



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

WINTER 2014



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Marilyn Monroe and Her Serene Highness, Princess Grace are joined by friends in the big pink limo at BCA's Hollywood Glam Gala on November 15th last year. The special guest speakers for the evening were Steve Madley, Michael O'Byrne and Kurt Stoodley. The Ottawa Conference and Event Centre served a delicious meal and proved a gorgeous venue for our event. A good time was had by all the attendees and BCA brought in over \$25,000 from tickets and the live and silent auctions. Save the date and think about making plans to join us on November 14, 2014 for the Breast Cancer Action Champagne Ball.

Photo by Frank Scheme

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Deadline for Spring Issue:

All submissions for the next newsletter are due April 15th.

Board President's Message

Julia Ringma

Sometimes, you find yourself wondering what's next, what's important in my life? When I finished chemo and recovered from what it had done to me, I sat up and began thinking about what I wanted to do with my life. If you find yourself in this position, here is what I learned and perhaps it may be of use.

What is important to me? You get to decide that but you also have to decide if we really want it to come to fruition. How do you decide what is important? Time plays a big factor in deciding. Even when you live past 80, life is short. But when I was deciding to go back to school at the age of 55, someone said "life is long" and she was right.

Once you decide on the area that is important, how do you get going on the life you want to live? If you make what you want to do into a project, it gives a structure to what would otherwise be vague and without goals. When I was being diagnosed and having tests and treatments, a friend re-

marked that all the running around sounded like a part time job. It was a project! I didn't choose it but I turned the experience into a lesson for myself.

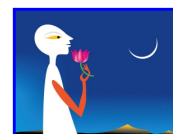
First of all, I decided that the life I loved was that of a 'poor student'. The times in my life that I had been the most content were when I was going to school. Being 'poor' was just part of being a student, but I also saw that it focused me on the task at hand - I wasn't distracted by trying to earn more money - I just needed enough to get by. So how was I going to get back to being a poor student?

I came up with a 5-year plan which I am now living: get into grad school and stay there until I get my Ph.D. and become an expert at something. My project started with taking some particular courses, then making the application, then getting into grad school, which has its own project structure. Once I am done this 5-year plan, I will have another project in the works, and then another, and so on.

What is important to you? Do you want to help someone? Do you want to be creative? Do you want to have adventures? Think about something that you love to do. Then start to flesh out a plan for the project. Maybe it will be part time and not all consuming. Maybe you can do it from home. Maybe it will be BIG! Whatever you decide, it will be important to you and you will feel that you have purpose and direction.

The first 5 people to find the snowman in this newsletter and call the office will get a chance to win 2 tickets to the 2014 Gala.

So this is my tip for you in this newsletter. Set up a project for yourself. Big or small, figure out the things you need to do to achieve your goal. Then start. I wish you spiritual fulfillment and calm days on your journey to your goal!



~ Julia

Living the Smart Way

Kathy Smart

No Bake Quinoa Cookies

Makes 20 cookies.

1/4 cup coconut oil
1/2 cup maple syrup or honey
1/3 cup unsweetened cocoa
1/2 cup creamy unsweetened peanut butter OR almond butter OR sunflower seed butter
1 tsp vanilla
1/2 tsp sea salt
3 cups cooked white Quinoa (from 1 cup uncooked)

Line baking sheet with parchment paper. Combine coconut oil, maple

syrup and cocoa in a small saucepan. Bring to boil for 1 minute over medium heat, stirring. Remove from the element and add the rest of the ingredients. Stir well. Drop dough by teaspoon onto baking sheet and freeze for an hour.

Gluten-free and yummy!!!



Kudos Korners

A big Thank You

... to the 2013 Gala Committee: **Cindy S, Diane H, Rhonda E, Marija J, Kathryn B, Brigitte D, Yvonne C**; to our work placement students from Algonquin College: **Jillian, Vanessa, Leah, Rollande** and their friends; **Sarah S** and **Jacquie R** for stepping up at the last minute; and to **Jean L** (our photographer), **Alan C** (our DJ), **Frank S** (our roaming photographer); to **Chantale vD** (our power point presenter); to **Ann K** (our webmistress); **our very creative members** who created the beautiful table decorations and to **all of our guests** for creating the memorable event that was **the Hollywood Glam Gala!**

...to the **University of Ottawa Marketing students and their profs** for organizing the **Pink the Rink** hockey game between the Ottawa Gee-Gees and the Carleton University Ravens. The Gee-Gees won!!

...to the **CLV Group** who raised funds for BCA participating in a **Boot Camp Fundraiser** last October.

COMING SOON!! Save the date!

March: Perky in Pink & Zumba for BCA

April: Comedy Night

May: Breast Friends FUNdraiser

June: Manulife Stroll for the Goal

August: Golf Tournament of Hope

November: BCA's Champagne Ball

Check out our website for details!

La Petite Mort Gallery presents

THE CANCER FREAK PROJECT

Mixed Media Art by Judy DeBoer (BCA member)

January 31—February 6, 2014

Vernissage Jan 31, 7-10 PM

Galerie LA PETITE MORT Gallery

306 Cumberland St, Ottawa

www.lapetitemortgallery.com

Did you get a gift for Christmas that isn't quite right? Wrong size, wrong colour or just plain wrong?

