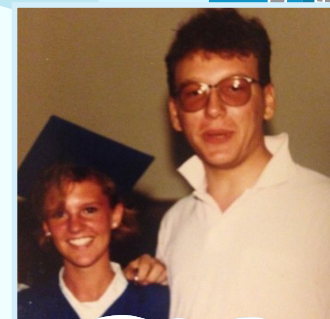


Cancer Assistance PROGRAM

Dear

It's often said that life works in mysterious ways, and Henry and I are proof of that. We were inseparable in high school, just two kids in the '80s leaning on each other through the ups and downs of teenage life. University took us in different directions: I built a family and a teaching career, while Henry excelled on the football field at Waterloo and Colgate before finding his calling as a teacher and coach.



Twenty years ago, as a single mom of three, Henry came back into my life. It was as if the missing piece of our puzzle had finally clicked. He became my partner, the most loving dad to my kids, and the center of our home filled with music, sports, and laughter. Summers at the cottage, school years in the classroom—we lived with deep gratitude for the life we'd built.

And then, everything changed. After a short cruise, Henry's back pain led to an ER visit. We expected a strain. Instead, we were told cancer had spread through his spine, causing multiple fractures. In an instant, our world shattered.



Those first days felt like a storm. Henry was terrified. How would we tell our kids, our family, our friends? But one thing was certain: Henry needed to come home. We needed him home—to share meals, watch his beloved sports, and keep music in our lives.

Henry's school community at St. John Henry Newman Secondary, who had adopted the Cancer Assistance Program as their charity of choice, rallied behind us. With CAP's help, our home was transformed with equipment that I didn't even know we would need. The walker gave him independence. The bathroom equipment gave him dignity. We were able to all eat together as a family. We even brought the equipment to the cottage, the place where we dreamed of retiring, so we could revel in the peace of the outdoors and make memories in a place he loved most. I truly believe Henry lived longer because CAP allowed him to be Henry, not just a patient.



It was more than equipment. Cancer is endless appointments and treatments. Henry could barely move, yet we still had to get him there. Parking was a nightmare, often requiring that I drive around for far too long to find a spot. Again, CAP helped with the ability to reserve parking spots near the hospital - one less burden, one more comfort. Every call I made to CAP was answered with kindness that steadied me in my hardest moments.

Cancer changed everything. Henry couldn't work. I took time off. Groceries, clothes, daily costs piled up while our family income changed. CAP's free services lifted not just an emotional weight, but also a very real financial one. CAP's support and the compassion from every single person I encountered there reminded us we weren't alone.

A cancer diagnosis ripples through every life it touches. Our roles shifted overnight. I became a caregiver, a decision maker, a rock for my children, all the while trying to celebrate good moments through the fear. Our kids became caregivers too, for Henry, and for me. Without CAP, we all could not have carried that load.

As my children will tell you, Henry came into our lives as our rock, and in the end, it was our turn to be his. One of our favourite family songs was Our House by Crosby, Stills, Nash & Young: "life used to be so hard; now everything is easy because of you." That was Henry for us and in our most difficult of times CAP made everything easier for us.

It was all of us singing that song that Henry took his last breath too.

Henry made our lives joyful, and CAP gave us the gift of joy, even in the face of loss. There are a million problems in life, until health becomes precarious. Then there is only one. CAP reminded us we weren't alone, that compassion and generosity could light even the darkest path.

Henry touched countless lives in his 57 years, leaving a legacy we are proud of. CAP left a legacy on ours, giving us the chance to live fully, love deeply, and make memories we still hold close.

For as long as I can, I will tell Henry's story—and CAP's impact—so that every family facing cancer can live their journey with dignity, comfort, and the gift of time together.

And today, you can be part of that story. Your gift to CAP ensures that another family, in the middle of their storm, will find the same compassion and hope that carried us through. Please give, and help another family hold on to what matters most.

With much gratitude to CAP and in the memory of Henry,

Jodi

Jodi

