

May 1-August 31, 2019



Quarterly Newsletter

What's new?

As you all know by now, the first time EVER Spring/Summer Health and Wellness Program was released last week. If you haven't checked out the link yet, look at what you might be missing out on: Barre Fitness for Older Adults; Stretch and Strength; Nia Fusion Dance; Tina's Book Club; Nordik Pole Walking; Gentle Restorative Yoga; Mindful Meditation; Belly Dancing; Art Expression; and the Franklin Method of Balance and Coordination.

We also have a couple of new venues for you to check out during your classes. If you haven't already register here and NOW: <http://bcaott.ca/health-and-wellness-program/>

Please remember that with our new website that we launched in August 2018, comes with it a whole bunch of new information. If you have a question about our programs check out:

Health and Wellness: <http://bcaott.ca/programs/calendar/>
Peer Support: <http://bcaott.ca/programs/peer-support-program/>
The Kelly Project: <http://bcaott.ca/programs/the-kelly-project/>
Busting Out: <http://bcaott.ca/programs/busting-out/>

From the Executive Director: The latest...

As grants continue to dwindle for City centric not for profits, ML has shifted to attracting 3rd party fundraisers. To date, the following organizations have engaged or are currently engaged in 3rd party fundraising incentives or events: They are: Shopper's Drug Mart (Blair Road); the North Gloucester Hockey League; The World Lebanese Culture Union-Ottawa; The Cash for Trash Program; Twins Golf Tournament (recurring annually); Embrun Health Fair; The Canadian University of Women of Engineering Association. If you know of any organizations who are looking for a corporate social responsibility (CSR) project, send them ML's way at ed.bca@bcaott.ca

The Annual Member Satisfaction Survey- The Results Are IN!

Thanks very much to all of you for answering our annual membership satisfaction survey. In summary, the membership does feel that we are meeting our overall mission, vision and mandate. You would like to see more diversity in our Health and Wellness Program and not just focus on the physical aspects of wellness but also the emotional and balance in life aspects of wellness. That is why we have introduced some new classes into our Spring and Summer Program. The average membership length is 6-10 years with a few even exceeding 20 years! The majority of our membership has accessed our Health and Wellness Program, Busting Out Dragon Boat Team and Peer Support.

We have added new activities to our Health and Wellness Program, however, will only be adding on-line fitness classes; knitting/crochet club and a singing group/choir in the Fall.

We offered a free membership for 2020 for those who completed the survey.

THE WINNER IS: Judy Patterson. CONGRATULATIONS!

The Partner's Corner

(The Ottawa Regional Cancer Foundation)

**Are you or someone you love affected by cancer?
Cancer coaching can help.**

As one of the very first Cancer Coaches in Canada, Mélina Ladouceur has seen a lot of incredible things happen in Eastern Ontario's world of cancer care. She has worked with the Ottawa Regional Cancer Foundation since its Maplesoft Centre opened on Alta Vista Drive in 2011 and has helped hundreds of families facing cancer improve their health and wellbeing through Cancer Coaching.

"Coaching is a person-centered experience," Mélina says.

"It allows me to work in partnership with my clients to help them focus on what is most important to them." While each person's reason for meeting with a Coach is unique, Cancer Coaches are specially trained to address a wide variety of challenges and needs. For some who visit the Maplesoft Centre, Coaching is the opportunity to speak candidly about their diagnosis with a knowledgeable ear. Others may be looking for practical tools to help them address a particular concern.

"Sometimes I help my clients prepare questions for their first meeting with their oncologist, and sometimes I help them improve their diet or work on increasing their physical activity levels," Mélina says. "Others might want help talking to their families or kids about cancer, or need strategies to help them manage their stress. Everyone is different, and our job is to focus on what is most important to you."

Cancer Coaches are health professionals with experience in fields like nursing and social work, and who have special knowledge related to oncology. And Coaching isn't just for patients in treatment – it is available to anyone, whether they have finished treatment, are facing a recurrence, or are a caregiver or family member to someone facing a cancer diagnosis.

Cancer treatments are rapidly improving here in Eastern Ontario, meaning more people are living much longer with cancer. However, many patients face gaps in their care that are difficult to address, particularly in the post-treatment phase when they no longer have regular meetings with their oncology team. In a recent report from the Canadian Partnership Against Cancer, nearly 70% of cancer survivors said they struggled after their cancer treatments ended. Survivors have also shared that their most significant unmet needs include emotional support, Information, communication, and education, and respect for patient preferences, with only 50% of people receiving the support they needed.

“There are so many benefits we've seen in our Coaching clients in these areas,” Mélina says. “Coaching can you help reduce your stress levels, improve your quality of life, provide you with a supportive space and a listening ear, and give you practical tools and strategies to help you make changes, get the answers you need, or reach your health and wellness goals.” She also notes that meeting with a Coach can also be the first step towards someone discovering they need more specialized support, like from a physiotherapist or a mental health professional. One-on-one Cancer Coaching is available for free at the Ottawa Regional Cancer Foundation's Maplesoft Centre, and in satellite locations throughout the region. The Foundation has also recently launched Virtual Cancer Coaching using the NexJ Connected Wellness platform, allowing Coaches to communicate with their clients online and keep track of their health information.

