

QUARTERLY
NEWSLETTER



Breast Cancer Action

SPRING 2009



Friday, August 7
Glen Mar Golf and Country Club
P.O. Box 532, Stittsville - 613.257.5181 - www.glenmar.ca

Join Breast Cancer Action and fellow golfers of all abilities at our **3rd Annual Golf Tournament of Hope**. We are proud to announce our emcee is Annette Goerner from 'A' News. Registration is \$100 per person and includes 18 holes of golf, a shared cart, a 1:00 p.m. shotgun start, dinner and a \$25 charitable donation to BCA. For your convenience, online registration and payment is available on our website through PayPal or you can mail your registration form (available online) and payment directly to the office.

Do you know of someone who would be willing to donate a prize, a silent auction item or something for the gift bags? Do you need help putting together a foursome? Let me know at golf@bcaott.ca. I look forward to seeing many BCA members on August 7. In the meantime, have a great golf season.

Marg Campbell
Tournament Coordinator

NEW DATE!



16th Annual Manulife Walk & Fun Run
Sunday, September 20
Rideau Canoe Club

For further information or to request a pledge form please contact us or visit our website.

INSIDE THIS ISSUE

President's Message, pg. 2
Executive Director's Message, pg. 3
Upcoming Fundraisers, pg. 4
Lymphedema Project, pg. 5

Exercise Program, pg. 6
Dragon Boat Program, pg. 7
Volunteer Program, pg. 7
5 for 50 Campaign, pg. 9

President's Message



By the time you get this newsletter spring flowers will probably be blooming and everyone will be enjoying the warmth and sunshine after what always seems like a long winter. Spring is also a busy time at BCA and we hope you will begin or continue to enjoy some of the many programs and services we offer. Our exercise, tai chi and yoga classes are open to all and the book club always welcomes new members.

Our Annual General Meeting (AGM) is Thursday, May 21, and I encourage all of you to attend. Dr. Roanne Segal is our guest speaker and I know you will leave inspired and motivated to do some of those things related to exercise and nutrition that we too often put off to another time. BCA belongs to you and the AGM is one way in which you can share your ideas with us.

Every year at the AGM there is an opportunity to meet your board of directors. We are here to serve you to the best of our abilities. In an effort to allow members to get to know the board, I am asking board members to write part of the Presi-

dent's message. Ann Knechtel, BCA's Vice-President, has kindly agreed to write for this issue and you can look forward to meeting other members of your board in future issues of the newsletter.

As always, we are here to meet your needs. Please drop by, call, visit our website and send us your feedback. Also, please note that this year our annual walk will be on Sunday, September 20. It's always a lot of fun and it's not too soon to start planning for it and consider getting together a group of friends and family to create a team.

Diane Ryan
President

Profile: Board Member



I have been on the BCA Board of Directors for just over two years and have been vice-president since October 2008. I'm responsible for the BCA website - if you have any ideas on what you would like to see added or changed on our website I invite you to email me

at ann.knechtel@sympatico.ca. I'd love to hear from you.

I'm a breast cancer survivor. I was diagnosed in 2006 and got the full treatment: chemotherapy, mastectomy, radiotherapy, Herceptin and Tamoxifen. The support and help I received from BCA, especially over the first difficult year, helped me cope. Informed advice and friendly support from BCA members, Saturday tai chi classes and the lymphedema workshops were crucial elements in my treatment and recovery.

Besides volunteering with BCA I've been an active member of Girl Guides of Canada for many years both as a unit leader and a trainer. I am a cross-stitcher and an avid reader. My day job? An Instructional Designer at Canadian Blood Services where I design and develop training and e-learning courses.

My husband Tim and I have been married for 26 years and have two daughters, Martha and Jessica, who volunteer at BCA events.

