



# NEWSLETTER



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## DRIVING THROUGH A PANDEMIC

Receiving a diagnosis of cancer is one thing, but trying to figure out how to get to hospital appointments and continue treatment through a pandemic is quite another. CASHh remains fully operational during these unprecedented times. We are steadfast in our commitment to our clients who need us now more than ever! From the many services CASHh offers, transportation continues to take the top spot. As an organization, we are doing all we can to ensure those who need access to essential services have it. We have taken the necessary steps to equip drivers with personal protective equipment and have also implemented new policies to help reduce the risks associated with COVID-19. Drivers are now sanitizing their vehicle after each drive, and have hand sanitizers in their vehicles and are required to wear face masks. Even though drivers are aware of the risks, many still choose to put themselves on the front lines. Their efforts have made it possible for CASHh to continue to provide transportation services for essential appointments. We already know CASHh drivers are “**special people**.” It does not matter if they have driven pre, during or will continue post the pandemic. Our drivers make a difference! For the past twenty years, they have

played such an integral part in building the organization we have come to know and love. Because of their contributions, I was eager to understand more about the person who sits behind the wheel and why they made the decision to drive for CASHh. Its not too difficult as you read our drivers comments below, to see the ever present “**special traits**” which are so clearly a metaphor for the devotion, dedication and sense of commitment they have for our organization and the clients we serve.

*“I have made a lot of good friends during the time I have been driving and shared the joy when they have completed their treatment and looking forward to the future. I have also had times of sorrow at the loss of our clients. It is very fulfilling to know you have helped in some small way in their journey.”*

*“During this difficult time, I feel its important that we are able to help our clients who are at a critical point in their treatment schedule.”*

*“For some clients it is difficult if not impossible to get to their appointments without our help and I feel as long as I'm able to assist them, I will continue to do my best.”*

*“I have lost my Parents, Godparents, and our incredibly special Daughter to cancer. I feel its important to reach out and be there for our clients and families to help reduce the stress and anxiety during this time.”*

We are so proud of all of our

volunteers for all that you continue to do for CASHh and the clients we serve. If you ever doubt the positive impact of your contribution on our clients, their families and your community, read their heartfelt comments:

*“The comfort and ease of mind this has given me is priceless at a time of so much uncertainty. The huge burden of transportation has been lifted. Having the support of a CASHh driver has enabled my husband to go back to work.”*

*“The dedication of the team is incredible. CASHh have been unbelievably reliable and able to provide me with a ride for every appointment.”*

*“I can never express fully how much his has meant to me. To all drivers and each and everyone at CASHh, from the bottom of my heart, can never fully express how much this has meant to me. Thank you for everything.”*

**From the entire CASHh team and Board of Directors, thank you for all that you do each and every day!**

*Joanne Hamp*



### Issue 3

### Summer 2020

#### Special points of interest:

- What's Happening in the CASHh Office
- Learning A New Kind Of Dance
- Updates On Previously Scheduled Events
- Daily Routine: Important for Mental Health
- Mediterranean Chopped Salad Pitas
- Things To Do During COVID-19
- Share Your Story
- Humor and Encouragement

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## FUNDRAISING CORNER

### WHAT'S HAPPENING AT THE CASHH OFFICE

We are so pleased to say that CASHh remains fully operational Monday to Friday, 10:00 am to 4:00 pm. To prevent the spread of the COVID-19, we are currently following the Government recommendations and the Mountainview Residence Visitor policy. The CASHh office is temporarily closed to walk in visitors, however, we are pleased to accommodate visitors by appointment only.

The CASHh Board of Directors and office team, would like to say 'thank you' to Joanne Hamp, who has made the decision to move on from CASHh to take on a new role. Joanne wants the drivers and clients to know how much working with each one of them has left a lasting impression. She loved and cherished every moment. Joanne's dedication and commitment to CASHh, especially her work with our volunteers and clients, was truly appreciated. Joanne's warmth, humor and beautiful accent will be truly missed by everyone. Replacing Joanne is Wendy Molnar. Wendy brings an energetic personality and strong empathy skills given her own personal experience as a cancer survivor. Please extend a warm welcome to Wendy. We are so happy to have you join the team!