With an expected 8,000 new cancer diagnoses in Ottawa alone, Mélina and the other Coaches are working to expand Cancer Coaching even further throughout the community, and to spread the word about the service to more families. “When cancer enters someone's life, they often don't know where to turn to cope or to address the new challenges they face,” she says. “The more we talk about Cancer Coaching and let people know this service is available close to home and for free, the more people we can help.” But even with the growing incidences of cancer in Ottawa, Mélina says she is always inspired by her clients. “I believe that each person has unique strengths and inner wisdom based on their life experiences. Cancer coaching allows me to be present to someone's experience and to meet them where they're at in order to provide them with the information they need, help them problem-solve, and explore strategies to help them make important decisions and meet their personal needs.”

“Nothing is more incredible than seeing the changes in someone I've been working with, when their quality of life improves, their stress diminishes, or when they feel empowered and feel they have the tools to manage their health and well-being,” Mélina says. “Coaching can help you to feel in control again, which is something we all need...to feel like we can do something and move in a direction when we're feeling stuck.”

The Ottawa Regional Cancer Foundation offers one-on-one Cancer Coaching free of charge at the Maplesoft Centre at 1500 Alta Vista Drive, and at additional locations across the city. For a fee, Nutrition Coaching and Group programs are also available. If you or someone you know is facing cancer, visit www.ottawacancer.ca or call 613-247-3527 to discover how we can help!

From the Board: What's Up

The Board has shifted into its infrastructure model and has started to create its action plans that will best support the strategic plan for the organization.

From the President's desk

- Look for new events and initiatives that will ensure BCA Ottawa's viability. We will be hosting A Night of Tribute-Michael O'Byrne on September 21, 2019. More information to come at a later date. The Annual Gala is taking place on November 23rd at the Conference and Event Centre. After listening to the membership, we will be offering a member ticket price of \$100 (down from \$125). Non-member tickets are priced at \$125.
- Annie Berthiaume has accepted the Board position of Director, Human Resources

From the Director, Financial Planning

- We're moving and grooving towards a stronger 2019 and 2020!

From the Director, Revenue Generation

- The Sponsorship Prospectus is almost ready to go! Thanks to Michelle Beaupre for her volunteer efforts.

From the Director, Membership and Stakeholder Engagement

- We have listed new membership categories on the website and will be building a campaign in early 2020.

From the Director, Program Support and Development

- The Spring/Summer program is launched.
- Now, we start to build the Fall/Winter session.
- We continue to look into possible partnerships to create a metastatic cancer program

From the Director, Communications

- Check the BCA website for information on classes, programs and more
- Last month our Dragon Boat program's begonia baskets for Mother's Day sold out in less than 1 day after we posted it on facebook, thanks for everyone's support!

From the Director, Human Resources

- I will be working with ML on the by-law amendments and planned HR policy and guideline review.

Want to give back to BCA? We'd love for you to join the Board

We are currently recruiting for the following positions:

1. Director, Event Innovation
2. Director, Governance and Succession Planning
3. Director, Volunteer Engagement and Retention

Job Descriptions are found here: <https://bcaott.ca/board-responsibilities/>

BCA and Community Events



Spinning for Charity for BCA

The good news is that from May to July, every Friday night's ride will be in support of BCA!

Every Friday night spinning enthusiasts flock to Wheelhouse spin studio to do two special things – work out in a pumped-up spinning class that helps destress participants and launches them into the weekend. And they give to charity. Every Friday night at 6:30, Wheelhouse does a "Giv'er Ride". It's an initiative that has been with the popular spinning studio since they first opened. They charge \$10 cash donation (minimum – bigger donations accepted also!) for the ride and give 100% of the proceeds directly to a chosen organization for a three- month period. For instance, the current charity is The Special Olympics of Ottawa running from January to April! In 2018, they raised over \$4000 for DIFD -their most successful campaign to date largely due to the support, commitment and participation of DIFD organizers, members and supporters. To ensure the success of a charity, they ask that representatives from the organization ride as often as possible during these Friday evenings and spread the word through as much social media as possible!

RAISED SO FAR: WE'LL LET YOU KNOW IN MAY ONCE THE CAMPAIGN IS FINISHED FOR 2019

Volunteer Corner



Volunteers of the Month:

Special thanks to the women who stuffed and pinned the now fluffy pillow. They filled 125 pillows that are now being handed out all over the City.