What **were** they thinking? Donate your not-quite-right gift to BCA for one of our silent auctions and we will give you a tax receipt for the value of the item. Call Karen at the BCA office if you would like to make a "Re-Gift" donation! 613 736 5921

Do you know someone who has been newly-diagnosed with Breast Cancer?

You can give them a 1 year paid membership to Breast Cancer Action. They will receive our newsletters, our emails and access to all of our programs. We will send the new member a copy of our latest newsletter, a BCA pen and a card telling them of your gift. Please contact the BCA office to get more information. 613 736 5921 or info@bcaott.ca.

Massage Therapy Program-Free to Active Members

Danielle Vanholst is a graduate of Algonquin College, registered with the College of Massage Therapists of Ontario. She has experience in treatment of musculoskeletal conditions, lymphatic drainage, scar tissue therapy and rehabilitation. She is volunteering on the first Tuesday of each month at BCA, offering **free 45-minute massage therapy sessions** to our members.

Her motivation for joining BCA stems from her family's experience with cancer and from how deeply it touched her. It is her goal to encourage members and to aid them in restoring function, comfort and confidence. She will also provide empathic and holistic care working with each woman in creating a treatment plan to assist them in returning to the things they love.

**Appointments available for March 2014
and onwards at 613-736-5921.**

The Dianne Hartling Book Club



The group meets at a member's home once a month. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join! If you are interested in joining the BCA Book Club, please contact the office 613-736-5921.

BCA Peer Support Program

Thanks to the generosity of a H.O.P.E. grant, we have, with the assistance of our veteran peer supporter and former BCA Board president Diane Ryan, developed a new PSV criteria, screening process and training tool.

All Peer Support Volunteers are required to:

- * fill in an application
- * meet with our peer support panel (appointment time to follow your acceptance)
- * attend a brief Breast Cancer Action orientation and complete a mandatory 2 day training program

We will be holding another training session soon. If you are *at least one year post-treatment* and you would like to volunteer your services as a BCA Peer Supporter please email Karen at executivedirector@bcaott.ca.

Celebrate Survivorship Program:

Breast Cancer Action celebrates survivors! When you make any donation to BCA to honour a friend or family member, we too will applaud that special person. BCA will send them a hand made, specially designed card, along with your personal message and our note letting them know that, we too, celebrate their survivorship. Call us at 613-736-5921 for more information on this wonderful program that rejoices in the human spirit.

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 613-761-4400; option 2.

All sessions are **1:00-3:00 PM** on the following

Thursdays:

Feb 13, Feb 27, Mar 13, Mar 27,
Apr 10, Apr 24, May 8, May 22,
June 5 June 19

All sessions take place at the **Women's Breast Health Centre**, Grimes Lodge 5th Floor, 200 Melrose Ave, Ottawa



Kim Morin Physiotherapy & Lymphedema Therapy

Kim Morin, PT, CLT/CDT, CAFCI

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Busting Out

Shelagh Needham

We've celebrated the festive season, skated on the canal in the bitter cold and some of us have even snowshoed through the woods by moonlight. Now it's time to turn our thoughts to the upcoming dragon boat season. And there's so much to look forward to, including the Breast Cancer Survivors' International Festival to be held in Sarasota in October, 2014. We continue our winter fitness sessions on Tuesday and Thursday evenings from 6 to 7 p.m. at the Dulude Arena, 941 Clyde Avenue, Ottawa.

The **Annual General Meeting** will be held at the arena on **Thursday, February 6th at 7 p.m.** directly after the fitness class. BCA staff will be at the arena from 6:45 p.m. to process memberships on-site with cheques or cash. The annual fee remains at \$115, which includes membership to both BCA (\$40) and Busting Out (\$75). Please have your cheque ready or exact change if paying cash. Anyone who is interested in finding out more about Busting Out is most welcome to join us – we are always looking for potential new

team members. Or you can contact us at:

info@bustingout.ca



Looking for a worthwhile distraction or a change from the usual same old, same old in the dead of winter?

On March 1st, the Manotick Curling Club is hosting a ladies invitational bonspiel for BCA's benefit. Why not join us in helping these generous ladies raise funds to support our various BCA programs? We'd love to have your company for the day or even just a couple of hours! This is a fun event with lots of laughter; it could help chase away those "winter is just too long" blues. If you would like to give us a hand at the bonspiel, please call the BCA office 613 736 5921. No knowledge of curling required!



Thank you for your support at these events!

2013 Title Walk Sponsor



For your future

2013 Ace Golf Sponsor

Marg Campbell

2013 Albatross Golf Sponsor

2013 Ruby Gala Sponsors

Stephen Hall; Dundee Wealth



Feb 3rd, 10th, 17th, 24th

5-6:15pm

CONQUERING BREAST CANCER



A 4-week workshop series designed to educate and empower breast cancer survivors with the tools and knowledge to **manage symptoms** after treatment, **prevent lymphedema**, and help **regain confidence** and **positive self-image**.

