



# Getting to know us

Summer 2009

## OUR 10th YEAR SERVING HALTON HILLS!

*The apple is our wish for good health and hope*



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### *Battling the storms of life*



**Michelle Jessome**

To me, Michelle is like a walking welcome mat! If you want to meet someone with hope and courage that will enrich your spirit, her story will inspire you. Despite the challenges she has been through, Michelle manages to keep it real. The devastating destruction brought on by hurricane "Michelle" in 2001 reminds me of the devastating hurricanes that encompassed her life. Being a single mom of an 8 year old girl she was excited about her recent engagement and looked forward to planning their new life together. It seemed unusual to be having fainting spells and terrible migraines but symptoms were quickly dismissed as stress. Her good friend "Sue" whom she calls her "angel" insisted that she seek medical attention immediately and reassured her that her daughter would be cared for. Although Michelle's situation seemed urgent it felt right to not neglect or leave things be. It took persistence to get the attention she needed from the health care system. Once a benign brain tumour was confirmed, immediate surgery was scheduled for the next morning to stabilize her. Removal of the Acoustic Neuroma tumour, a 10 hour surgery, was scheduled for two months later. She remembers how nervous she was until the surgeon came in to discuss plans. When he touched her hand, Michelle knew that she would be o.k. She appreciated the whole team that cared for her at the Trillium Health Centre and knew she was in good hands. While not overly religious, Michelle strongly believes that somehow God lines things up; life isn't random events. Although her fiancé, Harvey worked in Vancouver she was grateful for her friends and family who rallied to get things done. Harvey came home to be with her. Her Mom was unexpectedly laid off work and now could look after her daughter. God's plan was in place. She appreciated the sacrifices they made so that she could focus on what needed to be done and get through life-threatening surgery. The disability of the

*(Continued on page 3)*

### *Everyone likes a happy ending!*

Young, single, successful, enjoyed traveling and life with a passion to use his creative talent renovating and flipping homes until he settled in Georgetown to work on his newly built home. Jerry is the youngest and only boy in a family of 5 children. In 2003 his father died suddenly and not wanting Mom to be alone, Jerry designed and built an apartment of love and dreams for Mom in his large home. The gorgeous workmanship speaks loudly of the kind hands and heart that made an incredible home for her. Jerry's life is well planned and everything in this home is designed to have its place. I was quick to notice the tidiness of the kitchen that looked like it wasn't well lived in. With Jerry's humour, he sheepishly opened the large EMPTY refrigerator. Cooking is not one of his talents but gets to enjoy Mom's home cooking in her quarters. A brilliant well thought out plan. It was unusual for Jerry to be experiencing excessive dreaming, extreme tiredness and disturbed sleep patterns. He was concerned when he would nod off while driving a fork lift. The family Doctor looked for answers through the sleep apnea clinic but nothing unusual materialized. It seemed that when all else fails, prescribe anti-depressants. But Jerry was not depressed and a gut feeling of



**Jerry Battcock & Mom**

(Continued on page 4)

### **WE ARE DIFFERENT**

Cancer Assistance Services of Halton Hills is a community-based organization of volunteers providing hope and practical support to cancer patients and their families. Funds realized through door-to-door canvassing, memorial gifts, bequests and special events are handled with fiscal responsibility and accountability. Current number of drivers: 39, patients we have helped so far: 1,200. All services are provided to patients at no cost.

**IF YOUR WORLD HAS BEEN  
TURNED UPSIDE DOWN DUE  
TO CANCER, GIVE US  
A CALL. WE CAN  
HELP!**

## God's Pharmacy

**Carrots:** A sliced carrot looks like the human eye. The pupil, iris & radiating lines look just like the human eye....science now shows carrots greatly enhance the blood flow to the eyes.

**Tomato:** Has 4 chambers and is red as the heart. Research shows tomatoes are loaded with lycopine and are pure heart and blood food.

**Grapes:** Hang in clusters that is shaped like the heart. Each grape looks like a blood cell and research shows grapes are profound heart & blood food.

**Walnut:** Looks like the brain with left/right hemispheres, upper/lower cerebellums. The wrinkles or folds on the nuts resemble the neo-cortex. Researchers know that they develop more than 3 doz. Neuron-transmitters for brain function.

