



Community Newsletter

Spring 2025



Debbie Logel Butler

Message from the Executive Director

“At CAP we know that there is hope when we come together”

The first few months of 2025 have been filled with much anxiety and uncertainty as our political world is being challenged with change. Situations arise that for many are out of our control, bringing both old and young a sense of fear and the need to surround themselves with those they trust.

For many when they receive a cancer diagnosis, similar feelings are felt. As you read the attached letter from Kelechi, a CAP client, and her feelings from diagnosis through treatment to finding her “community” at CAP, we know that there is hope when we come to together.

As a **local, one-of-a-kind, charity** that provides FREE services for cancer patients and their families we are proud of how we are doing our very best to meet the growing demand for drives, equipment, personal care items, wigs and mastectomy products. For the past 31 years, we have built trust in our relationships with our clients, their family members, our volunteers, our donors and our sponsors. This has helped in raising dollars, event participation, volunteer recruitment and increasing awareness of our services.

These first few months of 2025, have seen a renewed pride in being **“A CANADIAN,”** and a strong sense of community supporting each other and those in our local neighborhoods. With over 184 active volunteers and a small staff team, we work tirelessly to assist those in our city to remain in their homes, with their dignity and independence intact as we become part of their “caring community”.

Our Board of Directors continues to lead the way strategically looking to the future and how to ensure that the CAP of today is here tomorrow for clients like Kelechi and so many others. As you read through the following pages, take a moment to reflect on the stories, and pictures of those who give so generously their time, talent and financial resources as they assist cancer patients in our local community.

We thank you, and we encourage you to continue to join our local CAP community, in providing **help when it is really needed.**

Sincerely,

Debbie Logel Butler

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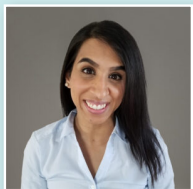
Board of Directors Update

Farewell to Board Members Ray Hutton and Sarah Shallwani



Ray joined the Cancer Assistance Program in April 2016. During his tenure Ray was instrumental on the planning committee that oversaw the relocation of the CAP offices to 555 Concession St. and the sale of CAP's former properties. He was a member of the Finance and Investment

committee, the Fund Development Committee, and held the positions of Vice President, President and Past President, providing expertise and guidance during his 9-year term. Ray and his family have generously supported CAP's first ever podcast - "The Cancer Assist Show" and all of CAP's fundraising events. Ray has been a valuable advocate by introducing CAP to his personal and business networks.



Sarah joined the Cancer Assistance Program in April 2021. During her tenure Sarah was a member of the Quality and Risk Committee providing expertise and guidance during her 4-year term. Sarah supported many of CAP's fundraising events and was instrumental in the launching of CAP's equipment tutorial videos on YouTube.

Thank You!

Ray and Sarah for your years of service and dedication to our clients and our community.

Welcome New Board Member

Cameron (Cam) Kowalski, MA



Cam comes to the CAP Board of Directors as a retired RCMP officer and experienced leader in multiple disciplines specializing in emergency management, security planning and response. Currently, Cam is the Director of Operations, Chronic Pain Centre of Excellence for Canadian

Veterans in Hamilton. Cam is the grandson of CAP founder Don Muir and has volunteered as a driver and on CAP's golf committee for the past few years.

Welcome!

Upcoming Third Party Fundraisers



**Villages of Glancaster Campaign
May 1 - 31, 2025**



**Hamilton Cardinals Home Games
50/50 Lottery in Support of CAP
May 16 - August 15, 2025**



**Edgewater Summer Fest
July 19, 2025**



**Lou's Ride for CAP
10th Anniversary
September 6, 2025**

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

Become a hero in your community by hosting your own event to support the Cancer Assistance Program! Whether you're planning a big bash or an intimate gathering, every dollar raised makes a real and powerful impact on the lives of those in need.

Picture the smiles on the faces of friends, family, and neighbours as you come together for a cause that truly matters. With your event, you're not just raising funds – you're creating a ripple effect of positive change that touches the lives of everyone around you.






So, why wait? Be the catalyst for good and host an event that leaves a lasting legacy of support and hope right in your own backyard with the Cancer Assistance Program.

With your support, we can continue providing help when it is needed most. Contact events@cancerassist.ca or 905.383.9797 x112 to start the planning of your fundraiser.



In 2024, the Cancer Assistance Program (CAP) saved 2,162 active clients and their families a combined total of **\$1.5M**

CAP registered 1,501 new clients in 2024 averaging 30 new clients weekly.