### LEARNING A NEW KIND OF DANCE



These past few months, COVID-19 has certainly disrupted our lives more than we could have ever imagined. CASHh, like many non-profit organizations has struggled to raise funds in the means we are accustomed to. We have been forced to unpack our tool kit, take a long hard look at the contents, and figure out what the next steps will be. Sort of like cleaning out your closet after finding you weigh an extra 10lbs (COVID weight) or, if you have been diligently doing the 'Tour of the Hills', lost a few pounds! In all seriousness, as we pivot into embracing the undeniable impact on our revenue stream while simultaneously hoping this will be temporary, we have been pushed to think outside the box for our fundraising efforts. I have always believed it takes a village, a community, OUR community to fight the good fight. The reality, cancer has not gone away with COVID-19. Unemployment levels are higher than they have ever been before. As a result, household family incomes have been severely impacted rendering many people more dependent on social programs. CASHh needs your support now more than ever before. If you know anyone that needs our services, please have them call us at 905-702-8886. Stay well everyone!

**Julie Liddle, Director of Operations**

### UPDATES ON PREVIOUSLY SCHEDULED EVENTS



Friday, September 11th - **Georgetown Agricultural Society Drive Through Chicken Dinner** in support of GAS and CASHh. For tickets email [georgetownfairchickenbbq@gmail.com](mailto:georgetownfairchickenbbq@gmail.com) or call Shane at 519-939-2362.

June 15th – Sept 26th, 2020 - **2nd Annual 'Tour the Hills' Event** went 'virtual' this year! Everyone is welcome to walk, run or bike! We are asking participants to set a fitness goal for themselves or family and have their family and friends donate to CASHh via their Tour the Hills 'personal page' in support of their efforts. It is not too late to register at [www.tourthehills.ca](http://www.tourthehills.ca)

Monday, November 16th - **CASHh Annual General Meeting** - Details will be communicated on CASHh Facebook Page and the Independent Free Press, 3 weeks prior to the date of the meeting.

April 2021 - Annual **'Give Where You Live'** Campaign - CASHh canceled in April due to the pandemic. We would like to extend a heartfelt thank you to those of you who made a donation to CASHh. We hope to see you in April 2021. Stayed tuned!

Saturday, April 24th, 2021 - **CASHh's 20th Anniversary** Celebration originally scheduled for April 25th, 2020 has been rescheduled for April 24th, 2021!! If you have purchased a ticket, you will still have a seat/table at next year's event. Tickets available February 2021

Sunday, May 2nd, 2021 - **2nd Annual 'Redneck' Car Rally Event**, which was previously scheduled to take place on May 3rd, this year and has since been rescheduled to May 2nd, 2020. Tickets will go on sale in February 2021. Thank you to the Red Harp Pub owners for graciously offering up your beautiful pubs in Acton and Erin for our 2nd Annual Redneck Rally event.

## HEALTH & WELLNESS

### DAILY ROUTINE: IMPORTANT FOR MENTAL HEALTH

It's certainly not an understatement when I say we have all experienced varying degrees of emotional responses to the Covid-19 pandemic. Perhaps your initial reaction was mild concern but as we became more immersed in the reality of the situation and the disruptive and defiant nature of this virus, it moved very quickly to shock, panic, anxiety, fear, then acceptance. It's the acceptance of this new reality that prompted me to think of those people who are home alone, suffer from depression, illness, job loss, death of a loved one, closure of a business, and separation from family members.

We are all being tested in ways we never imagined. Goals for the future may seem unattainable right now. Temporarily recalibrating and adjusting them to short term manageable goals might be a good strategy during the pandemic. Incorporating a daily routine will help you remain focused and grounded. Exercise every second day. Practice good self-hygiene. Schedule a weekly social calendar for phone, Zoom and Skype calls with friends and family. Don't forget to send those birthday cards. Walk the dog a new route. Pick up that hobby you loved and haven't done for years. Don't overindulge in watching the news and Google searches but instead, read a book! Do indulge in daily meditation and practice positive self-affirmations. Having a daily routine, takes discipline. It's more important now than ever before to invest in yourself so you can be there for others. Being a good example is contagious! If you're feeling particularly vulnerable see the back page for a list of resources.