**Kidney Beans:** Heals & helps maintain kidney function & looks just like human kidneys.

**Celery/Rhubarb:** Looks just like bones. These target bone strength. Bones are 23% sodium & these foods are 23% sodium. If you are lacking sodium the body pulls it from the bones. These foods replenish the skeletal needs of the body.

**Avocados/Eggplant/Pears:** Targets the health & function of the womb & cervix – they look just like these organs. Research shows that eating just one avocado a week balances hormones, sheds unwanted birth weight & prevents cervical cancer. It takes 9 months to grow an avocado from blossom to ripened fruit.

**Figs:** Full of seeds & hangs in twos when they grow. Increase the numbers & mobility of male sperm as well as overcomes sterility.

**Sweet Potatoes:** Looks like the pancreas and balances the glycemic index of diabetics.

**Olives:** Assists in the health & function of ovaries – Citrus fruits look just like the mammary glands of the female & assists in breast health & movement to clear lymph glands.

**Onions & Garlic:** Looks like body cells. Help clears waste materials from body cells. Produce tears which wash the epithelial layers of the eyes.

## Because of YOU!

Our appreciation & thanks for another successful year! We are over the top with our annual April campaign with \$106,106. Thanks to Anna Mae Moore, our area chairpersons, captains and all the canvassers that made this happen. We were blessed with a Mississauga corporate kick start of over \$14,000.

Also, special thanks to the following many organizations, businesses and individuals for their support.

Community Supporters  
 Crop 4 Cancer  
 Dancers 4 Cancer  
 Georgetown Runners  
 Guelph Street Business BBQ  
 Knights of Columbus Golf Tournament  
 Classics Against Cancer 2008  
 Young's Pharmacy  
 Ballinafad Dance Committee  
 Lauren's Locks for Cancer  
 Brooklyn's Cut 4 Cancer  
 Lavita Bakery  
 CPI Employees  
 Curves  
 Sherri Robinson  
 Legendary Cars  
 NHL Hockey Game  
 Bracky's Charity Golf  
 Georgetown Thai Event  
 Maple Avenue Child Care Centre  
 In Memoriam Gifts  
 Aztec Computers  
 Halton Commercial Printers  
 Mark Creighton of RE/MAX  
 Shoppers Drug Mart

You are all CASHh Treasures and we cherish the kindness of all who entrust us with funds to care for cancer patients.

**THANK YOU ALL!**

**We Need YOU!**



### WHAT DO WE NEED?

Cancer Assistance Services of Halton Hills (CASHh) needs volunteers and financial support to make our organization a vibrant success.

Volunteers are needed for fundraising, patient support and other needs – even for an hour or two. Please commit some of your time.



**TO DONATE  
 OR VOLUNTEER PLEASE VISIT OR CALL OUR  
 OFFICE  
 905-702-8886**



### DONATE TO CASHh BY CREDIT CARD

We now accept credit card donations via "Canada Helps." Canada Helps is a website specializing in assisting charities with credit card payments and offer secure processing. Just type in the following to go to:

<https://www.canadahelps.org/DonationDetails.aspx?cookieCheck=true> or visit our web site, to connect to Canada Helps at: [www.cancerassistance.org](http://www.cancerassistance.org)

