



SAVE THE DATES!

Women's 9 and Dine

📅 Tuesday, June 20, 2023 📍 Southbrook Golf & Country Club

9 Holes, power cart, dinner, prizes, games and on course contests. Golf and networking instruction by the Long Drive Champion Far Samji. **For more information, to sponsor or to donate to this event, please contact us today.**

Annual Golf Classic

📅 Tuesday, August 8, 2023 📍 Dundas Valley Golf & Curling Club

18 holes, power cart, food and beverage, drink ticket, gift and on course contests. Early bird registration will be opening soon. Check cancerassist.ca/events/golf-classic/ for updated information and format as details are confirmed. **For more information, to sponsor or to donate to this event, please contact us today.**

29th Annual Gala

📅 Thursday, November 9, 2023

This signature fundraising event invites the community to come together, to help raise much-needed funds to provide cancer patients and families with help when it is needed most. Stay tuned for more information as it becomes available in the fall.

Interested in sponsoring any event?

Contact Dusty at 905-383-9797 x 107 or events@cancerassist.ca.

CURRENTLY
ACCEPTING
PRIZE AND
AUCTION ITEM
DONATIONS



PRESENTED BY:
FirstOntario
CREDIT UNION



WHO ARE YOU WALKING FOR?

SAT, MAY 27, 2023
Anywhere, Anytime!

WALK, RUN, BIKE OR ROLL
COST - \$20/adult (children are free)

Join a CAP meet up or do 5km your way!

Participate to provide **FREE** practical services to your family, friends and neighbours impacted by cancer in the greater Hamilton area.

ONLINE AUCTION!



REGISTER AT [CANCERASSIST.CA/CARE-WALK](https://cancerassist.ca/care-walk)



The Cancer Assist podcast



Education for YOU through your cancer journey.

The Cancer Assist podcast offers **FREE** informative and practical advice and is a supportive complement to navigate life with cancer.

Hosted by Dr. Bill Evans

Visit cancerassist.ca or listen on Apple, Google and Spotify

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Follow us



Brought to you by the Cancer Assistance Program, a community-based, not-for-profit organization offering **FREE** services for individuals and families affected by cancer, living in the greater region of Hamilton and surrounding communities. Help when you really need it.

**Listen Anytime,
Anywhere for FREE.**