 TRANSPORTATION	 EQUIPMENT	 PERSONAL CARE	 EDUCATION	 VOLUNTEER
15,021 Rides to Cancer-Related Appointments	2,072 Pieces of Loaned Equipment	10,907 Personal Care Items	12 Episodes Cancer Assist Educational Podcast	26,342 Hours of Volunteer Time
2,244 Doorstep Deliveries	Including: 469 Rollators 254 Transport Chairs 229 Bath Chairs 235 Commodes 119 Bed Rails & More	Including: 4,864 Packs of Incontinence Items 5,805 Six Packs of Nutritional Supplements 170 Wigs 68 Breast Prostheses	2,077 Podcast Listeners in 2024 Listeners in 5 Continents	197 Total Volunteers 92.5% Volunteer Retention Rate

30th Anniversary Gala ReCAP



On November 14, 2024, CAP wrapped up a year-long celebration of 30 years of offering FREE services to cancer patients with an unforgettable event—the Yesterday, Today, and Tomorrow Gala.

The gala was held as a hybrid event, with the beautiful King George Ballroom at Liuna Station serving as the backdrop for the in-person experience. For those who purchased the experience bundle with Zarky's Fine Foods as the main sponsor, they had the opportunity to watch from the comfort of their own homes. It was a special time to reflect on the past, with some of our original volunteers, celebrate the impact we've made today, and look ahead to what the future holds for CAP, especially in light of our growing waitlists.

A heartfelt thank you to everyone who supported the gala and helped raise an incredible \$150,000. With the continued support of our sponsors, donors, community partners, volunteers, and staff, the future of CAP is bright.

Special thanks to our donors and friends who supported the 30th Anniversary Gala with a financial gift of \$1,500 and above.

Anonymous
Boehringer Ingelheim
Brownlow Partners
Claire Kisilnsky
Dr. Eileen and John Hutton
FirstOntario Credit Union
Dr. Bill and Jane Evans
Johnston Chrysler
Kelly Dunham Memorial Foundation

LiUNA Local 837!
Morison Insurance
Multi-Area Developments
Ray & Caroline Hutton
Sam Mattina & Family
Sons & Daughters of Italy
Weekes Family
Westinghouse HQ





Bras for Buddies

A Survivor's Legacy of Love, Support, and Well-Fitted Bras

When Wendie was diagnosed with a rare type of breast cancer in 2011, she began a journey through chemotherapy, radiation, and surgery at Juravinski Hospital. Like many others, she faced an unexpected challenge of feeling confident in her newly changed body. After a mastectomy, the right prosthesis, bra, and wig can make all the difference. These items go beyond providing physical comfort, they are crucial in helping people feel comfortable in their own skin again.

Finding a comfortable, well-fitted bra to accommodate her prosthesis became essential for Wendie. Yet, she quickly realized how difficult it was to access these items after recovery.

"There were government subsidies for wigs and prostheses, but not bras.

How are you supposed to keep the prosthesis in place—using duct tape?" Wendie jokes. It was that realization that during her recovery she had to navigate a system that overlooked the crucial needs of women post-surgery.

Understanding first hand the importance of having access to mastectomy bras, Wendie felt she had to make a difference. ***"No woman should have to choose between feeling confident with a well-fitted mastectomy bra or putting food on the table or gas in their vehicle,"*** she says. Wendie knew that many women lack insurance coverage or the financial means to afford these bras, she decided to take action.

Wendie's dream was to create a program that would provide women with the bras they needed after their surgeries. Bras for Buddies was thus created, a program where women can come to CAP to receive a free mastectomy bra and prosthesis in a personal private fitting room. If CAP does not have a proper fitting bra for the client, they are given a Bras for Buddies coupon to receive a free bra from Mastectomy Lingerie & More.

CAP has recently expanded the Bras for Buddies and wig programs into an online platform at capwigstore.ca, where clients can browse our inventory before their in-person appointment. This allows clients to get a sense of the styles, sizes, and options available, helping them feel more prepared, informed, and empowered ahead of their visit.

Wendie's hope for the future of the "Bras for Buddies" program is simple yet powerful: ***"I hope my legacy is that I have helped women feel more confident and feminine."*** She dreams of a future where every woman facing breast cancer feels supported, understood, and empowered, knowing that they are not alone. Wendie's commitment to helping others shines through in every aspect of her life, making her an inspiring supporter of CAP's mission. Wendie's story is a testament to the power of empathy and action. She has turned her personal experience into a movement to support and uplift other women.



Volunteer Drivers Urgently Needed

Flexible Late Afternoon Shifts Now Available!

With cancer diagnoses on the rise, the demand for CAP's services has never been greater. While all our programs are feeling the impact, transportation is especially stretched, with appointments running later and longer each day.

Last year, CAP volunteer drivers provided 15,021 one-way rides to cancer-related medical appointments, an incredible 27% increase from the year before. **In just the first three months of 2025, demand has already risen another 25%, and we don't expect it to slow down.**

To keep up, we urgently need more volunteer drivers, compounded by a new time extension at the JCC starting June 2025, we're now able to offer flexible late-afternoon shifts from 3:00–7:30 p.m. which may be perfect for those looking to help out after work or during evening hours.

Our volunteers often tell us how rewarding this role is. As one of our volunteer drivers shared:

"Seeing the good work we do for people in need is very rewarding. I've met some really nice drivers and other people who are always willing to help out. It's also heartwarming to see how grateful our clients are for the support they receive."

