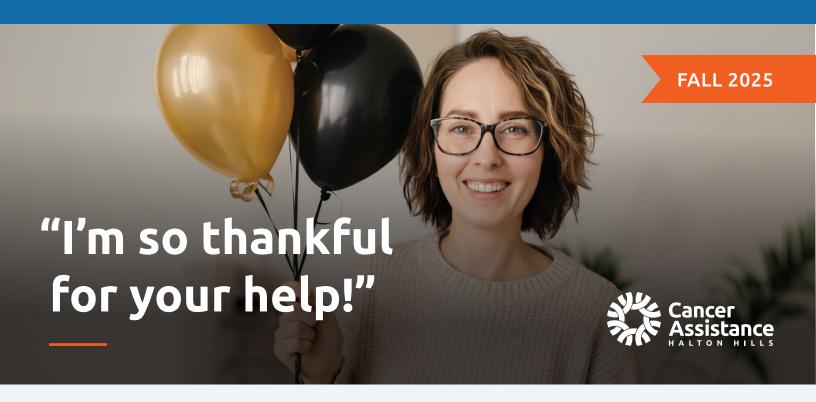
# Stronger Together

HOW YOUR GIFTS MAKE A DIFFERENCE



"If it weren't for you, those of us with cancer in our community wouldn't have the freedom to focus on getting better." – Jodi

Jodi received a large folder of resources the day she was diagnosed with breast cancer. Overwhelmed, she set it aside. She relied on her husband and brother to drive her to her appointments in Oakville those first few months.

"By the time I finished my first 16 rounds of chemo, I thought, I can't do this anymore, I need help," says Jodi. "I dug out the folder and learned about Cancer Assistance Halton Hills. I realized I should have been using this all along!"

Jodi was amazed by how simple it was to sign up for rides. She was impressed that transportation services and trusted advice were available for her, thanks to your support.

"From then on, I was looked after by Cancer Assistance, from surgery, to after appointments, to hyperbaric chamber sessions, to radiation.

I've been through the ringer, but they've been along for the ride," Jodi explains.

It's been a few months since Jodi's treatments ended, and the great news is that her cancer is in remission and she's getting stronger every day. But with two upcoming surgeries and regular follow-ups, she continues to count on Cancer Assistance and donors like you.

Jodi says, "This is a great service. And it's more than just a service. It's a community. It's a village. Honestly, I wouldn't be where I am today without Cancer Assistance donors."

Thank you for compassionately supporting people like Jodi. The peace of mind you provide makes a world of difference to individuals and families facing cancer.



### How Your Support Cares for Caregivers

#### Patricia & Walter's story

When we first met Patricia, her life had changed overnight. Because of you, she and her husband, Walter, had the support they needed as they faced his cancer diagnosis.

"He loved life more than anything," Patricia says about Walter. "He was inspirational to me because you can't watch somebody love life and not enjoy it."

Walter loved hiking, water skiing, and spending time at the cottage with Patricia and their daughter. He was always full of energy. So, when he was diagnosed with cancer in 2020, it was a complete shock. At first, Patricia drove Walter to his appointments in Mississauga. But as his caregiver, she had so much to do and think about. When a friend recommended our services, Patricia quickly gave us a call.

"Just signing up relieved me of so much pressure," says Patricia.

Because of your past support, Walter got rides to

his appointments, as well as vital home medical equipment. He enjoyed getting to know the Volunteer Drivers, and Patricia was impressed with their reliability. In any weather, at any time, they could be counted on.

Patricia shares, "Cancer Assistance allowed me to go out and do all those things that you just don't do when you're the 24/7 caregiver. They're an incredibly caring group of people."

Walter passed away just over a year ago, and Patricia misses him every day. But she and her daughter continue to feel supported by Cancer Assistance and donors like you.

"I thank donors from the bottom of my heart for making our lives so much better. During the most difficult days we've ever experienced, your kindness and generosity meant that our lives were better," Patricia says.

For people experiencing cancer, like Walter, and for caregivers like Patricia, you make life a little bit easier, and you make people feel a little more loved. Thank you!



