



### MESSAGE FROM THE EXECUTIVE DIRECTOR:



## Our Champions of Care

On March 15th, 1994, a group of eighteen community members under the leadership of Don Muir signed the official documents for the incorporation of the Cancer Assistance Program (CAP).

limitless concerns including the fear of cancer coming back, financial concerns, body image issues from the effects cancer treatments inflict.

As the population ages and lives longer, more people are being diagnosed and for many of those previously diagnosed are now experiencing it again, bringing all the same needs plus the emotional challenges of knowing what the treatments are like and the implications to their family and their relationships.

Cancer recurrence means CAP clients are with us for many years and so are the volunteers that give so generously of their time to help us provide the needed services and raise the necessary funds.

Lisa Davino Owens is one of these people who was first introduced to CAP when she needed assistance caring for her parents. Lisa saw first-hand the difference that CAP can make and became a dedicated volunteer. Not only did Lisa volunteer but it became her personal mission as an educator to introduce her students to the importance of *philanthropic giving – giving of time, talent, and treasure to help make life better for other people.*

As you are reading this spring newsletter, I would ask that you take a moment to reflect on the resiliency of this organization and the dedication of the hundreds of volunteers and donors who for the past 30 years helped CAP continue to provide the FREE PRACTICAL services to those impacted by cancer.

## THANK YOU AND HAPPY 30TH ANNIVERSARY!



Debbie Logel Butler | Executive Director



**Help**  
when you  
really need it.  
 Cancer Assistance  
PROGRAM





## Third Party: Upcoming Fundraisers

Check for updates often at  
 ✉ [cancerassist.ca/third-party-fundraisers/](mailto:cancerassist.ca/third-party-fundraisers/) or  
 ✉ [events@cancerassist.ca](mailto:events@cancerassist.ca) or  
 ☎ 905.383.9797 x112 for more info.

### Villages of Glanaster Door to Door Campaign

🕒 May 1 – 31, 2024

### Bowling for Big C

🕒 Monday, May 6, 2024  
 📍 University Lanes, Dundas

### St. John Henry Newman Purse Bingo

🕒 Friday, May 10, 2024

### Hamilton Cardinals Season Home Game 50/50 Lottery in Support of CAP

🕒 May 17-August 16  
 📍 Bernie Arbour Memorial Stadium

### Edgewater Summerfest

🕒 Saturday, July 20, 2024

### Lou's Motorcycle Ride for CAP

🕒 Saturday, September 7, 2024



# Thank You

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



## STAFF PROFILE



### CAP welcomes to the team Kelsey Nicholson, Marketing and Community Engagement Manager.

Kelsey will take the lead on CAP's community engagement initiatives, ensuring that individuals navigating a cancer diagnosis are aware of and can easily utilize CAP's services. Additionally, Kelsey will lead in the development of marketing projects, spanning from website improvements to social media, print materials, and more.

*"In my first week at CAP, the dedication of the volunteers has left me inspired. There is so much heart in this organization and I can't wait to make a meaningful contribution. With a passion for community development and a background in real estate, I am eager to use my experience to enhance CAP's impact in Hamilton. Beyond work, I'm an avid animal lover (ask me about my cat) and I spend most of my nights creating stained glass art. Come by my office - I look forward to getting to know each of you."*



## FAREWELL TO BOARD MEMBERS



### Dr. Bill Evans

Dr. Evans joined the Board of Directors in April, 2015. During his tenure, Dr. Evans was a member of the Major Gift and Fundraising committee. Dr. Evan's expertise in the field of Oncology has been appreciated by the organization and he was instrumental in launching the Cancer Assist Show, first as a biweekly radio show on CHML and then in March 2020, as our monthly Podcast. Known for sharing his medical knowledge, Dr. Evans provided wise counsel at each board and committee meeting that he attended. Dr. Evans will be continuing his volunteer work as podcast host for the next while.



