

Hi everyone

I hope this email finds you happy, healthy, and safe. It's hard to believe that 18 months ago we found ourselves at the beginning of the pandemic, and 18 months later we are hopefully starting to see the other side of lockdowns and regulations.

First things first, I did want to apologize for not reaching out more over the last few months. Between the increase in intake calls, taking a much needed vacation, losing a family member and trying to plan a funeral during COVID, and being down with a terrible sinus infection, the summer simply got away from me. I do promise to get back to monthly newsletters beginning October 1st.

I hope that you all had an amazing spring and summer. Here at BCA, we continue to work with the newly diagnosed and have learned to pivot and change our focus to ensure that this organization endures and keeps helping those who are living with the breast cancer diagnosis.

Over the last few months, the Board and I have been discussing what the most important message is that we can provide to you and to those who are newly diagnosed. Although our logo will remain the same, we have changed our tagline from "Meeting You Wherever You Are to "Breast Cancer Action, Part of Your Story." To learn more about the meaning of our logo, please visit:

<https://bcaott.ca/about-us/more-than-just-a-logo/>

After working with you for a little over four years now, I really do feel this is a fair representation of how we work with you and the newly diagnosed.

CURRENT PROGRAMS-UPDATE

BODY AND SOUL HEALTH AND WELLNESS PROGRAM

I am starting to put the October 1st to December 31st Body and Soul Fitness Health and Wellness program together. I am not sure yet if we can move forward with in person classes or provide a hybrid session with both virtual and in person classes. I have been in discussions with the venues that we used to rent, and a couple have confirmed they are ready to proceed with rental contracts, as other venues have indicated they are not ready to do that yet. My goal is to have the October 1st to December 1st session developed with the online registration link being sent to you no later than the last week in September.

We know that Kim and Christine will be offering their classes once again. Rowena is going to take a break this fall as she continues to heal from her injury. And for those of you who enjoyed the Art Expression classes, you'll be happy to know that Polly is happy to have you back in person. She will be limiting her class to eight people and only one class per week at this point. She does request that you are all fully vaccinated, so that you can take part in this class in person.

Kim and Christine Ann Polly have confirmed that they are happy to resume in class sessions. Although using zoom has proven to be successful, I do believe that we would all rather be together in one room to support each other. However, saying this I do want to make sure that you are comfortable attending in person classes. The venues will have their own regulations, that both our instructors and our participants will have to follow. So, if you could answer this one question:

1. Are you ready to resume in person classes, on the basis that the venues will have safety regulations in place?

Please reply with a yes or no answer and if you want to expand on your answer, please feel free to do so in the body of the email.

PEER SUPPORT PROGRAM

First and foremost, I want to thank Andrea Douglas and our group of peer supporters for being there when we need them, and for helping the newly diagnosed. Since the pandemic has started, intake calls and referrals to the Peer Support Program have increased 70%. Intake calls have doubled. As normal process is not being followed, the newly diagnosed are often being left confused and feeling a little lost. Our peer support volunteers make sure that they get the help that they need.

Due to this increase, we are putting out a call for volunteers to work with us as volunteer peer supporters. You will be trained; and will learn how the process works and we are always there to support you. We do need peer supporters who have undergone either a single or double mastectomy. Those who have had lumpectomies are always welcome, however most newly diagnosed seem to be having mastectomies now, so we do need to bring on some volunteers who have had single or double mastectomies. If you would like to volunteer, please send me an e-mail, or call me at 613-736-5921.

Metastatic Breast Cancer Program (MBC)

<https://bcaott.ca/metastatic-breast-cancer-support-group-program-mbc/>

I'm also reaching out to give you some information about our MBC program. If you or anyone that you know has been diagnosed with MBC, please reach out so that I can introduce you to Laurie, who currently organizes and facilitates that peer support group. You can find more information here: <https://bcaott.ca/metastatic-breast-cancer-support-group-program-mbc/>

NEW PROGRAMS

Under the guidance of Beth Hoag, Board member and physiotherapist, we plan to launch a webinar program to take place every second month starting in November. I'm very excited about this program because it will be speaking about various topics that are a priority to those who are living with a breast cancer diagnosis.

2. So here is my second question: What topics would you like to see discussed are in these webinars?

Please reply via email or feel free to give me a call to discuss your ideas at 613-736-5921.

I will be sending out the link to register online for the Body and Soul Health and Wellness program shortly.

If you have any questions about this content please email or give me a call.

Keep safe enjoy the fall weather!