Ann Knechtel
Vice-President

Executive Director's Message



Spring is finally here! This has to be my favourite time of year. It is a season of new life, fresh hope and blossoming ideas. Breast Cancer Action has enjoyed a tremendous winter season, and I look forward to the upcoming months where the office will be quite lively and bustling with activity towards our fundraising season. We are ramping up for some terrific events such as our Pink Tea and of course the Golf Tournament of Hope. One, of course, can not forget our upcoming Annual General Meeting on May 21. Events such as these are our organization's bread and butter as we do not receive any government funding, nor any funds from outside sources with the exception of grants and charitable donations.

With the economic downturn, we at BCA have felt the financial tension in our ability to provide the ongoing support and services

that we are so proud of. I feel that one of our active members should receive notable mention for her efforts, as she became aware of our financial trouble. Caren Weinstein, who often donates her services as a graphic designer celebrated a milestone birthday this year. Instead of asking for gifts, she put out a call for help on our behalf. The '5 for 50' campaign was launched, and a tremendous thank you on behalf of myself, the staff and the Board of Directors is extended to Caren for raising \$1,265. These funds will go a long way towards achieving BCA's goals and objectives this spring. BCA now turns to you for your assistance with the same request. If each member donated as little as \$10, we could raise over \$4000! We could double these funds if each member also reached out to just one friend or family member whose life has been touched by all that we have known. These are much needed funds for programs and services such as a re-ignition of the Young Women's Breast Health Program. So, I encourage you to hear our call for assistance and donate online or by mail.

More information is provided in this edition.

I have not had the pleasure of meeting many of you so I encourage you to come out to our events and come say hello to me and the rest of the BCA staff. As you will note we have a new member in the office; Jo-Anne Turple-Watson has joined BCA as a Volunteer Coordinator. I am thrilled to have her as a part of this team, thanks to a grant from the Ontario Trillium Foundation.

Breast Cancer Action has enjoyed an unprecedented amount of growth and media coverage over the last few months. We cannot however, consider ourselves a success unless we fully serve the needs of our members. Please do not hesitate to come by the office to chat, to volunteer or simply drop us a line to let us know how you are and how we are doing. You are, after all, the reason why and Breast Cancer Action is here, and why myself and the staff are here as well.

Colleen Lyle
Executive Director

Pre-Operative Education Sessions

To prepare for your upcoming breast cancer surgery as an outpatient, you are encouraged to attend one of the following education sessions.

To register for a session prior to your surgery, please contact Mary Anne LaSalle at 613.798.5555 ext.16384.

May 14	Canadian Cancer Society, 9-11 am
May 28	Breast Cancer Action, 1-3 pm
June 11	Canadian Cancer Society, 9-11 am
June 25	Breast Cancer Action, 1-3 pm
July 9	Canadian Cancer Society, 9-11 am
July 23	Breast Cancer Action, 1-3 pm

Locations:

Breast Cancer Action, 739A Ridgewood Avenue
613.736.5921

Canadian Cancer Society, 1745 Woodward Drive
613.723.1744

Breast Cancer Surgery and Lymphedema: Are You at Risk?

Breast cancer surgery can leave you vulnerable for developing lymphedema—up to 30 years after treatment. If you had radiation therapy or had lymph nodes removed you will want to attend this informative 2.5 hour session that will influence quality of life.

Choose from the following dates:

May 5	6:30-9 pm
June 15	1-3:30 pm
September 15	1-3:30 pm
November 18	6-8:30 pm

Workshops are held at Breast Cancer Action. Space is limited. Call 613.736.5921 to reserve your space.

Upcoming Fundraisers

May 12	Pink Tea
August 7	3rd Annual Golf Tournament of Hope
September 20	16th Annual Manulife Walk & Fun Run
November 20	Autumn Gala & Auction



HaleyRehab

Strengthening Survivors through Comprehensive Physiotherapy

1000 women in Ottawa will be diagnosed with breast cancer this year.

1000 women in Ottawa will benefit from physiotherapy.

We can help!

