



Newsletter

222 Mountainview Road North Georgetown Ont L7G 3R2

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TEAM CASHh UPDATE: WHAT'S NEW

These past few months have been filled with mixed emotions as we have reorganized new and existing team members after the retirement of our long-serving Director of Operations, Sheila Smith this past April. Laurie Robinson, after serving as Transportation Coordinator for 7 years has transitioned into the role of Client Care Coordinator. Joanne Hamp is a new addition and has replaced Laurie. Janice Welfare is our new bookkeeper. Our valued volunteers Peggy Petrie and Hazel Armstrong continue their great work in a client services and bookkeeping capacity, where Christine Remes and Janice Koehler remain steadfast supporting the transportation department. It's safe to say, the office is "a buzz" with excitement as we adapt to our new roles. I am thrilled and honored to be selected as the new



Team CASHh Rear left Hazel, Janice, front left, Joanne Julie and Laurie

Director of Operations and know I have big shoes to fill.

CASHh continues to provide a vital and much needed service to the Town of Halton Hills. While 2019 has been a year of change for CASHh, thanks to our dedicated volunteers and supporters it's also proven to be one of our most successful fundraising years. As we plan

for the future, our focus will continue to remain firmly on our clients. Our newsletter is filled with stories of volunteerism, families, friends and neighbours alike coming together to support the people whose lives have been impacted by cancer.

Julie Liddle



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Special points of interest:

- Good Intentions
- Food
- Cost of Cancer
- Announcements & Events
- Spend some time connecting with loved ones

Inside this issue:

- Introducing Team CASHh 1
- De-stress during the holidays 1
- Health & Wellness 2
- Fundraising Corner 3
- Volunteer Profile 3
- Will a laugh a day keep the doctor away? 3
- Events 4

10 UNIQUE WAYS TO DE-STRESS DURING THE HOLIDAYS

1. Have a plan
2. Take a vitamin D supplement
3. Volunteer
4. Sip some tea
5. Re-do your to-do list
6. Accept change
7. Focus on gratitude
8. Cut up your credit card
9. Let it go
10. Have fun



HEALTH & WELLNESS

GOOD INTENTIONS

While we at CASHh are by no means experts on healthy living, with the yummy treats our clients and volunteers love to bring us, (no complaints here by the way!!) we like to convince ourselves more often than not, (while stuffing our faces with delicious cakes, cookies, chips and chocolate), that we deserve it! The diet and exercise regime will always begin tomorrow. Sound familiar? Has tomorrow arrived for you yet? It apparently hasn't for us. If you're like us then somewhere in the back of your mind, even before the holidays are upon us, you have set an intention to be your best self in 2020.

We have compiled a list of simple but effective things to help maintain a healthy lifestyle: Reduce your alcohol consumption, practice moderate, safe and gentle exercise, limit those food portions and watch your waist line to maintain a healthy body weight. Use sun screen whenever you're exposed to those rays, abstain from tobacco products, connect with family and friends even if it's a phone call. Finally, set a goal for yourself no matter how small. Its important for your mental health.

Have a Happy and Healthy 2020



"It's a pacemaker for your heart, plus you can download apps for your liver, kidneys, lungs, and pancreas!"

FOOD

ROASTED SQUASH AND PEAR SALAD

Ingredients

1 pkg Butternut Squash cubed
3 tbsp Extra Virgin Olive Oil divided
1 tbsp Fresh Thyme chopped
1/2 tsp Salt / 1/4 tsp Fresh Ground Pepper
1 tbsp Balsamic Vinegar
2 tsp Soy Sauce
1 small Garlic Clove, minced
Pinch Hot Pepper Flakes
1 pkg Mixed Spring Greens
2 Bosc Pears peeled and cubed

Instructions

Cut squash into 1/2 inch (1 cm) pieces and toss with 1 tbsp (15 mL) of the oil, thyme and half each of salt and pepper. Spread on parchment paper lined baking sheet and roast in 400 F (200 C) oven for about 25 minutes or until golden and tender. In a small bowl, whisk together remaining oil, vinegar, soy sauce, garlic, hot pepper flakes and remaining salt and pepper. Spread mixed greens over platter and sprinkle with roasted squash and pear. Drizzle with dressing to serve.

<https://www.halfyourplate.ca/recipe/roasted-squash-pear-salad/>



COST OF CANCER

When most people are diagnosed with cancer, the last thing that comes to mind is the cost associated with recovery. Depending on your socio-economic status, the combined costs of treatment, transportation, parking, and loss of income can be insurmountable. CASHh is here to help support individuals who reside in the Town of Halton Hills and have received a diagnosis of cancer. We help alleviate some of those costs with the services we provide.

For 19 years, CASHh has supported clients and their families with transportation, equipment and palliative support. CASHh does not receive government funding, and isn't associated with any cancer organizations. The cost to serve is funded entirely by you, our supporters and donors. Your generous dollars go a long way in making a difference in the lives of our clients and their families. From January to Sept 2019, our drivers drove 123,430 km which

equates to 5,298 hours or 220 days on the road! Our average monthly transportation costs are \$9,330. From 2018 to 2019 the demand for our services have steadily increased by approximately 10%.

