

# HOPE QUARTERLY

Sharing the stories and celebrating the work of the Georgian Bay Cancer Support Centre

JUNE 2023

## MESSAGE FROM BOARD CHAIR

I would like to once again thank all our donors for supporting the important work being done at the Georgian Bay Cancer Support Centre (GBCSC).

Demand for our services is growing. We are seeing increases both in the number of new members seeking support as well as the number of member visits per month. The Centre is now providing 60 hours of programming per month compared to 40 hours a year ago. Requests for financial support for out-of-town treatment expenses (parking, gas, accommodations) is up 24% from 2022.

Your donation has a direct impact on the people in our community who need these services and support.

I would especially like to thank those who supported the Centre for our April Matching Campaign during Cancer Awareness Month. We received an anonymous matching donation of up to \$5,000 and our community not only met the match target but surpassed this challenge by raising over \$14,000.

Every dollar you donate to the Centre helps people on the cancer journey who are trying to put one



foot in front of the other during a challenging time, and we are truly grateful for your generous support.

*Kathy Wolfer*

## What program or service have you found has helped you cope during your cancer journey?

# MEMBERSPEAK



"I participate in five programs. Card Making, Chair Yoga, Wellbeing Meditation, Stretching and Woolly Works provide me with the opportunity to interact with other members who are living with cancer either directly or indirectly and has had a very positive effect on my overall well being and outlook. Having the Home of Hope as a safe haven and the programs available in our local community has been a Godsend to me, many times over!"

*Trisha Sheridan*



"Forest Therapy has been a timely boost to my holistic approach to personal wellness during my dual journey of cancer as a caregiver and as a patient. A small sample... walking along the Tiffin Park Trail... mindfulness will happen when you get relaxed in the moment. I have been truly blessed to have facilitator Karen to better ground me in what is important in healthy survival. Thank you Karen for being a difference maker."

*John Baird*



"The Journey of Hope Support Group has been an invaluable resource for me during my cancer journey. Being able to connect with others who are going through similar experiences has provided me with a sense of comfort and has become a vital part of my healing process. Hearing their stories, sharing my own, and offering support to one another has helped me feel less isolated and more empowered. I have learned more than coping strategies... I have gained a greater sense of hope and resilience."

*Hillary Glass*

## HOW SHARING “CAMELOT” BECAME A CYCLE FOR HOPE

One man’s passion for the North Simcoe area led to the GBCSC’s largest annual fundraiser

Cameron Douglas fell in love with the North Simcoe area way back in his younger years. His family had bought a seasonal property and year after year they came up to the family cottage. “This area is in my DNA,” says Cameron.



Today he continues to spend a lot of time up in North Simcoe at his new cottage, which he now enjoys with his current wife Sarah and their extended family. It was Cameron’s passion to share the landscape and what the area has to offer (he calls it Camelot) that led to the creation of a GBCSC cycle fundraiser.

### Why Cycle Camelot?

Many have wondered why the original name was Cycle Camelot. Cameron says the area’s natural beauty and culture had a “Camelot” quality (and Camelot is also the name of his cottage).

Over the years, Cameron became an avid cyclist. He has cycled through much of North America and Europe. At one point, he had others come up annually for a ride in North Simcoe and to enjoy the local culture and food.

One of the cyclists who took part was Andrew Combes, a key individual behind the GBCSC’s development. He asked Cameron if he would build the annual cycle experience into a GBCSC fundraiser.

For Cameron, organizing a fundraiser was also in his DNA. His first wife Lynn helped start the Ride to Conquer Cancer at the Princess Margaret Hospital. Cameron regularly took part in that event. He also raised over \$8,000 for prostate cancer when he cycled from Calgary to Vancouver (see photo above).

Fundraising for a cause that supports those impacted by cancer hits close to home for Cameron. His first wife Lynn passed away from cancer in 2013. He knows firsthand how important it is to have support when fighting this disease.

Cameron was confident the GBCSC fundraiser would be a great success as there were so many cyclists who loved riding in the area. Cycle Camelot (now the Georgian Bay Cycle for Hope) was officially launched in June 2011.

Cameron and a volunteer team were able to build up Cycle Camelot into a major fundraiser. To date,

the annual fundraiser has raised over half a million dollars for the GBCSC.

He stepped back from leading the event a few years ago but he’s delighted to see how it continues to grow and support the Centre. “It makes me feel very rewarded and I get a lot of pride out of seeing how this fundraiser continues and is making a difference for the GBCSC.”

Due to a conflict, he won’t be attending the Cycle for Hope this year. He’ll be encouraging fellow cyclists to support this worthwhile cause in August.

“It’s so great to cycle in this area. The Cycle for Hope offers them an amazing ride while helping others in need.”



**Registration is now open for the 2023 Georgian Bay Cycle for Hope. For more information about the event and how to support this year’s fundraiser, go to [www.gbcycleforhope.ca](http://www.gbcycleforhope.ca).**

## Thanks for Your Support

The GBCSC is so grateful for the many donors, sponsors, and other funders who allow us to help those in our community impacted by cancer throughout the year. To make a gift to the Centre you can...



**GO ONLINE**

Go to [gbcancersupportcentre.ca](http://gbcancersupportcentre.ca) and click on Donate Today! You can make a One-time Gift, In Memoriam Gift, or join our Heroes of Hope Giving Team (support members all year long with a monthly gift).



**CALL US**

Call 705 549 6444, ext. 204 and we can process your gift for you via credit card.