Investment:
\$55 + HST

In this workshop you will:

- Practice properly identifying the signs and symptoms of upper extremity lymphedema
- Perform comprehensive postural assessments to determine muscle imbalances and chronic pain issues
- Engage in rehabilitation exercises that will increase range of motion and prevent lymphedema
- Identify how to manage mental/emotional fatigue after treatment and regain positive self image
- Practice cleansing tips and exercises that will aid the body in natural self repair
- Receive a nutritional plan designed to supply your body with the fuel and nutrients needed to properly eliminate toxins and create a less favourable internal environment for cancerous cells to thrive

Personal Health Assessment handouts and meal plans included.

Elaine
Clark



Elaine Clark is a Cancer Exercise Specialist, Registered Yoga Teacher, and Wellness Coach. She advocates healing that acknowledges the unity of the mind and body, as well as the powerful connection with the spirit in creating health.



Second from the left is BCA's own DeNeige Dojack, our Pink Swan Ballet instructor, in a performance of Carousel. She is currently in rehearsals for the upcoming Orpheus Society's production of Monty Python's Spamalot at Centrepointhe Theatre in Nepean. If you want to purchase tickets for the show you can visit the Orpheus website at <http://orpheus-theatre.ca/>.

Reiki & Inner Recovery Event

February 22, 2014

Image Essentials Spa
436 MacLaren St



One on one Life coaching with Trish Harris

<http://innerrecovery.com/>

1/2 hour Reiki Session with Juanita Clarke of Aura Energy Services

<http://auraenergyservices.weebly.com>



Please contact the BCA office if you wish to participate. Free to BCA members.

The Kelly Project was established in 2007 by Diane Hayes of Kelly's {Mastectomy} Boutique. It was named after Kelly Sauvé who was the inspiration behind the naming of the store. Kelly was the sister-in-law of the owner Diane Hayes, a vibrant 31 year old young woman whose life suddenly and drastically changed in 2002 with a Stage 4 inflammatory breast cancer diagnosis that would eventually take her life in February 2005.

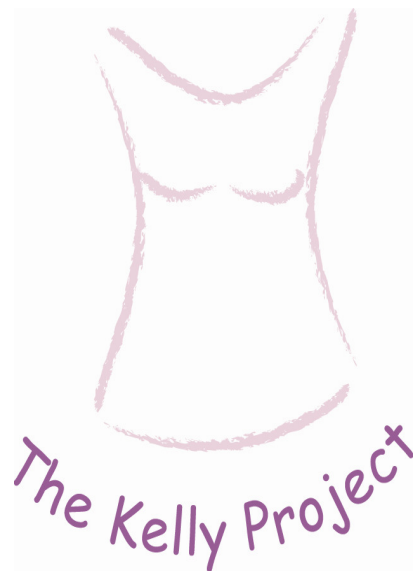
As an ongoing tribute to Kelly, Diane decided to start the Kelly Project. This is a program that provides women with a post-op surgical camisole designed for women after they undergo a mastectomy at no cost to them. Diane has held various fundraising events and continues to raise money in a variety of ways to support this project. The Amoena camisole garment comes with drain containment device with zip front closure and padded, stretchable fabric straps that fasten in front. The ultra-soft fabric infused with vitamin E and aloe microcapsules continually releases moisturizing benefits to the skin; it includes two Fiberfill Post-surgical forms and two removable drain pouches. The garment provides a little compression so that women can wear garment that provides some support and comfort.

When women come in for the camisole, especially before their surgery, it provides them with the opportunity to visit the store and see just how much is available in the form of prosthesis, mastectomy bras, and specialty clothing that is specially designed for women who have undergone breast surgery. Most are so surprised by the vast selections that Kelly's offers and we often hear women saying

that this was not at all what they expected and they are pleased to have been referred to us by their nurse, the surgeon or the clinic. The impact this has before the surgery is so beneficial.

We thank you for your interest in and your contribution to the Kelly Project and if you have any questions, please feel free to contact the Project's coordinator, Diane Hayes.

On behalf of the women who benefit from this Project, we offer a very sincere "Thank You" for your generosity. It is truly appreciated.



Lymphedema Workshop

Presented by Breast Cancer Action & Haley Rehab
at The Maplesoft Centre, 1500 Alta Vista Dr

Damage to the lymphatic system after cancer treatment can lead to an accumulation of lymph fluid known as secondary lymphedema. Lymph node dissection and or radiation during cancer treatment place individuals at a lifelong risk for the development of lymphedema. In the past, there was no evidence to suggest that early detection could make a difference in treatment outcomes for cancer survivors but this has changed. Surgeons and oncologists were previously taught that treatment could wait until individuals reported symptoms or swelling became visible. It is now known, that early identification of lymphedema can yield better patient outcomes. The focus of this talk will be on the evidence emerging in support of patient education and screening by a certified lymphedema physical therapist in reducing ones risk of developing lymphedema.

Upcoming Dates: Feb 10 10:00-12:00 March 13 6:30-8:00 April 14 11:00-12:00 May 8 6:30-8:00

To register contact Breast Cancer Action Ottawa: phone 613.736.5921 email: info@bcaott.ca