613-761-4062

Call now to arrange a consultation with a registered physiotherapist certified in lymphedema management.

www.haleyrehab.ca



Pashminas, Purses & Pendants Pink Tea and Reception 2009

*Join us for an elegant Victorian style tea held at the beautiful Rockcliffe Park residence of Dr. David Lee, Representative of the **Taipei Economic and Cultural Office in Canada** and generously hosted by Mrs. Lin Chih Lee.*

Tuesday, May 12, 2009 5:30 - 7:30 p.m.
710 Hillsdale Road, Rockcliffe Park

*Advance purchase or reservation of tickets required.
Tickets are \$60 (\$30 tax receipt available upon request)
Please RSVP to Breast Cancer Action.*



Project Update

Submitted by Kathleen Gotts, Project Coordinator

ADVISORY COMMITTEE MEMBERS

Judy Bedell

Dr. Margaret Farncombe

Betty Flack

Anna Kennedy

Louise Killens

Susan Smith

STAFF MEMBERS

Amy Cailloux
Office Manager

Kathleen Gotts
Coordinator

Louise Haley
Consultant

Wanda Jamieson
Evaluator

Colleen Lyle
Executive Director

Caren Weinstein
Designer

Stephanie Woodard
Facilitator

Spring is a time of new growth and rejuvenation. This season also ushers in a flourish of activity on Breast Cancer Action's *Lymphedema: Take Control* project. Funded by the Canadian Breast Cancer Foundation (Ontario Region), this project continues Breast Cancer Action's commitment to raising awareness about the risk of lymphedema secondary to breast cancer and proactive ways to reduce the risk or manage the condition.

LYMPHEDEMA LEARNINGS

Through the project, Breast Cancer Action commissioned a review of recent academic literature on exercise and lymphedema. This review confirms the importance of:

- Pre-op education to raise awareness about the risk of lymphedema;
- Regular exercise to improve upper-body strength and flexibility, encourage a positive outlook, and maintain a healthy weight;
- Proactive self-care strategies to protect against the risk of lymphedema and to seek medical advice if early signs or symptoms are identified; and
- Early assessment by a health professional, such as a specialized physiotherapist, and treatment by certified lymphedema therapists.

LYMPHEDEMA PROJECT ACTIVITIES

Health education and awareness-raising are key features of *Lymphedema: Take Control*. The project is entering its final phase of activities: the last session of the Go With The Flow exercise program starts in mid-May; training workshops and information sessions to raise awareness about lymphedema are being held with breast cancer survivors (see June event listing below), fitness professionals and health care providers; and information about the project will be shared with breast cancer and lymphedema care organizations in Canada.

To find out more or register for *Lymphedema: Take Control* project activities, please contact Kathleen at Breast Cancer Action (613.736.5921 or takecontrol@bcaott.ca).

Fitness for Life After Breast Cancer

Guest Speaker: Dr. Roanne Segal
Medical Oncologist, The Ottawa Hospital Cancer Centre

Thursday, June 18, 2009
St. Elias Centre (750 Ridgewood Avenue)
Doors open 6 pm. Event is free of charge.

An evening of inspiration and information about the positive benefits of exercise during and after breast cancer treatment, including lymphedema risk reduction and management.

To register contact 613.736.5921 or takecontrol@bcaott.ca by June 4, 2009.

Funded by
CANADIAN
BREAST CANCER
FOUNDATION*
FONDATION
CANADIENNE DU
CANCER DU SEIN*
Ontario

Exercise Program

∞ Stretch and Strength

Description:

Improve your strength, flexibility and overall well being in an instructor lead group fitness program.

Where/When:

Rideau Tennis Club
1 Donald Street
Monday, Wednesday, Friday, 9-10 am

Nepean Creative Arts Centre
11-35 Stafford Road
Tuesday, Thursday, 10:45-11:45 am

∞ Lian's Tai Chi

Description:

Auxiliary tai chi exercises for warm-up, meditation, relaxation and flexibility will be incorporated into the class routine. Improve energy and blood circulation, flexibility, stamina, leg strength, balance, posture and mental clarity.