*Joanne Hamp*

**"I fight for my health every day in ways most people don't understand. I'm not lazy, I'm a warrior."**

### FOOD: MEDITERRANEAN CHOPPED SALAD PITAS

Prep Time: 15 Min/Yield 4-6

#### INGREDIENTS

1 small head romaine lettuce, chopped  
1 (15 ounce) can chickpeas, drained and rinsed  
1 tomato, diced  
1 small cucumber, diced  
1 small red pepper, diced  
1/2 small red onion, diced  
3/4 cup chopped kalamata olives  
3/4 cup feta crumbles  
2 tablespoons chopped fresh dill  
Pita bread, for serving

#### DRESSING

1/4 cup olive oil  
2 tablespoons red wine vinegar  
1/2 teaspoon dried Italian seasoning  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### INSTRUCTIONS:

Add dressing ingredients to a large bowl and whisk until combined. Next, add all remaining chopped salad ingredients to the bowl and stir until everything is mixed together. Spoon chopped salad mixture into warm pita bread and enjoy!



## COMMUNITY NEWS: Town of Halton Hills Forms (CSAT)

To support those most vulnerable during the COVID-19 pandemic, the town of Halton Hills in partnership with Halton region, municipalities and agencies have established a central support hub. Community Support Action Team (CSAT) has been developed as a resource for those “who cannot access essential goods through other support networks; are self-isolating due to compromised immune status; are financially insecure, or are experiencing mental health issues. Residents in need are encouraged to contact Service Halton Hills at 905-873-2600 or email [servicehh@haltonhills.ca](mailto:servicehh@haltonhills.ca) and staff will direct their call to the appropriate agency on the support registry. Services offered through the registry include food security, mental health support, housing, youth services, active living and community safety”

<https://www.haltonhills.ca/csats/in-depth>

### CSAT SUPPORT SERVICES

Georgetown Breadbasket: 905-873-3368

Acton Food Share: 519-853-0457

Links2Care Programmes

Meals on Wheels and Meals on Ice.

Georgetown: 905-873-6502

Acton: 519-853-3310

Shop and Drop Support Program

Links2Care will shop and deliver groceries for those who cannot access a grocery store or pharmacy on their own :905-873-6502

Crisis Intervention

Distress North Halton

Free telephone service provided to individuals residing in the Halton Region.

905-849-4559 x104

### THINGS TO DO

If you are a lover of the Arts, check out some online experiences:

<https://www.nhm.ac.uk/visit/exhibitions/nature-live.html>

<https://www.louvre.fr/en/visites-en-ligne#tabs>

National Theatre FREE Online Streaming

## Get In Touch

*“Hardships often prepare ordinary people for an extraordinary destiny” CS Lewis*

### SHARE YOUR STORY

If you are open to sharing how receiving a cancer diagnosis shaped the way you now look at life, please contact us. We are ready to listen! Your story can act as an inspiration to those who are currently struggling and learning to navigate in a new reality



Please Contact:

CAShh Office

P: 905 702-8886

E: [jliddle@cancerassistance.org](mailto:jliddle@cancerassistance.org)

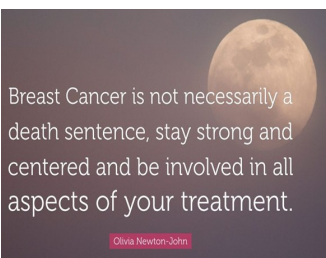
W: [www.Cancerassistance.org](http://www.Cancerassistance.org)

## Humor And Encouragement

There comes a time in life when you have to let go of all the pointless drama & the people who create it & surround yourself with people who make you laugh so hard that you forget the bad and focus solely on the good. After all, life is too short to be anything but happy.



*“I’ve not failed, I have just found 10,000 ways that don’t work” Thomas Edison*



Daughter, “What is marriage”? Mom, “Marriage is just a fancy word for adopting an overgrown male child who cannot be handled by his parents anymore.”