### Michael Ecker

Michael joined the Board of Directors in April, 2015. During his tenure, Michael served as President, and Past President of the Board of Directors. He was Chair of the Major Gift and Fundraising committee and Chair of the Finance and Investment committee. Michael's expertise in the financial sector has been appreciated by the organization and he was instrumental in implementing many of the financial processes for our banking, investments, and audit services. Michael is known for always bringing a story to each committee meeting that he attended of someone he met and how he told them about the work of CAP. Many of these individuals have now become supporters and donors. Michael was known to come to each meeting prepared and with thoughtful and inquisitive questions for staff and other board members.



On behalf of the Board of Directors, staff, and volunteers, thank you Bill and Michael for your years of service and dedication. You will be missed.

With your support, we can continue our legacy of providing help when it is needed most.  
 Contact ✉ [events@cancerassist.ca](mailto:events@cancerassist.ca) or ☎ 905.383.9797 x112 to start the planning of your fundraiser.



# 30<sup>TH</sup> ANNIVERSARY 1994-2024

## 30th Anniversary Celebration

March 15, 2024 marked CAP's 30th Anniversary of providing FREE services to our community. Thirty years is a milestone we are very proud of, and we celebrated all day!

We kicked off our festivities with a special breakfast with guests Mayor Andrea Horwath and MPP Monique Taylor, who officially launched our 30th Anniversary. They recognized and thanked the vision of the 18 dedicated volunteers who began CAP's journey three decades ago. We were especially happy to celebrate with our founding volunteers Len, Helena, and Jeff, who were at the celebration and received a plaque for their vision and dedication.

We ended the day with an evening celebration with an astounding sold-out crowd of over 400 people. Our community came together for an incredible evening of music, food, games and fundraising for CAP's services. Together we raised \$30,000 for 30 years of service that will allow CAP to remain steadfast in our mission to provide practical assistance and unwavering support for people facing a cancer diagnosis in our community. Thank you to all the sponsors, food donors, donors, and participants for an evening we will never forget. Cheers to 30 Years!

Thank you to the following sponsors who supported with a gift of \$1,500 and above.

- [FirstOntario Credit Union](#)
- [LiUNA Local 837](#)
- [Morison Insurance](#)
- [Toronto Custom Concepts](#)



## 2024 Signature Events

### 10th Annual CARE Walk & Roll

🕒 SATURDAY, MAY 25

Get ready to celebrate the 10th anniversary with a splash of fun!

We're turning up the excitement with four awesome meetup locations: CAP Office, Bayfront, Confederation Park, and Binbrook. Whether you're strolling, rolling, or skipping, join us for a day filled with laughter, camaraderie, and good vibes. Let's make memories, spread joy, and show our support in honour of a friend or loved one affected by cancer. Register yourself or a team and begin collecting pledges today. Registration is \$30 for adults and free for children.

CARE Walk & Roll 

## Unlocking Generosity: The Impact of Planned Giving; A Legacy of Giving

Planned giving is on the rise, reflecting a cultural shift towards leaving lasting legacies. In Canada alone, over \$8 billion is transferred annually to charities through bequests, as reported by the Canadian Association of Gift Planners (CAGP).

### Gifts of Shares and Stocks:

Donating appreciated securities offers donors tax benefits while amplifying their impact.

### Bequests:

Through wills or estate plans, individuals ensure their values endure by supporting causes close to their hearts while supporting family as well. Designating a portion of one's estate to charitable organizations leaves behind a powerful legacy of generosity.

In the realm of philanthropy, planned giving empowers individuals to shape the future, ensuring their contributions make a lasting impact.

Contact us today to start your planned giving legacy.



## 2024 SIGNATURE EVENTS

### Women's 9 and Dine

📅 Tuesday, June 4, 2024

📍 Southbrook Golf & Country Club

Join us for a thrilling event featuring 9 holes of golf, a power cart, dinner, prizes, games, and on-course contests! Plus, get exclusive golf and networking tips from Long Drive Champion, Far Samji.

### Annual Golf Classic

📅 Tuesday, August 13, 2024

📍 Dundas Valley Golf & Curling Club

Get ready for an unforgettable day of golf! Enjoy 18 holes with a power cart, delicious food and beverages, a drink ticket, special gifts, and exciting on-course contests. Stay tuned for early bird registration opening soon! Visit [cancerassist.ca/events/golfclassic/](https://cancerassist.ca/events/golfclassic/) for the latest updates on format and details as they're confirmed.

