

## *Holiday Wishes From BCAK*

Seasons Greetings members and friends. I have been President of BCAK for six weeks now and am enjoying the experience. I have a vibrant group of Board Members and I have the feeling we will accomplish a great deal this year.

Our objective is to ensure that we continue to get our name out into the community so that we can fulfill our Mission to educate, empower and support those affected by Breast Cancer in Kingston and the South-east Ontario Cancer Region.

On behalf of my family and the Board of Directors of BCAK, I want to wish you and yours a safe and Merry Christmas and a very Happy and Healthy New Year.

Lynne Funnell, President



The BCAK office will close for the Holiday season at 4:00 Friday, December 20<sup>th</sup> and reopen Thursday, January 2<sup>nd</sup>.

In the event you need to get hold of one of the volunteers or a board member, email :

Email.bcak@gmail.com

## *New to the Board of Directors*

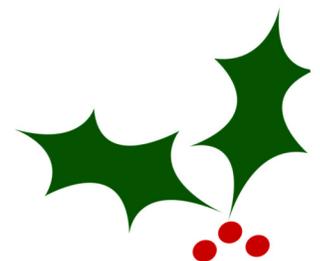
My name is Chris Thompson and I am excited and honoured to be the newest member of BCAK. My wife, 2 boys, 2 dogs, 2 cats and I happily relocated to Kingston



with Empire Life in January. I am part of the IT Solution Delivery team and I lead a team that works on projects for Group Benefit insurance.

My wife Lesley is a breast cancer survivor of 13 years. During her own personal battle I found strength in her and others we met at Sunnybrook Hospital that gave me a new perspective on what is important in life which shaped my desire to volunteer and give back however I could.

I am truly inspired by the great work of BCAK and I hope I can use my extensive Project Management and IT experience to BCAK's benefit. I can't wait to get working with the amazing women on the board and incredible BCAK members from Kingston and the South-east Ontario Cancer Region.



**There has been a lot of talk lately about dense breasts which has led to questions. I passed these questions on to Dr. Leda Raptis, PhD.**

How can I tell if I have dense breasts?

You can't tell whether you have dense breasts based on your breast shape, size, firmness or other factors. **Dense breasts** don't look or feel any different than ones that aren't **dense**. A mammogram is the only way to assess density.

Do I need additional screening?

Dense breasts make it harder for radiologists to spot cancer. On a mammogram, dense breast tissue shows up as white and so does a cancerous tumour. Mammograms alone are not enough for women with dense breast tissue. The next time you have a mammogram ask about your

breast density. If it is over 50%, then ask for a screening ultrasound. Radiologists in Ontario have recently been mandated to include density in the report to the family doctor.

Keep in mind, if you have dense breasts you are more sensitive to cancer. For more information see: [densebreastcanada.ca](http://densebreastcanada.ca) or Leda's link on [BCAKingston.ca](http://BCAKingston.ca)

### *BCAK Programs*

Last month we featured our Puffy Pillow Program (and received very positive feedback from some members). This month we highlight our financial assistance program.

Each year BCAK receives many requests for financial assistance from patients in the Southeast Ontario Cancer Region and some from outside our region (who are being treated at KGH).

An application form is available on our website (as well as the terms of eligibility).

The number of requests for financial assistance have increased dramatically since the program's inception in 1999.

Last year (2018-2019) we received 28 applications; and disbursed a total of \$21,612.00 for general living expenses, travel to other cancer centres for treatments, specialized treatment costs and bras and wigs.

If you (or someone you know) are suffering financial hardship as a result of a diagnosis, check out the terms of eligibility on line or call or email BCAK for more information.



# Christmas

## Crack

Line a 15" x 10" jelly roll pan with foil and spray with Pam. Line the bottom with soda crackers (salted, unsalted or gluten free).

Place 1 cup dark brown sugar, 1 cup unsalted butter & ¼ tsp. kosher salt in a medium pan and cook on medium heat, stirring frequently, until butter melts. Continue to cook 3 - 5 minutes until mixture comes to a boil and starts to darken.

Remove from heat and add 1 tsp. vanilla extract. Pour mixture over the crackers and bake 5 minutes in a 400 degree oven. Remove and cool 1 minute.

Melt 10 - 12 ounces semi sweet chocolate or white chocolate in microwave in 30 second intervals at full power, stirring between cook times, until chocolate has melted. Spread chocolate mixture over crackers.

Sprinkle with Christmas colored decorations if desired. Cool overnight and break into chunks.



Our new BCAK logoed hoodies are now available ... just in time for Christmas. We have a limited number in stock, first come first serve. After that we will take orders. Effortless style for people on the go!

Call Bev at 613-531-7912

Fleece  
Zippered  
Hoodie  
50% polyester  
50% cotton.  
\$48.00



Fleece  
Pullover  
Hoodie  
50% polyester,  
50% cotton.  
\$25.00