**POST US**

Send a cheque payable to the Georgian Bay Cancer Support Centre and post to 45 Edward St., Penetanguishene, ON, L9M 1J8.

**Please note charity receipts are issued the month after a donation is made (One-Time Gift, In Memoriam Gift). Heroes of Hope Giving Team members receive a single, consolidated receipt in January.**

## UP CLOSE & PERSONAL



**WITH ANGELA THOMSON**

### ***What prompted you to become a member?***

After being diagnosed with cancer, I felt I needed a place to go to clear my head. I remembered googling the centre after reading about it on my surgeon's website. I'm a person who doesn't venture out of my comfort zone too far, and one day I decided to stop by and check out what the Centre had to offer.

### ***How has the Centre helped you during your cancer journey so far?***

Since the first time I stepped into the Centre, the staff, members, and volunteers have been so caring and helpful. I have never felt like I was being judged or treated differently because I have cancer.

### ***What program or services provided by the GBCSC have made a difference to you?***

Being a newer member currently going through chemo treatment, I have been limited to the wonderful support groups and programs that are currently offered at the Centre.

Chair Yoga and the Mindfulness program have been such a great help clearing my mind of worry and stress. I have taken advantage of Reiki and Massage therapy.

I feel so refreshed after each session and look forward to the next.

Hopefully once my chemo treatments are completed, I will be able to join in some of the support groups that are offered. The members have all spoken so highly of them all.

### ***In your opinion, why is the GBCSC an important place for people impacted by cancer in our community?***

The GBCSC is a great place full of great people. The staff are very knowledgeable with resources you may not be aware of, or if there's something you find helpful, the Centre will research it for you.

### ***If someone is just newly-diagnosed with cancer and isn't sure about becoming a member, what would you say to encourage them to become a member?***

Whether you need help with emotional, physical or financial support, or you feel the need for a quiet place to go and clear your mind, or to have a cup of coffee, the GBCSC's doors are always open (and from what I hear there are cookies as well).

### ***Do you have a particular moment that stands out to you to date?***

The first time I joined the Chair Yoga program, the members all welcomed me with open arms. Since then, they've made sure I'm doing okay and they have made me part of their family. Namaste.

### ***Was there anything else you wanted to mention about being a GBCSC member and your experience utilizing support services at the Centre?***

Becoming a member at the Centre has opened my eyes with all the support offered throughout our community. I'm thankful that I remembered seeing the GBCSC logo and reaching out. Utilizing the support services has cleared my mind so I'm able to be with my family without emotional and or financial burdens.



**Member:** Angela Thomson  
**Home Community:** Tiny (Perkinsfield)  
**Member Since:** March 2023

## FEELING BETTER INSIDE AND OUT

### Centre Wig Fitting Program offers an essential, no-cost service close to home

For people going through cancer treatments, hair loss is an unfortunate consequence. It's a visible sign of their cancer and the treatments they are going through. But losing hair is also losing a part of themselves. That's why the GBCSC's Wig Fitting Program is so important to so many who benefit from it annually.



#### **Only program of its kind locally**

Relaunched in early 2022 after being impacted by COVID-19 restrictions, there has been a strong demand for the Wig Fitting Program. There are no other support services providing free wig fittings for cancer

patients in Simcoe County. Cancer patients can order wigs from the Canadian Cancer Society (on a loan basis). Unfortunately, that program results in significant stress for patients including financial costs, choosing a wig from photo, caring for your wig, need to find and pay a hair stylist, and long wait to get a wig. The Centre's Wig Fitting Program eliminates all this stress.

#### **Free hair styling and wig care**

The GBCSC stress-free option offers a fun experience during a difficult time by allowing them to see wigs in person, try them on, and have a loved one along for support. Plus, a hair stylist at no cost comes into the Centre to style any wig to suit a member's look as well as providing guidance about wig care. Wig care products are also provided at no cost.

It is important for cancer patients to receive a quality wig. Chemotherapy has many effects on the body including scalp sensitivity and hot flashes. A quality wig will not irritate the scalp and will be breathable to accommodate for the hot flashes.

#### **Feel more like themselves**

Members who take advantage of this unique service receive wig styling thanks to volunteer hair stylist Donna Feheley.

"I certainly understand the importance of how nice hair makes a person feel. Losing your hair can be such a traumatic thing for some people. If I can help make someone feel better during such a difficult time, I'm very happy to do so."

Donna adds most people are pleased that the wigs look and feel better than they thought they would.

***"Just because you're sick, you don't have to look it. It gives everyone such an incredible boost."***

Kris Quesnelle said having this free service close to home allowed her to feel better about herself during a challenging time. She also found it was great to have Donna's help to pick the right style.

"It was fun trying on the wigs and having Donna's help to choose the right style and learn about how to care for the wig I chose."

The Wig Fitting Program is possible thanks to funding from our supporters (in 2022 the program received a one-time grant from the Huronia Community Foundation). It makes an enormous difference for members – inside and out.



Georgian Bay  
Cancer Support Centre

[f GeorgianBayCancerSupportCentre](https://www.facebook.com/GeorgianBayCancerSupportCentre) [@gbcancersupport](https://www.instagram.com/gbcancersupport)

The mission of the Georgian Bay Cancer Support Centre is to provide emotional, physical, social, spiritual support, education and information as a complement to the medical system for people living with cancer, their families and caregivers.

#840027205RR0001 Georgian Bay Cancer Support Centre is a federally incorporated charity.

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