### 30th Anniversary Gala

📅 Thursday, November 14, 2024

Join us for our signature fundraising event, where the community comes together to support cancer patients and their families during their time of need. Stay tuned for more details as they become available this fall. Together, we can make a difference.

## Thank you for Making a Difference!

In 2023, the Cancer Assistance Program saved **4,798** Registered Clients and their families in our community a combined total of

# \$907K



442 LOANED  
ROLLATORS  
= \$154,080



115 RAISED  
TOILET SEATS  
= \$29,700

237 LOANED  
COMMODOES  
= \$60,000



5,622 SIX-PACKS OF  
NUTRITIONAL  
SUPPLEMENTS  
= \$61,842



2,224 FREE  
PARKING SPOTS  
= \$46,704

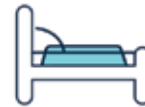
59 BREAST  
PROSTHESIS  
= \$17,700



3,885 PACKAGES  
OF INCONTINENCE  
PRODUCTS = \$67,987



98 LOANED  
BEDRAILS  
= \$28,500



523 GROCERY  
BAGS = \$28,765

\*Discontinued as of March 31, 2023

303 LOANED  
WHEELCHAIRS  
= \$133,440



88 WIGS  
= \$35,200



117 LOANED  
BATH TUB  
TRANSFER  
CHAIRS  
= \$41,760

211 LOANED BATH  
CHAIRS = \$60,300



11,823 RIDES TO  
CANCER-RELATED  
APPOINTMENTS  
= \$88,672

23,146 VOLUNTEER HOURS = \$383,067\*

Based on 2023 Ontario minimum wage.

\*Not included in total savings

\*Equipment loan prices based on Rexall Pharma Plus Ltd. 2023 listing



Interested in sponsoring, donating or more information?  
Contact 📞 905.383.9797 x112 or ✉ [events@cancerassist.ca](mailto:events@cancerassist.ca)





SAVE THE DATES!

## Hamilton Cardinals - SEASON OPENER MAY 17

The relationship between CAP and the Hamilton Cardinals baseball team is flourishing in 2024, and we're thrilled to announce that the excitement doesn't stop with the home opener on May 17th! Not only can you cheer on our team, but you also have the chance to win big with our exhilarating 50/50 draw at the game. So, grab your lucky charm, rally your friends, and join us for an unforgettable season filled with baseball thrills, community spirit, and the opportunity to strike it rich!

## CAP's Summer 50/50 Lottery MAY 29 – JULY 2

Get ready for an exhilarating start to summer with the Cancer Assistance Program's Summer online lottery, launching on May 29th! Dive in for your shot at scoring big by grabbing your tickets soon.

Our winter 50/50 Lottery shattered records with an unprecedented jackpot of \$14,180! The lucky winner, Maryanne J., claimed an astounding \$7,090, making it a win to remember.

## CAP's Fall 50/50 Lottery AUGUST 28 – OCTOBER 1

Don't let the opportunity slip away – join the excitement and support a great cause with the Cancer Assistance Program's online 50/50 lotteries!



VOLUNTEER SPOTLIGHT

## Join us in Making a Difference!

CAP volunteers, the unwavering backbone of our organization, epitomize selflessness and empathy. In a world where the need for care and understanding is paramount, they emerge as silent heroes, generously dedicating their time, energy, and expertise to support cancer patients and their families in Hamilton.

With over 160 volunteers contributing more than 23,000 hours in 2023 alone, their impact is profound. They not only provide practical assistance but also companionship, empathy, and hope, fostering a more inclusive and compassionate society.

One of the most remarkable qualities of CAP volunteers is their extraordinary ability to empathize with others. Reflecting on their own personal commitment, CAP volunteers often express a mission driven mindset.

Whether driving patients to appointments or sanitizing home health equipment, they engage with individuals facing the diverse challenges a cancer diagnosis brings, fostering a deep understanding of the human experience that forms the foundation of their support.