Where/When:

Breast Cancer Action
739A Ridgewood Avenue
Saturday, 10-11 am

Spring Schedule

May 2, 9, 23, 30 June 6, 13, 20, 27

∞ Yoga

Description:

A yoga program for breast cancer patients.

Where/When:

Rideau Tennis Club
1 Donald Street
Thursday, 1-2 pm



Book Club



Breast Cancer Action's book club offers an informal opportunity for those

diagnosed with breast cancer to expand their social circle. The group meets at 10 a.m. on the second Thursday of every month where members hold a lively discussion about each selected book. New members are always welcome to join!

To learn how you can join the book club, please contact the office or inquire via email at info@bcaott.ca.

Members of the club are pleased to announce the Spring book selection list:

May 14—The Art of Racing in the Rain by Garth Stein

June 11—Lovely Bones by Alice Sebold

Visit BCA's Library Online!



Visit LibraryThing at www.librarything.com/profile/bcaottawa and browse our selection of books. View the full library, review individual books or a particular category.

Thank you to Ann Knechtel, Rosalind Bell, Elise Chodat and Jessica Reeve for their hard work to make this new resource tool possible.

Registered massage therapist / Massothérapeute

Catherine Croteau
BSc Hon, BA, Dip. MT

Vodder-certified for lymphatic drainage

www.CroteauRMT.ca

2029 Kilborn Avenue
Ottawa, Ont, K1G 2Z9

613.297.9325
cathy@croteaurmt.ca

Dragon Boat Program



The 2009 Busting Out Annual General Meeting was held at Dulude Arena on January 27. At the meeting the new executive was introduced and the festivals for the year were chosen.

We have been keeping fit all winter with classes at Dulude Arena, BCA exercise classes, individual exercise pro-

grams and are now pool paddling every Tuesday since April at the RCMP pool.

In early May we will be back on the water at the Rideau Canoe Club and some of our paddlers will be attending a training weekend in Chelsea in late May to hone their paddling skills.

If you are interested in joining the team or learning more about us please visit our website www.bustingout.ca.

The Executive for 2009 consists of:

Frances Sanford-Smith, Team Coordinator, **Janice Shelvock**, Treasurer, **Sandra Stafford**, Secretary,

Joanne Heffernan, Fundraising/Sponsorship, **Kim Meloche**, Communications, **Mary Vaive**, Membership **Susan Burns-McIntyre**, Equipment and Supplies, **Carolyn Brennan**, Race Coordinator, **Deanna Beaudry**, Fitness Coordinator.

The team voted to attend the following festivals in 2009:

Ottawa—June 20-21
North Bay—July 18
St. Catharines—July 25
Huntsville—August 8
Carleton Place—September 12
Stratford—September 19
River Run—October 3

Volunteer Program—National Volunteer Week (April 19-25, 2009)

As the new Volunteer Coordinator and the latest addition to the Breast Cancer Action (BCA) family, I would like to thank everyone who has taken the time to come by and introduce themselves to me. I encourage others to do the same as I look forward to eventually meeting all the wonderful volunteers that allow BCA to provide our programs and services to those affected by breast cancer.

In that vein, April 19 to 25 was National Volunteer Week and BCA would like to extend a heartfelt thank you to every individual that has offered their time and skills over the last year. THANK YOU!

As we move forward into the year, there will be many opportunities for people to get involved. Please call or email me and we can discuss the possibility. I look forward to “brainstorming” with the volunteers and individuals that serve and are served by BCA.

Jo-Anne Turple-Watson
Volunteer Coordinator

Volunteer Welcome!

Breast Cancer Action extends a warm welcome to our newest volunteers:

Shawna French
Kristina Khokhlacheva
Elaine Sarazin

Can't make a time commitment?

Rather than volunteering your time with BCA have you ever consider volunteering your business or commercial connections? These relations allow BCA to expand their profile in the Ottawa community and help cultivate new partnerships.