If you would like to make a donation, please contact the CASHh office at 905-702-8886 or visit our web site at <http://cancerassistance.org/make-a-donation/#delight-donation>

FUNDRAISING CORNER

This past summer has certainly given us reason to celebrate the outstanding efforts of our wonderful community partners, donors, volunteers and supporters. A big shout out and thank you to everyone who took time out of their busy schedules and held a BBQ, golf tournament, bake sale, garage sale, or volunteered their time to support one



GU12 Soccer



of the local community events: Head for the Hills Beer Festival, Tour the Hills and Georgetown Fall Fair. Collectively, these fundraisers have already helped raise over \$120,000 since July 2019. Fundraising in many ways is one of the reasons why CASHh continues to exist as an organization. Without it, we simply wouldn't be able to continue to provide the free services for our clients. No matter how small or large your event, we truly appreciate your efforts. If you would like to host an event to raise money for CASHh, feel free to call the office and chat with Julie Liddle, Director of Operations. Julie has a wealth of knowledge in organizing events and would be happy to provide some guidelines. If you would like to volunteer at one of our events, become a volunteer driver or assist with our April campaign, we could always use an extra pair of hands. I know we speak on behalf of our CASHh clients and their families who continue to benefit from your efforts, we extend our deepest gratitude and appreciation. We simply couldn't do what we do without your help.

VOLUNTEER PROFILE: MARTIN BOOMSMA

Recently, I had the pleasure of sitting down for a fireside chat with Martin Boomsma, one of our volunteer drivers. During our conversation, Martin's passion for serving his community was very apparent. Born in Holland, Martin and his family lived through the Nazi occupation of Holland before moving to Canada in 1951 at age 14. Martin began driving for CASHh shortly after our organization was formed in 2000 and has served our organization in numerous capacities ever since. Throughout his career as a Probation and then Correctional Officer for the Ministry of Correctional Services from 1954 to 1990, Martin, it seems to me, made a second career out of volunteering in his community. Perhaps, it's Martin's commitment and dedication to preserving the memory of fallen soldiers that prompted him to be part of a group of 6 people; who formed the Dutch Canadian Remembrance Committee in 1993. The group have since made it their business to pay tribute every five years to the liberation of Holland by performing simple acts: planting one thousand daffodils, erecting plaques and planting trees. Or perhaps it's a family business that led Martin and his wife Helen (who did thirty year stint volunteering for the Georgetown Hospital), to organize and lead tours to the WW1 and WW2 Canadian battlefields in Europe. The tours allowed people to connect with their heritage and, in some cases, a fallen loved one's memorial site. It's clear, Martin has become a well-respected and sought after public speaker in our community. It's Martin's deep caring for human nature that drives his innate desire to simply do good. When I asked Martin what advice he would give to someone considering volunteering, his response was swift. "Jump aboard! Volunteering is very rewarding and you will benefit much more than you will ever need to give".

Joanne Hamp

WILL A LAUGH A DAY KEEP THE DOCTOR AWAY?

Laughing makes people feel good for a reason. Studies have shown that laughter boosts the immune system and triggers the release of pleasure-inducing neurochemicals in the brain. The immune system, which contains special cells that are responsible for defending the body against infection, have been shown to increase during the act of laughing. In the central nervous system, the brain releases powerful endorphins as a result of laughing. En-

dorphins are natural, morphine-like compounds that raise the pain threshold, produce sedation and induce euphoria (commonly called a "natural high".) In other words, we feel better when we laugh because endorphins reduce physical and mental pain. While this may be a wonderful feeling, laughing has other benefits as well:

<https://caregiver.com/articles/laughter-is-the-best-medicine/>



You don't stop laughing because you grow older.
You grow older because you stop laughing.
-Maurice Chevalier

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- Annual General Meeting: Nov 18th, 10am-12:00 Noon
(St. John's United Church - 11 Guelph St, Georgetown)
- CASHh Christmas Concert: Dec 15th, 3pm-6:00pm
(Christ the King Catholic SS -161 Guelph St, Georgetown)
- Pink Pajama Party: Jan 17, 2020, 7:30pm-12:00am
(8560 Tremaine Rd, Milton)
- 20th Anniversary Gala Dinner Sat February 29, 2020
(Eagle Ridge Golf Club)

CHRISTMAS IS A TIME FOR GIVING

Not sure what to get that special someone this Christmas,
please consider making a donation to Cancer Assistance
Services in their name



THANK YOU

Members of the CASHh organization would like to thank Christoph Sommer
for your generous donation of our office space, We couldn't ask for a more
beautiful setting than Mountainview Terrace.

CONGRATULATIONS

CASHh is proud to be nominated "2019 Association of the Year"
by the Halton Chamber of Commerce
Congratulations to the winner - Food4Kids Halton



Mission Statement

Cancer Assistance Services of Halton Hills is a community based organization of volunteers that provides support and hope to cancer patients, family and friends.

SPEND SOME TIME CONNECTING WITH LOVED ONES



Christmas Wordsearch Hard



baubles
cake
celebrate
donkey
mistletoe
reindeer
shepherds
star

bells
cards
christmas
holidays
ornaments
rudolph
shepherds
tinsel

bonbons
carols
decorations
holly
pudding
santa
sleigh
tree