Every ride matters. If you can spare even a few hours a week, you can provide comfort, connection, and care to someone facing cancer.

If you're able to help, we'd love to hear from you. **Sign up today!**

Visit cancerassist.ca/volunteer for more information.

2025 Signature Events

Spring Fling

CAP's event season kicked off with a vibrant Spring Fling at the Royal Canadian Legion on March 21, 2025. With more than 350 guests in attendance, the evening was filled with celebrations, marking both the arrival of spring and CAP's ongoing achievements.

A heartfelt thank you to the dedicated volunteers, sponsors, and donors whose unwavering support made this event possible. Thanks to their generosity, we raised over **\$30,000** to help continue providing **FREE** services to our cancer clients.



CARE Walk & Roll

CARE Walk & Roll

It's time to lace up your shoes and get ready for CAP's 11th annual CARE Walk & Roll!
Saturday, May 24, 2025

Create your own team and join one of our meet-up locations: CAP Office, Confederation Park, or Binbrook. Whether you choose to walk, roll, stroll, stride, hike, or run, come together for a day filled with laughter, camaraderie, and positive energy. Walk in support of a loved one, or in honour of a friend or neighbour affected by cancer.

Together, we can make a difference. Registration is \$30 for adults and free for children under 18.

Visit cancerassist.ca/care-walk

GOLF CLASSIC

Annual Golf Classic

The stunning greens of Dundas Valley Golf & Curling Club will once again set the stage for our Annual Golf Classic on **Tuesday, August 12, 2025**. With a day filled of golf, delicious food, exciting prizes, and fun games, it's the perfect way to enjoy a summer day while supporting CAP. Early bird registration opens in June!

For the latest updates on the event and details, visit cancerassist.ca/golf-classic

Signature Event

CAP's Hybrid Signature Event will be held on **Thursday, November 13**, in the elegant King George Ballroom at Liuna Station. This special evening will bring together sponsors, donors, volunteers, clients, and supporters to celebrate and strengthen our ongoing commitment to cancer clients and their families in our community. Stay tuned for more details as they become available!

SAVE THE DATES!

Hamilton Cardinals Baseball Team Home Opener May 16, 2025

Take me out to the ball game,
let me root, root, root for the home team!

It's that exciting time of year again, as CAP teams up with the Hamilton Cardinals Baseball Team! Join us at the home games to cheer on the team and try your luck at the 50/50 draw, with proceeds supporting CAP's services.

This year, we're thrilled to host the All-Star Showdown on July 19 & 20, featuring a Charity Classic game, a home run derby, and the All-Star game. Whether you're a die-hard baseball fan or just looking for a fun day out with family and friends, Bernie Arbour Stadium is the place to be this summer. Let's hit a home run for CAP!

For it's one, two, three strikes, you're out, at the old ball game!

CAP 50/50 Lottery Summer & Autumn

This February, our Frosty Fortune 50/50 Lottery winner took home **\$5,360**—could you be the next lucky winner?

Kick off the summer with CAP's Summer Lottery, running from June 2 to July 7, and you could win big and enjoy a vacation!

Wrap up the year with CAP's Autumn 50/50 Lottery, happening from August 25 to September 30.



Pictured CAP Staff Sheila, S & Lottery Winner Hung, N & Friend

Don't miss out on your chance to win big!



CARE Walk & Roll



\$30
REGISTRATION!
CHILDREN ARE FREE

SATURDAY, MAY 24, 2025!

Register at cancerassist.ca/care-walk



**Side by Side,
Supporting Hamilton**



The Cancer Assist Show

Practical, informative podcasts
Now offering video episodes!

Listen or Watch
Anytime, Anywhere

Watch on YouTube or cancerassist.ca/podcast as cancer care specialists discuss a variety of practical cancer-related topics to help navigate prevention, treatment and care.

Recent Episodes Include:

Nutrition for Cancer Patients: Overcoming Taste Changes, Appetite Loss & More
Breaking the Stigma: The Truth About Lung Cancer Screening & Survival with Dr. Christian Finley
Care to Plan, Plan to Care: Diving Into the Regional Cancer Plan 6 with Neil Johnson and Jennifer Smyth
Taking the Holistic Approach with Andrea Floyd
Supporting Children and Teens Through A Parent's Cancer Journey with Laura Jin

Why You Should Leave a Charitable Gift in Your Will

Your Gift for Tomorrow

Every day, people just like you have left incredible meaningful marks on our community through their generosity. You can leave a living legacy, too, through a gift in your Will. The decision to make this type of gift is a highly personal one – and each of us must decide what's most appropriate for our own situation. Some of us have family that we'd like to provide for, but when you stop to consider things, you might realize that you can both provide for your family and leave a gift that will have an impact on your loved ones and your community for generations to come. Donating a small percentage of your Will could translate to a gift of \$20,000. We dream of a world where all people affected by cancer receive help when it is needed most. You can make that dream come true.

Visit cancerassist.ca/ways-to-donate/legacy-giving/ to learn more.



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