"It's no coincidence that those who volunteer, who give of themselves and who take an active part in their community end up, on average, healthier and happier."

~Dr. David Butler Jones, Chief Public Health Officer, Public Health Agency of Canada

Current Volunteer Opportunities

- Are you “crafty”? Creative? Can you sew? Contact me regarding a special opportunity to volunteer your skills and time.
- Breast Cancer Action is initiating a Volunteer Committee to support the work of our volunteers. If you are interested in sitting on this committee please contact me.
- Do you have business or commercial connections? Golf tournament organizers are in need of volunteers to help contact prize sponsors for our 3rd Annual Tournament of Hope on August 7, 2009.
- Mark Sunday, September 20, 2009 on your calendar and join us as a volunteer for our annual Manulife Walk and Fun Run.
- Do like event planning? Be a part our Autumn Gala & Auction planning committee. This event will be held Friday, November 20, 2009.

Occupational Therapy: Its role in the management of breast cancer

Many women preparing for breast cancer surgery experience questions regarding how their function might be affected, and may have questions about how their recovery will go. As part of the health care team, an occupational therapist (OT) may be of some assistance in these areas by helping the women to understand the surgery and the functional complications that may arise due to the possibility of pain, limited movement, post-surgical swelling, and difficulty managing activities of daily living. With this sort of assistance, the chances that the woman will achieve full recovery of upper extremity function as well as activities of daily living independence increase greatly.

Of course there are times that post-surgical challenges interfere with returning to previous levels of functioning, and these might be related to lymphedema, shoulder stiffness, or other challenges related to the arm. In these instances, the occupational therapist may be helpful by teaching compensatory strategies to minimize these problems, such as the use of long handled equipment (i.e. a long handled bath sponge for bathing or a long handled hairbrush to effectively reach the back of the head). The OT may also

assist in teaching alternative methods to dress oneself, in particular upper body dressing, or to reach the feet for bathing and dressing if there are limitations in range of motion or strength. Positioning for comfort, through the use of slings, splints if required, or bed positioning may also be an area where assistance can be offered. Clothing adaptations may be discussed to enable comfort and independence in these tasks.

Patient education may be helpful for breast cancer patients, especially as they are going through their chemotherapy or radiation therapy regimes. Fatigue management is a key area where the occupational therapist may be of assistance, through education related to energy conservation strategies to maximize one's use of their energy reserves, and to learn pacing/scheduling techniques to deal with fatigue. With other team members, for example the nutritionist, physiotherapist and exercise specialist, the OT will coach you in ways to boost your energy, helping to combat the fatigue.

Sometimes people complain of forgetfulness or problems with concentrating, while undergoing their cancer treat-

ments. Strategies are available to help to address these concerns and can be reviewed and coached by the occupational therapist. It may be that assistance can be found by making careful use of a day-timer or electronic devices. In addition, minimizing multi-tasking to some degree, and finding time for pleasurable activities, may be helpful during this phase.

Occupational therapists can be accessed in the community, either privately or through the Community Care Access Centre, or through your local hospital or cancer centre. There is an occupational therapist working at The Ottawa Hospital Cancer Centre in the Psychosocial Oncology Program who is accessible to patients of the Cancer Center and who sees cancer patients of all diagnoses both individually and in group sessions.

Diana Bissett
Occupational Therapist
The Ottawa Hospital Cancer Centre



Julie Dagenais-Watson, RMT
Certified Lymphedema Therapist
'Providing cancer rehabilitation through Massage Therapy'

2249 Carling Avenue • Suite #404 • Ottawa, Ont. • K2B 7E9
Tel. #: (613) 255-2255
Email: info@cancerrehabmassage.com
Website: www.cancerrehabmassage.com

PROVIDING TREATMENT FOR:

