

COMMUNITY NEWSLETTER WINTER 2023



A MESSAGE FROM THE EXECUTIVE DIRECTOR On Change...

With the fall season, comes the beauty of the changing of leaves and the colder weather. Year after year, we can count on this change and sadly we can also count on changes to our health care system as it continues to face unprecedented challenges.

Much of the burden of care for cancer patients has fallen on family caregivers as our health-care system continues to be overwhelmed. CAP's drive programs continue to provide economic savings for families at a time when financial stress is at an all time high. By working with CAP, caregivers can attend fewer routine appointments thereby providing them with an opportunity to work, rest, and care for themselves. Delivery of home safety equipment, nutrition and personal care items not only provides financial savings but also saves time for caregivers, offering some relief so that they can spend time in other areas of their own life and take a break from the demands of being a caregiver.

The past year, we have continued to increase awareness of CAP's free services with our community health care partners. With increased awareness comes increased demand for drivers, volunteers, and donors. I would like to extend my gratitude and appreciation to those volunteers and donors who have joined CAP in 2023. We continue to rely on each and everyone of you to provide essential services that increase the quality of life for so many in our community.

Additionally, I would like to highlight our partnership with the Ontario Trillium Foundation and Mohawk College MEDIC (Mohawk's mHealth & eHealth Development and Innovation Centre) and the successful implementation of a client and inventory management system. This new robust database will help us manage the growth in our services.

In 2024, CAP will celebrate our 30th anniversary and one thing that has not changed is that cancer does not discriminate – it affects young and old, all genders, and all cultures. This is why CAP's programs are not only for the cancer patient, but their caregivers too.

In the winter appeal, you will read about a young man, who is truly a champion. Lucas Constanza was a champion caregiver to his grandmother Maria when she was diagnosed with Breast Cancer. As new immigrants from Italy, Maria and her family relied on CAP services for drives and personal care items. Lucas was then diagnosed with cancer as a young adult and became a champion as he fought his own cancer diagnosis twice. Today as President of a local service club he has become a champion donor, as his organization raises needed funds to support CAP services.

We are inspired each day by our clients, their caregivers, our incredible volunteers, and donors. We are always in search of champions who understand this need and have an ability to help CAP continue to provide our much-needed services to those in our community experiencing cancer.

As we welcome 2024, we know that change is inevitable, much like the seasons. I hope as you reflect during this holiday season, you might make a New Year's resolution to continue to be a CAP Champion of Care.

Wishing you and your family the best in 2024.



Debbie Logel-Butler
Executive Director
Cancer Assistance Program





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9TH ANNUAL CARE WALK

SATURDAY, MAY 27, 2023

This year's CARE Walk was both a virtual and an in-person event that provided the opportunity for participants to walk/run/bike or roll your way individually or join one of the meet up locations. Participants included a wide mix of community members, including a total of 14 schools. With these new initiatives and tremendous support, we received **\$95,620**. On behalf of our clients, volunteers, board of directors, and staff, a heartfelt thank you to each one of you who made this possible.



3RD ANNUAL WOMEN'S 9 & DINE

TUESDAY, JUNE 20, 2023

It was a beautiful day at Southbrook Golf and Country Club for the 3rd Annual Women's 9 & Dine hosted by 5-time Canadian Long Drive champion and author of "Smashing the Grass Ceiling", Far Samji. **Over \$7,000 was raised to support cancer patients** in our community.

Your continued support makes a difference. Thank You!



CAP 50/50 LOTTERY

CAP has had three successful online lotteries for 2023. We were able to raise **\$30,470** with half of the proceeds going to the lucky winners.

Congratulations to our winners Jim Barton, from L.J. Barton Mechanical who donated his winnings of **\$5,810** back to CAP. Thank you for this incredible gift. Jonathan Demers who won the July lottery and sponsored the Young Philanthropist Hole at The Annual Golf Classic, and our just announced fall winner Patti Yonev who won **\$4,695**. Thank you to everyone who bought tickets and supported this great fundraiser for CAP!



44TH ANNUAL GOLF CLASSIC

TUESDAY, AUGUST 8, 2023

Dundas Golf and Curling Club provided a beautiful backdrop for this year's sold-out Golf Tournament presented by Johnston Chrysler.

