

MY PERSONAL JOURNEY WITH CANCER

By Jacqueline Fleming

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When Jacqueline Fleming, a local Elementary School Principal in Georgetown was diagnosed with "HER 2 Positive cancer, stage 1-2" in Oct 2017 her life changed dramatically. Always a staunch advocate of the self breast exam, as an early detection method, this practice served her well in allowing her to get ahead of the curve when she discovered a lump. Jacqueline graciously volunteered to share her story on how she waged the battle to fight this insidious disease and how CASHh made a huge difference in helping her navigate those rough, stormy waters. In her own words, here is Jacqueline's story:

A year ago, Julie Liddle, the new Director of Operations for CASHh, asked if I would consider being a guest speaker at the Pink Pajama Party. I wasn't sure I could do it, but standing here 18 months later and cancer free, I decided **if I could beat cancer, I could do anything!** When I first received my diagnosis, because of the nature of my job, I had to take a leave of absence. I told family, friends and co-workers who were incredibly supportive. When you're diagnosed with cancer, there really isn't a roadmap telling you about available services to support you through this tough time. It was only through a conversation my Dad had with fellow Knights of Columbus member Joe Crane, who also sits on the board of Directors for CASHh that I learned Cancer Assistance Services existed. After meeting Sheila Smith, Director of Operations for CASHh at the

time, I found her to be caring, informative and supportive. Sheila gave me all the information I needed and knew what I would need before I did. She got the services I needed in place quickly. CASHh provided amazing services which were completely free. I benefitted from house cleaning services and attended bi weekly Reiki Therapy sessions allowing me to relax and connect with my mind, body and soul and digest all that was happening to me. They paid my transportation to and from all of my medical appointments and even reimbursed me for the parking receipts. I also benefitted from having access to equipment and prosthetic support and garments. **I consider the CASHh team staff and volunteers my angels on earth.** I received support from everyone around me and from people I didn't even know. The entire team were very kind caring individuals who are great listeners and there for the right reasons. After receiving good news and overcoming my cancer diagnosis, I have participated in many organised activities as a way to give back to CASHh. Having a better understanding of why CASHh is so great, when I meet people who have received a cancer diagnosis, my first question is, did you call CASHh?

Everyone around me became more involved with CASHh. My husband participated in a golf tournament every year to raise funds. My nephew's hockey team decided to donate to the

cause and my friends decided to make a difference and start an all girls golf day to raise funds. My co-worker decided instead of doing a gift exchange they would donate to CASHh when they heard how supportive this association was to me.

Throughout my journey, I've been very fortunate to meet extraordinary people who get involved and give back to their community. I credit a big part of my healing to the medical community, family, friends, co workers but without the help and support I received from CASHh, my journey would have been much different. I will continue to support and lend a hand whenever I can. Thank you CASHh!



**CASHH CAMPAIGN
BEGINS
IN APRIL
PLEASE GIVE WHERE
YOU LIVE!**

Special points of interest:

- Gratitude is Attitude
- CASHh is only a phone call away
- Looking for the best wine to pair with your medical expenses?
- Acknowledgements
- Upcoming Events
- Has it really been twenty years?
- Spring Training
- Sharon Arbour's lemon butterfly buns

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HEALTH & WELLNESS

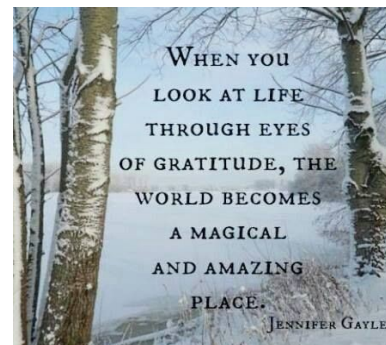
GRATITUDE IS ATTITUDE

Ever driven by a beautiful, winter snow covered scene or encountered visions of fields of lavender, barley, oats or wheat during the summertime and wanted to stop right there and take a picture. But instead, continued on feeling a tinge of momentary regret as you fail to appreciate the beauty that lay before you. Yes, we are all guilty. But remember how those moments made you feel.

This past summer as I walked my dog in Hungry Hollow trail, I spent a good ten minutes resting my arms on the guard rail of the bridge, gazing out, listening to the sounds of the running water as the sun beat down on my back. In allowing myself to connect with nature, in essence, I was feeding my soul! The sense of calm and grounding I felt by this simple act was immediate. The rise of the digital age has become a barrier of sorts. It keeps us handcuffed to our devices and disconnected from everything else around us. The first time I saw the true impact of this was about eight years ago when my family and I were having lunch in a restaurant and witnessed a father and son effectively eating alone. The father spent the entire lunch on his phone ignoring his son. Such a lost opportunity and sadly all too common. While I don't profess to be the perfect parent, apparently a Boomer according to my kids, it was a learning moment for me.