- Lymphedema management through Combined Decongestive Therapy and educational awareness
- Restoration of joint mobility and muscle strength
- Scar tissue management
- Wound care therapy
- Correction of muscle and postural imbalances
- Pain management
- Home exercise and self-care programs
- Post-op management of breast reconstruction
- Kinesiotape Certified
- A.D.P. Authorizer - Lymphedema Compression Garments

★ **Trained in the specific needs of cancer survivors** ★

Lymphatic Treatment Assistance

In an effort to help those in need of lymphedema treatment the **Killens Reid Physiotherapy Clinic** is subsidizing their manual lymphatic treatment and will be offering the one hour service for **\$45.00** for those who may not have insurance coverage. Both therapists at the **Killens Reid Physiotherapy Clinic** are **Vodder certified**. We are conveniently located downtown on the major bus line at 130 Albert Street. There is also city parking at \$3.00 an hour across the street at the World Exchange Plaza.

For more information, please contact us at **613-594-8512** or visit www.KillensReid.com.

Notice of Annual General Meeting

An opportunity for us to share highlights of the past year and for you to learn how you can be part an exciting year full of events and community building...

The Annual General Meeting for Breast Cancer Action will be held on **Thursday, May 21** in the lower level of **St. Elias Antiochian Orthodox Cathedral** (2975 Riverside Drive, corner of Riverside Drive and Ridgewood Avenue). **Doors open at 6 p.m., AGM begins at 6:30 p.m., free parking on site.**

We are pleased to announce that **Dr. Roanne Segal, MD, FRCP(C)**, Medical Oncologist with the Regional Cancer Centre and Associate Professor of Medicine, University of Ottawa, will be the evening's keynote speaker. Dr. Segal will present on the role of exercise and nutrition as related to breast cancer. This will be followed by a brief question and answer period.

Please confirm your attendance by calling the office or emailing info@bcaott.ca.



Killens Reid
Physiotherapy clinic
Your health is in good hands

Louise Killens, RPT
Mary Hutton, RN

Vodder Certified Lymphatic Therapists
"Busting Out" Dragonboat Team Trainers

www.KillensReid.com

Suite 610, 130 Albert St.
Ottawa, ON K1P 5G4

Tel. 613.594.8512
Fax. 613.594.0213

5 for 50 Campaign

Last month I turned 50. In itself this is not a major feature but I have decided at this half century point to help raise some needed funds for Breast Cancer Action Ottawa. BCA is a very small survivor driven organization that fills a great need for those going through treatment, recovery and diagnosis. We have all been touched by breast cancer in some way. A friend, colleague, partner, parent, sister, daughter...this organization now needs our help. In these economic times their free programs are needed more than ever. They constantly battle to work miracles with very little finan-

cial resources. They are not funded by any of the major cancer events in the area which is a popular misconception here in Ottawa. They are member driven. I would like to start something by asking you to donate a multiple of 5 in honour of my 50th birthday. You can do this by going to their website and scroll down to the "Donate Now button" on any of the main pages. This is processed though Canada Helps and is a secure site. You can also send a donation to the office.

If you decide to donate please make sure you use the title 5 for 50. This

way we can keep tabs on the amounts raised. I am confident we can all make this happen. Please pass this on to your network. This organization gives breast cancer patients and their families a place to get answers and comfort during a time of treatment and beyond. They are a precious resource in our city and need to carry on their good work. We can all make a small contribution and help make it happen.

I thank you in advance for whatever you choose to donate.

Caren Weinstein

Inspiring Survivor Story



Dina Salvador was diagnosed with breast cancer in 2005. Her inspirational story is about her passion for running and how it kept her “still in the game” throughout her treatments.

In November 2007, I was not running at all. I was recovering from free tram breast reconstruction. Five months later, I ran the Boston Marathon.

I was diagnosed with breast cancer in February 2005 and immediately started chemotherapy thereafter. I was fortunate to have tolerated my chemotherapy treatments very well, with few side effects. Being an avid runner, I continued to run throughout my treatment, al-

though at a reduced pace and intensity. Running gave me something else to focus on and made me feel alive, like I was fighting the disease and “still in the game”.