The 144 players enjoyed a round of golf, a sweet treat from Lady Glaze Donuts, a Jägermeister shot, a hole in one and beat the pro contest, in addition to the young philanthropist station where you could buy a bracelet to support CAP. All this resulted in **an astounding \$47,000 raised** to continue to provide FREE services for our clients. Thank you to all the volunteers, golfers and sponsors who helped make this year's tournament a success. See you on the greens next year!



MAKING WISHES COME TRUE

HOW ONE PATIENT'S WISH BECAME A REALITY WITH HELP FROM CAP

I have been a registered nurse for over 27 years and spend most of my career on palliative and end of life care.

Earlier this year I met with staff at CAP (Debbie and Cindy) for help with a patient who is in a long term care home with stage 4 cancer. A doctor on my team shared that Jean (my patient) had a "bucket list". One of the items on Jean's "bucket list" was to attend a Tiger-Cats football game.

I was able to secure tickets in an accessible seating area thanks to Grace at the Ti-Cats office and just had to figure out how to get Jean there. I tried multiple avenues, but turned up empty, until I remembered CAP.

Staff at CAP confirmed, "we can help with this" and got us in touch with a CAP driver named Gord, who was wonderful. He wanted to do a trial run, and got in touch with Tim Horton's Field. So everything was set.

Gord picked Jean up in a suit and tie, got her and her guest to the game, which she really enjoyed despite the rain and the loss with one second left!!! Gord provided much more than a ride to the game and a ride home that night. Jean had a hot dog, a hot chocolate, great conversation and a lovely outing that created a lasting memory.

Thank you CAP for your help, it meant so much to Jean, who didn't think it would happen. This incredible gesture of kindness from the staff at CAP really raised my job satisfaction. There is nothing more meaningful than being able to touch someone's life in such a special way.

Thank you all, so very much,

Melissa

Melissa Chadwick, RN, BScN, CHPCN(C)
Palliative Care Consultant
Home and Community Care Support Services
Hamilton Niagara Haldimand Brant



THANK YOU SO MUCH!

2023 saw the increase of Third-Party Fundraising Events all in the support of CAP. We welcomed back – Bands for Boobs and the Linseed Fashion Show. New “friend raisers” this year included the AIM Scrap Metal Drive, Averie’s Looms of Love, Bowling for Big C, and our very successful 50/50 lottery partnership with the Hamilton Cardinals Baseball team. We also introduced the Many Seeds app; watch 3 – 15 sec ads and earn money for CAP! What could be simpler!

Thank you to everyone who held an event or helped raise money so that CAP could continue to provide FREE services to those impacted by cancer.

- AIM Scrap Metal Drive
- Ancaster Film Fest
- Annual Cameron R. Way Memorial Golf
- Averie’s Looms of Love
- Bands for Boobs
- Barb Swing Cookbooks
- Big Yellow Bag Fundraiser
- Bishop Tonnes Fundraiser
- Blackheath
- Bowling for Big C
- Club 30
- Edgewater Summer Fest
- Empire Barber Shop
- Hamilton Cardinals 50/50 Lottery
- Hillfield Strathallan College – Employee Donations
- Kal Tire – Steetfest BBQ
- Linseed Fashion Show
- Lou’s Ride
- Lynden Lions Club
- Mountain Budz
- Pugliese Association
- Speaker Series
- St. John Henry Newman – Purse Bingo
- Villages of Glanaster
- Zelus Material Handling – Employee Donations



These third-party events have raised over **\$67,000** this year for CAP.

You could be our next third-party fundraiser. No event is too small.

Contact Sheila at events@cancerassist.ca or check out the application on our website at cancerassist.ca/third-party-fundraisers/






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- Answering Questions about Cancer (Plus the Crabby Details!)
- Hope for the Best. Plan for the Rest
- The Surprising Relationship Between Alcohol and Cancer
- Talking to Children about Cancer
- Mobile Cancer Screening for our Communities
- Coping with Terminal Cancer
- Sun Safety Tips from an Expert
- And many many more!

To tune in, visit cancerassist.ca or search for Cancer Assist Podcast wherever you listen to your podcasts.



“Alone we can do so little; together we can do so much.”
-Helen Keller



The Gift of Time



Breaking barriers in transportation has always been a priority for CAP in our mission to help cancer patients in our community. As one of CAP's most interactive, client facing volunteer positions, the Drive Coordinator plays a pivotal role in providing service. Each day, CAP Drive Coordinators work with clients and fellow volunteers to schedule rides to and from cancer related medical appointments, manage the logistics involved with delivering equipment and personal care items and provide assistance to clients and drivers throughout the day.