Our days are filled with opportunities to connect with ourselves, our loved ones and our communities. I am by no means suggesting you put yourself at risk and stand in the middle of the highway to get that great picture but, we do need to question why we don't take the time to reward ourselves. From the moment you wake up, challenge yourself to see the beauty in each day. Perhaps keep a journal and list the things you are grateful for. It could be something as simple as running water, a bed to sleep on, food in your tummy, a loving family, a special skill, a planned vacation, good health or a walk in the park. Whatever it is, enjoy it!

Joanne Hamp, Transportation Services



Gratitude, which rhymes with "attitude," comes from the Latin word gratus, which means "thankful, pleasing." When you feel gratitude, you're pleased by what someone did for you and also pleased by the results.

CASHh IS ONLY A PHONE CALL AWAY

Anyone who has lived with a diagnosis of cancer or has supported a loved one through treatment knows the toll the illness can carry. Travelling to and from medical appointments can add a tremendous burden both emotionally and financially. For people residing in Halton Hills, one of the many services CASHh is able to offer is free transportation for cancer related medical appointments. Our transportation program is designed in such a way as to promote a one on one driver client experience. Our volunteer drivers are required to maintain a high level of professionalism and adopt the CASHh best practices when driving clients. We provide door to door service and pick clients up from their homes, drive them to their appointments and return them home.

Depending on the level of need, some of our drivers are available to assist clients into their appointments. It doesn't matter if you have 1 or 40 appointments, we are here to assist you through your journey. CASHh has helped many clients over the past 20 years. Many of whom have since become drivers and volunteers themselves. Our driver's derive a lot of satisfaction by providing this service. If you would like to volunteer as a driver or in another capacity, please call our office for more information.

Laurie Robinson, Client Care Coordinator



LOOKING FOR THE BEST WINE TO PAIR WITH MEDICAL EXPENSES by Michelle Burleigh

When I was admitted to the hospital for treatment of [Acute Promyelocytic Leukemia](#) in December 2017, there were a million things running through my mind; who was going to take care of my kids, was I going to die, what was going to happen with my husband's work, would I be alone at the hospital, what about my job, my retirement savings, my children's education funds...simply living through each day. The furthest thing from my mind was income taxes. Unfortunately, the reality is, sick or not, you owe the government a tax return. I was months into treatment before I had a conversation with a good friend who warned me, among other things, to be prepared for the tax implications of being sick. He warned me to make sure I was stock piling money away because the government wouldn't take taxes

off my disability payments. Even more unfortunate was that I dismissed that warning. At the time, I was still being paid short term disability by my insurance company and had bigger fish to fry. By the time my long term disability kicked in, that conversation was long out of my mind. Know the basics before you get sick. Chances are you or someone you know is going to need that advice also and it's too late after it happens. I think I was fortunate to land in the hospital during the last month of 2017. There was no real tax implication as I was only off work for the last 3 weeks of the year. The next time income taxes snuck up on me was in March 2019. I had been on long term disability from March 2018. My insurance company was calling me every 4 – 8 weeks for updates on my condition. When it was very clear that I was not going

back to work anytime soon, I was informed I would have to apply for Canadian Pension Plan Disability (CPP Disability) with the Canada Revenue Agency (CRA). This was a particularly unnerving conversation. As a person who has been 'healthy' my whole life and being under 40 years old, I had spent virtually no time thinking about things like disability. The real irony of the situation was, I had only switched Financial Advisors less than one month before my diagnosis and when he asked me to consider Life Insurance, my response was, 'I don't plan on going anywhere anytime soon'. In hindsight, such a presumption was wildly irresponsible. I digress... To continue reading click or go to <https://soyouvegottcancer.ca/2019/11/28/looking-for-the-best-wine-to-pair-with-calculating-medical-expenses/>

FUNDRAISING CORNER

Cancer Assistance Services of Halton Hills would like to give a big shout out to the following people, organizations and institutions who have made significant contributions to our fundraising efforts these past few months: It really does take a village!!

Georgetown Knights of Columbus donated \$4,500 from monies raised by the Georgetown Agriculture Society for managing the entrance for 2019 Fall Fair.

Christ the King Catholic High School – PINK DAY held on Oct 30, 2019 and raised \$13,000 by selling TShirts. Wow!! You are truly amazing!

3rd Annual Double Exposure and Friends Christmas concert held on December 15, 2019 and raised \$9,670. Special thanks to Bill and Janine Kent for organizing such a wonderfully talented group of vocalists and musicians including the Fossil Rockers.