Three days after I finished my final radiation treatment, my father was diagnosed with pancreatic cancer and died three months later. After his death my sister and I decided that after a very difficult year we needed something lofty and exciting to focus on. We decided to run the Las Vegas Marathon and ten months after my final treatment ended, I ran my personal best time at the Las Vegas Marathon, a time which also qualified me for the Boston Marathon.

Running the Boston Marathon was a surreal experience and was the fulfillment of

an almost impossible dream. I was so elated that I was able to run because as of November, I really didn’t think I would be. My reconstruction surgery was originally scheduled for the spring of that year, but later was rescheduled until the fall; therefore, making it very uncertain as to whether I would be able to run a marathon five months later. Once I started running again, everything just came back again and despite a three and a half month layoff from running, I was able to commence marathon training.

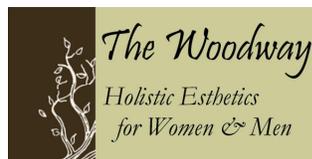
More important than any marathon, I have been cancer free for over three years. Hopefully, running will help me stay healthy.

Dina Salvador

Our NEW Pink Partners



Breast Cancer Action is very fortunate to receive ongoing support from various generous businesses throughout the city. The local businesses listed below have provided their support by donating a portion of the proceeds of their merchandise or of the services that they provide. This also allows our membership to shop savvy, knowing that patronage of these thoughtful vendors show special support within our community and returning the favour of what is a valued community partnership. If you would like to know more about this program, please contact the office.



Woodway Holistic Esthetics Ltd.
613.422.9435
www.woodwayesthetics.com



Mea Cosmetics
613.317.0559
www.meacosmetics.com

Our Statement of Principles:

Mission Fulfillment. Breast Cancer Action strives to achieve mission fulfillment by focusing on strengthening the organization in order to meet the changing needs and growing expectations of our audience.

Effective Stewardship. Breast Cancer Action assures effective stewardship by maintaining effective governance and management, and by generating and managing resources in a wise and responsible manner.

Quality. Breast Cancer Action strives to improve quality by working toward achieving excellence in all aspects of the organization, and by evaluating the total organization and its outcomes on a regular basis.

Leadership. Breast Cancer Action provides leadership by adopting and promoting inclusiveness and diversity through services, programs, initiatives and activities, and by proactively educating the public.

Our Guiding Principles:

Commitment. Breast Cancer Action strives to operate in a manner that serves the best interest of the organization, with consideration given to the needs of the membership, our stakeholders and the community.

Inclusion. Breast Cancer Action strives to implement broad-based decision making practices that best reflect the needs and expectations of our members, stakeholders and the community.

Diversity. Breast Cancer Action respects and values differences among our membership and stakeholders, and believes that diverse populations can be advantageous.

Transparency. Breast Cancer Action promotes openness regarding our vision, mission and mandate.

Integrity. Breast Cancer Action remains committed to providing our members, stakeholders and the community with information, care and support to the best of our abilities.



Board of Directors

Diane Ryan, President
Rosalind Bell, Director
Krystal Carrier, Director
Leah Clement, Treasurer
Marlene Dalley, Director
Annette Goerner, Director
Ann Knechtel, Vice-President
Jeysa Pratt, Director
Andrea Segal, Director

Staff

Colleen Lyle, Executive Director
executivedirector@bcaott.ca

Amy Cailloux, Office Manager
info@bcaott.ca

Jo-Anne Turple-Watson, Volunteer Coordinator
volunteer@bcaott.ca

Kathleen Gotts, Project Coordinator, Lymphedema: Take Control
takecontrol@bcaott.ca

Contact Us

Breast Cancer Action
The Riverside Mall
739A Ridgewood Avenue
Ottawa, Ontario
K1V 6M8

Office: 613.736.5921
Fax: 613.736.8422

www.bcaott.ca