## 20 Years and Counting!

#### Helping is a way of life for volunteer driver France Depetrillo

You just can't help smiling around France. Her caring nature comes through so clearly, it's no surprise she's always prioritized helping others. She volunteered at a local library, school, and hospital in Hawkesbury before moving to Georgetown. And for 20 years, she's been one of our tremendous volunteer drivers!

When France's dad had cancer many years ago, he needed extra support. France was working and couldn't always take him to appointments. So, they turned to Cancer Assistance Halton Hills.

"He loved the drivers, and he just kept complimenting them on how nice they were. I thought it was amazing that they offered that kind of help," says France.

She was so inspired by the experience that she decided to become a volunteer driver herself. An avid traveller with many hobbies, France loves having the flexibility to create her own schedule. She enjoys meeting our clients and listening to their stories as they set off to Toronto, Hamilton, and other healthcare hubs. She gives them a quiet ride and always listens with care when clients share their stories. And if someone is travelling alone, she'll happily sit with them during chemotherapy and other appointments to keep them company.

"It's very rewarding," says France. "I meet so many nice people. Very brave, courageous folks."

We're so thankful for volunteers like France and donors like you. Together, you make up a powerful cancer support system that our community depends on.

#### Meet proud volunteer and monthly donor Vickie Pasma



In 2015, a door hanger advertising Cancer Assistance Halton Hills' services was left on Vickie Pasma's door. It came at just the right time: her husband Ray had recently been diagnosed with non-

Hodgkin's Lymphoma, and they had just moved back to Georgetown after living 15 years at their cottage in Buckhorn.

Vickie felt reassured knowing that services were available in their community. And she knew right away she wanted to help!

She volunteered as a Board Member and signed up to be a monthly donor. Vickie continues to be committed to raising funds to support people living with cancer, and starting a monthly donation was a big part of her commitment.

"Cancer Assistance receives no government funding," says Vickie. "It's an organization that is for the community, by the community, and for me, donating monthly is the easiest way to 'give where you live."

Vickie likes how convenient her monthly donation is, and that she can make changes to her donation at any time. Plus, she's happy to be making a positive difference for her neighbours facing the challenges of cancer. She's grateful she hasn't had to use the services and that Ray is now in remission. But she knows that if they ever need help, it's only a phone call away.

If you'd like to make an ongoing difference in our community, please consider joining Vickie as a monthly donor today. It's easy, convenient, and provides a reliable source of income for our vital services.

#### **Holistic Cancer Care**

# Your gifts power vital wellness services

Calm. That's the feeling that falls over you when you step into Leigh Whiting's office. Soft colours, relaxing lighting, and a sunset tapestry set the stage for the healing support she offers as a Reiki Grandmaster, Spiritual Director and Registered Psychotherapist.

Leigh has been providing services to Cancer Assistance Halton Hills clients since 2021, thanks to your generous support. As a Reiki practitioner, she uses gentle touch to channel energy that both relaxes and invigorates her clients. She pairs the practice with compassionate dialogue, allowing folks to open up about the feelings and anxieties they face while living with cancer.

These services are vital. After all, cancer doesn't just take a physical toll, but an emotional one too. Having the right support helps people live their fullest lives



with cancer.

"Mindset plays a really important role in people's stress management and, therefore, their immune systems. So it is very complementary," Leigh says about the benefits her services provide. After her treatments, her clients often report better sleep, reduced anxiety, and improved energy levels.

Leigh offers treatments from her office in Georgetown and does house calls. She shares Reiki techniques so that her clients can self-soothe between appointments, offering treatment and training to caregivers too.

"I see the gratitude with every client," Leigh says.
"We often discuss how fortunate we are to be in a
community like this, where people are supporting
each other so well."

Your continued support means we can provide vital services like Reiki to more people living with cancer in Halton Hills. Please consider making a donation today.

#### THANK YOU! Your caring support makes stories like this possible.

Do you have questions about your support? Want to share your story for future newsletters? Curious about other ways to support Cancer Assistance? I'd love to hear from you!

You can reach me by phone at 905-702-8886, or by email at jliddle@cancerassistance.org.



With thanks, **Julie Liddle**Executive Director



To donate online, visit cancerassistance.org/stronger, or scan this QR code with your smartphone.