12th Annual Pink PJ Party was held on Friday January 17th. Over 300 women in pink PJs came out to dance to the sounds of DJ Anthony Andrews from Party Cinemas and helped raise \$10,000 for CASHh. Special thank you to Jacqueline Fleming for sharing your personal journey with us. We are filled with gratitude for the contributions of our key sponsors, The SilSells Team, Brand Alliance, Generations Physiotherapy, Georgetown Chevrolet and the local businesses who showed their support. Finally to all of you amazing ladies who continue to come out every year and support this great event!



Shoppers Drug Mart South Georgetown (Leaf Program) – raised \$2,254

Angel Wings for CASHh (Marnie Torres) – raised \$1,500

3rd Annual Caroling for CASHh (McMurray Family) – raised \$777

Lambert's Christmas Light Show (Lambert Family) – raised \$1,000

Salon Marcel Christmas Light Show (Marcel Godreau) – raised \$1,560



April Campaign – “Give Where You Live”

April is the month to “Give Where You Live”. CASHh has wonderful volunteers going out delivering door hangers to residents within the Town of Halton Hills asking for their help and support. CASHh is not associated with any other cancer organization nor do we get any government funding. We rely on the generosity of its donors every year to help us provide the much needed services for residents that are dealing with a cancer diagnosis and to help support their caregivers. We are so lucky to have this unique and amazing organization within our community. Please help us help your neighbour, son, mother, friend. we are here for them!

Happy 20th Birthday CASHh!! Cancer Assistance Services of Halton Hills is turning 20 this year and everyone is invited to help us celebrate on **Saturday April 25th** at the Georgetown Golf club (formally known as Eagle Ridge). Tickets are \$60 each and include dinner, prizes and lots of fun. For more information and tickets please contact the CASHh office at 905-702-8886.

The Red Harp Pub presents their 2nd Annual Car Rally for CASHh—Redneck! on **Sunday May 3rd**. This year's theme will be Redneck so be sure to get your best undershirt on and shine up ya tooth and come out for a good time!!!! The event takes you on a picturesque drive while answering riddles, collecting information, taking photos and participating in fun activities. The team with the most points wins the prize! There are also prizes for best team and individual costumes. For more information on how to purchase your tickets, please contact the CASHh office at 905-702-8886 or email jliddle@cancerassistance.org.

For more information about our upcoming events, please check out our website: www.cancerassistance.org

HAS IT REALLY BEEN TWENTY YEARS!?

As we enter into our 20th year of operations, CASHh could not be more grateful for the support we have received from our community. In 2000, CASHh opened its doors for the first time after receiving a \$200 donation. From there, we were able to secure a tiny office space on Mill Street in Georgetown and started our grassroots organization. CASHh has never wavered from its commitment to provide assistance and support to those diagnosed with cancer in Halton Hills. Over the years, CASHh has grown into the well-loved and respected charity it has become today. Our hope for the future is that a cure for cancer is found. Until that time, we will keep up the good fight by continuing to forge partnerships within our community that will have lasting effects on our mothers, fathers, brothers, sisters, aunts, uncles, cousins, friends and neighbours alike.

Come out and celebrate our 20th Anniversary on Saturday April 25th at the Eagle Ridge Golf Club in Georgetown. Tickets available at CASHh office. Thank you to the residents and businesses in Halton Hills for allowing CASHh to achieve our twenty year milestone. We could not do what we do without your support!

Julie Liddle, Director of Operations





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Our April campaign will soon be underway
Please consider donating to CASHh to support those in our community who have been diagnosed with cancer



Why Volunteer for CASHh



According to Psychology Today, there are a number of reasons why volunteering is a great activity:

Volunteers live longer and are healthier

Volunteering establishes strong relationships

Volunteering is good for society

Volunteering is good for your career

Volunteering gives you a sense of purpose

Volunteering is good for your mind and body

Volunteering strengthens compassion for others

Volunteering builds community

"Unless we think of others and do something for them, we miss one of the greatest sources of happiness"

Ray Lyman Wilbur

FOOD: Sharon Arbor's Lemon Butterfly Buns



Ingredients

1 pkg of Betty Crocker Golden Cake Mix

1 pkg yield 16 cupcakes

Lemon Pie Filling

Icing sugar

Method

Follow pkg instructions to make cupcakes

Once baked, cool cupcakes

Using a pointed knife cut circles from top of cupcake to resemble butterfly wings and put a small amount of lemon pie filling in cut hole. Place the wing shapes into the cream filling wing side down

Optional icing sugar for dusting

SAMPLES WELCOME!!!

Funnies..... "The oldest computer was owned by Adam and Eve. It was an apple with very limited memory. Just one byte and everything crashed"



Spring Training photo: by Dr. Doug