Their dedication inspires a ripple effect of compassion throughout our community. Join CAP's team of volunteers and become a Champion of Care, fostering a more inclusive and compassionate society. Together, we can make a difference.

*"Volunteering at CAP has profoundly impacted me. CAP has allowed me to foster empathy, personal growth, and fulfill a profound sense of purpose while providing an opportunity to make a meaningful contribution to the lives of those affected by cancer. Ultimately enriching my own life and the broader community." Armaan, CAP Volunteer*



Cancer Assistance  
PROGRAM

## CHAMPION VOLUNTEER & DONOR



*"Volunteering uses both my hands, the first hand helps others in countless ways while the second hand helps myself: to live longer, feel better and have a positive outlook."*

**LES**

— GALLERY OF —  
**CHAMPIONS**



Cancer Assistance  
PROGRAM

## CHAMPION VOLUNTEER



*"I volunteer because of my personal commitment to supporting humanity and the community where I live. At CAP, I am privileged to support people at their greatest time of need which gives me a sense of purpose."*

**CHIDI**

— GALLERY OF —  
**CHAMPIONS**



- Brownlow Partners
- Dr. Eileen and John Hutton
- First Ontario Credit Union
- Johnston Chrysler
- Johnston Family
- LiUNA Local 837
- McHugh Whitmore LLP
- Multi-Area Developments
- Sam Mattina & Family
- Sons & Daughters of Italy
- Westinghouse HQ

## A big **THANK YOU** to all our champions who supported our 2023 Gala.

November 9th was an evening to celebrate our Champions; Caregivers, Donors, Clients, and Volunteers while raising the needed dollars to continue our invaluable services.

We welcomed guests back to an in-person event that honoured our champions, provided a wonderful evening of music, food and fellowship while our at home participants enjoyed their curated VIP Experience Bundles while watching the event live from the Art Gallery of Hamilton.

There are so many people to thank for the success of this event as together we raised over \$122,000! Thank you to all our donors, sponsors, community partners, volunteers and staff who supported this great event.

Special thanks to our donors and friends who supported The Gallery of Champions with a gift of \$1,500 and above.

# The Cancer Assist Show

## Practical, informative podcasts

Listen Anytime,  
Anywhere

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.**

### Explore 50+ episodes featuring diverse topics, such as:

- **Unmasking the Correlation Between Cancer and Air Pollution**  
*Delve into the connection between air pollution and its alarming correlation with cancer. We explore the hazardous pollutants in our air and the impact on human health.*
- **Precision Medicine and Personalized Care**  
*As new treatments and drugs come onto the market, pharmacists are more important than ever. Kirk Wong helps to answer questions about medications.*
- **Understanding Chronic Lymphocytic Leukemia (CLL)**  
*Dr. Hillis explores the role of our immune system, blood cells, and diagnosis and treatment options for those living with Chronic Lymphocytic Leukemia*
- **Hope for the Best, Plan for the Rest**  
*Dr. Sammy Winemaker and Dr. Hsien Seow join us to talk about their new book: Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis.*
- **Answering Questions about Cancer (Plus the Crabby Details!)**  
*We discuss Dr. Stewart's new book: "Why Cancer Still Sucks", which addresses common questions about cancer, as well as hopeful changes for the future.*
- **Patient-Centred Care for a Better Treatment Journey**  
*There are some avenues of care that may be overlooked in favour of direct treatment. Including symptom management, psychological and social supports, and family support.*

CURRENTLY  
ACCEPTING  
PRIZE AND  
AUCTION ITEM  
DONATIONS

**CARE Walk  
& Roll**

Presented By:  
**FirstOntario**  
CREDIT UNION

## Fundraise with Purpose. Help with Passion.

**SATURDAY MAY 25TH, 2024 | Anywhere, Anytime!**

**WALK, RUN, BIKE OR ROLL**

**COST - \$30/adult (children are free)**

Join a CAP meet up or you can opt to complete the 5km in a manner or location that suits you best. All ages are welcome to participate, so gather your friends and family and start fundraising!

Est

2015

10<sup>th</sup>  
Anniversary