*Special thanks to **Michelle Beaupre** who has been using BCA Ottawa as her case study for her courses at Algonquin College. She has completed her analysis of some of our fundraising efforts and has delivered a sponsorship prospectus to help push us in the right direction*

Call for Volunteers

The Heart Filled Project

As many of you know, BCA Ottawa gives newly diagnosed breast cancer patients a heart shaped pillow to help them in their recovery. The stores that are involved in handing out BCA Ottawa bookmarks to their newly diagnosed clientele are asking for more pillows. I now have a group of women who are stuffing and pinning these pillows. However, we need seamstresses to help create more pillow. Thanks to Marie Hepner, we have a pattern that you can use to make it very easy to put together. BCA Ottawa will provide the stuffing.

Annual Gala Planning Committee

We are looking for members to sit on our Gala Planning Committee. Roles and responsibilities include: silent auction set up; logistics; on site support; and much more.

Please email ML at ed.bca@bcaott.ca or call her at 613-818-8854.

Our Partners!

I am constantly amazed at how many businesses come out of the woodwork to support BCA Ottawa. Starting off in 2019 3 local companies continue to support BCA to help by raising funds or giving discounts to our members. First up in 2019 are the following two locally owned companies who simply want to help.



Pink Cleaners

Pink Cleaners, a newly opened "green" dry cleaners in the Orleans area has also adopted us as their charity of choice. Membership is complimentary for BCA members. This membership entitles you to 50% off of your dry cleaning. Give them a try and give to BCA Ottawa.

RAISED SO FAR: \$200

CASH for TRASH

This business has adopted us as their charity of choice! Clients will be told they can donate their rebates to BCA Ottawa. We will have printed materials and a banner at their Merivale office. So, if you know anyone who wants to recycle scrap metal and vehicles and also help us out, send them to Cash for Trash! <http://www.cashfortrashcanada.com/>

RAISED SO FAR: \$2100

Program News

Health & Wellness Program

Launched with record breaking registration!

Metastatic Cancer Support Program

We continue to look for program support and development partners



Busting Out Program (Janet Alexander)

The ice on the Rideau River is finally melting which means Busting Out should be on the water very soon. In fact, we are told the start date is April 29. It might be chilly. But we will warm up quite quick as our paddles hit the water.

We are looking forward to another great year. Our season runs from end of April to Thanksgiving and consists of activities on and off the water. On the water we paddle every Tuesday and Thursday from 6-7, and will attend 4 festivals including Ottawa, Arnprior, Wellington, Constance Bay plus a 24 km paddle from Cayuga to Dunnville. Off the water we start with a kick off Tea, then on the Great Glebe Garage Sale and finally a cheering station for the Army Run. Our paddle and picnic at Paterson Creek proved so successful, that it will be an annual tradition. Our current membership is over 50 paddlers and there is always room on the boat for more. If you are interested in our program, please reach out to ML at ed.bca@bcaott.ca Paddles up



Our Kudos Corner

Thanks to:

Cash for Trash
The North Gloucester Men's Hockey League
World Lebanese Cultural Union-Ottawa Chapter

We are able to offer for the first time a Spring/Summer Health and Wellness Program. So kudos to these three organizations!

This is our chance to let the membership know about our supporters.
A round of applause please...

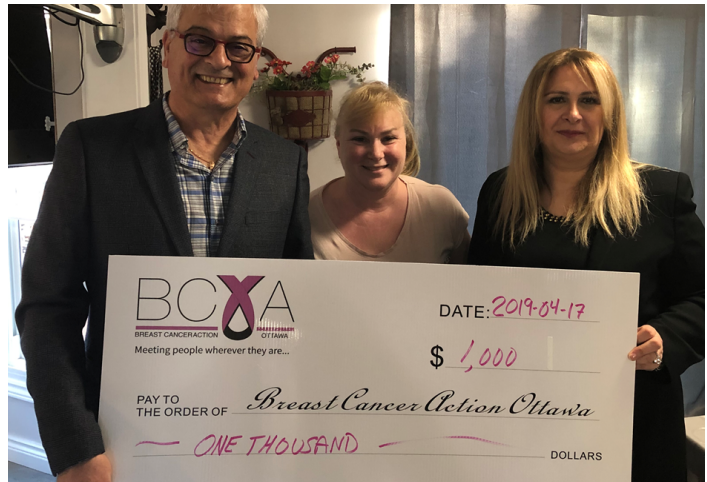
North Gloucester Men's Hockey League

Thanks to Tim McIntyre and his team for raising \$4780 for BCA Ottawa!



World Lebanese Cultural Union – Ottawa Chapter

Thanks to Kamal Ghanem-President, Khoulood G. Kaadi-Vice President and their team for raising \$1000 for BCA Ottawa! They wanted to give back to a cause that has impacted their own community, so they came to BCA and we are thankful!



Thanks to everyone that came out to support BCA Ottawa!

Our Board Members and Staff!

President:	Diane Hayes
Director, Financial Planning	Richard Bennett
Director, Revenue Generation	Adam Sarhan
Director, Membership and Stakeholder Engagement:	Andrea Douglas
Director, Program Support And Development:	Louise Haley
Director, Communications	Cindy Strugnell
Exe. Director:	Marie-Louise Doyle

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