"As someone who likes to connect with people and keep busy, the Drive Coordinator position has been a really great fit for me."

-Volunteer Drive Coordinator, Leigh W.

CAP is always looking for great people to join our volunteer team and we are currently in need of additional Drive Coordinators. We would encourage anyone who enjoys talking to people, learning new technology and is looking for a way to keep busy while giving back, to apply. Learn more about this position and others by contacting Cindy Sharp, Volunteer & Client Services Manager at csharp@cancerassist.ca.

thank you

To our incredible CARE Walk,
Women's 9 & Dine and Golf
Classic donors.
We couldn't do it without you!

- AIM Recycling Hamilton
- Amy Pederson
- Anonymous
- Audi Johnston
- Baldasaro Contracting Inc.
- Bond Permanent Jewelry
- Bonnie Pataran
- Brott Music
- Brownlow Partners
- CAP's Young Philanthropists
- Cecelia Carter-Smith
- Chippewa Creek Golf Course
- Chuggy's Tap & Grill
- Colio Estate Wine
- CRS Specialties
- Dan Keays
- Darling Ingredients
- David Cramasco
- Debbie Logel-Butler
- Designers Printing Inc.
- Doc Magillans
- Dundas Valley Golf & Curling Club
- Dusty Vacon
- Eastmount Chiropractic & Wellness Centre
- Excalibur Insurance
- Far Samji
- FirstOntario Credit Union
- FORE Golf Bar & Pizzeria
- Fortinos, Centennial Parkway
- Golden Horseshoe Tire
- Groupe Touchette
- Hamilton Cardinals
- Hamilton Professional Firefighters Association
- Hamilton Tiger-Cats
- Hans Rerup
- Hess Millwork
- Jacqueline Ashbaugh
- Jacqueline's Home Baking
- Jonathan & Jacqueline Demers
- Johnston Chrysler
- John Voortman
- Kal Tire
- Karen Bowker
- Kintec Footwear & Orthotics
- Knollwood Golf Club
- Krista Kay
- Laneway Distillers
- Laura Seki
- Len Varrasso
- Lesley Erskine
- Lisa Owens
- Listright.ca
- LiUNA Local 837
- LJ Barton Mechanical Inc.
- Louise Balcomb
- Mabel's Labels
- Marilyn and Paul Heimpel
- McDonalds - Hamilton/Stoney Creek
- McDonough Dentistry
- McHugh Whitmore LLP
- Morison Insurance
- Nicole Caldwell
- OM Massage & Wellness
- Princess Auto
- Purple Pear
- Rockway Vineyards
- Ross & McBride LLP
- Ruth Organ
- Satellite Gardens
- Sense of Hearing
- Sergio Caccoilo
- ServRite JBMD
- Shaw Festival
- Sheila Sferrazza
- Southbrook Golf & Country Club
- St. John Henry Newman Catholic Secondary School
- St. Mary's Catholic High School
- Steve Hawkins
- Sue Cutmore
- Sue McIlveen
- System Lifeline
- Terri Deline
- The Moderne
- The Works Craft Burgers & Beer
- Thundering Water Golf Course
- Tim Hortons
- Top Shelf Storage
- Tower Service Station Ltd.
- Turner Family Funeral Homes
- VISUS Eyewear
- Wilma Livingstone

CAP Volunteers honoured at 28th Annual Senior of the Year Awards

On October 19th, the City of Hamilton recognized and celebrated 27 seniors for their volunteer contributions to the community at the 28th annual City of Hamilton Senior of the Year Awards. Included in this year's list of nominees were two outstanding CAP volunteers, Paul Heimpel and Greg Poehlman. Please join us in congratulating both our nominees, who each took home the awards in their respective categories. Equipment volunteer, Greg Poehlman was the well deserving recipient of this year's Behind the Scenes Award. Through his collaborative leadership, technical skills and attention to detail, Greg exemplifies his commitment to helping CAP break barriers in home health equipment for cancer patients. The 2023 Ron Smithson Leadership Award winner, Paul Heimpel has been a devoted CAP volunteer for more than two decades. In his role as Board Chair, and involvement with events, Paul has made significant contributions to the CAP mission through his transformational leadership and client focused attitude.

If you would like to join CAP's dynamic team of volunteers, as part of our transportation, client services, equipment or event teams, please contact our Client Services & Volunteer Manager Cindy Sharp at csharp@cancerassist.ca.



Cancer Assistance
PROGRAM

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