*(Michelle continued from page 1)*

surgery left her with similar symptoms of a stroke victim. She was confronted with huge goals to retrain her brain, learning how to walk again and having facial paralysis and severed nerves which limits her sight and hearing on one side. Sadly she experienced some people's ignorance of her disability. Her parents were her anchor and took turns attending every therapy session. She is thankful for the support groups who helped her regain confidence to deal with her disability. Now her job was to get healthy! That personal hurricane storm had subsided and with Michelle's determination she bounced back and began rebuilding her life by returning to college. She enjoyed her career as a National Purchasing Assistant for a packaging company. Just like the calm after the storm it was time to experience joy after all that pain and she and Harvey welcomed their baby girl, Nathalie in 2000. Things seem to go well for a while until hurricane Michelle regained force in the fall of 2005. This time her parents were returning home by taxi after a lovely family visit. Sadly they were hit by a drunk driver and Michelle's mother suffered many permanent injuries. One can only imagine the heartaches of dealing with this tragedy that would create a drastic change in their lives. Normally hurricanes faze out and wind down but again in February 2008 Michelle felt the wrath of yet another personal storm. A lump in her breast was malignant and she was to undergo surgery, chemo and radiation. Her first reaction was pining over what Harvey was going through. His quiet demeanour left him dwelling on hope while at work as a transport driver. He always reassured Michelle that if she is o.k. he is o.k. His support meant a lot when he said "we have lost more when you were sick before. This is not as tough." To minimize fear and worries they told their girls in a casual way. They shared age appropriate information about cancer treatments plus its side effects since their girls are 12 years apart. Keeping their school, church and friends informed was important so they could be aware of any changes or anxieties that might surface. With Michele's sense of humour she often laughs and says "why do the rain clouds always follow me." She never stopped believing that everything you need comes to you in some form, nothing happens by chance. That form is the gifts of family, friends, neighbours; focusing on what can be changed; appreciating the blessings that do happen and believing that everyone she meets teaches her something. The kindness of fellow patients and families touched by cancer and nurses gave Michelle courage. Losing her hair during chemo was traumatic as was dealing with some insensitive doctors. Information articles suggest asking questions but she often felt dismissed as a nuisance by a busy doctor. Although frustrated, her persistence paid off. Now that most

treatments are completed she is waiting for that exhilarating feeling of being a survivor. She speaks glowingly of CAShh angels. The drivers took the pressure off by getting her to appointments which allowed her to focus on being upbeat and positive. The special pillows were a comfort to her as was the warm welcome of the support group, the people who listened, the information made available and the friendship of the drivers. The people she met through CAShh reinforced that she moved to this wonderful community for a reason. She benefited from participating in the alternative complementary therapy of Reiki which made her feel relaxed and alive. She'll join the yoga & Nia classes in the fall to manage some of the side effects. A wonderful distraction shortly after completing treatments was ....their beloved dog giving birth to 13 puppies. Michelle and family enjoyed all the commotion and attention that their canine family needed. Michelle is once again getting on with her life and we are sure that the next hurricane will have a different name. Family is the most important thing in her life. It is her job right now to get healthy and then she wants to pursue another goal of returning to school to be a registered holistic nutritionist. She wants to help people with chronic illnesses. In this job you learn to like people when you find out what makes them cry. But meeting Michelle inspires me to truly love the lady that makes me laugh. Her sense of humour and presence in the office takes up a lot of space when she visits. When she leaves, the room seems smaller. The forecast looks good with no more warnings of rain clouds ahead. It is just not right that someone as good and nice as Michelle should have to feel bad for even a day! Michelle & I share a common love of cake and Michelle has learned to enjoy cake while it is on her plate. The forecast looks bright and sunny and we are glad the hurricane season is over for Michelle.

### Crop 4 Cancer



Just ask a busy person! The success of Crop 4 Cancer just doesn't happen. Since 2003 CAShh has benefited from the hard work of Sherri Bennett and her Mom, Nancy. Total to date is almost \$90,000.00 raised. Despite being the busiest time of year for their 3on3 hockey business, organizing 180 teams with a couple of thousand kids, Sherri finds the time to put together this fund raising event. No administrative costs are incurred since they have such a wonderful support system. When final results were tabulated at midnight taking in over \$18,000, they were ecstatic at the success despite the economic downturn. We thank this hard working, quietly classy lady who works so hard, yet is the first to credit her supporters and ladies for helping raise funds for something very close to her heart. The best things in life comes in 3's; friends, dreams and memories. Sherri and her family have all three.

**IF YOU CAN'T SEE THE BRIGHT SIDE OF LIFE, POLISH THE DULL SIDE**



*Sheila*

*(Jerry continued from page 1)*

knowing that something was wrong initiated Jerry to request a CT scan. Within a couple of days the Doctor called and said he had a large mass brain tumour. Surprisingly Jerry did not react with fear or anxiety. His driver's license had to be suspended immediately. He was sent to a Neurosurgeon who made plans to operate. He also had to take a medical retirement package from his employer, Canada Post. Stage 3 of Anaplastic Astrocytoma was not a great diagnosis. Jerry remembers the insensitive comment of a nurse who after diagnosis excitedly told Jerry that he was lucky he had about 5 years to live. Jerry was not pleased because he said: "no one has a crystal ball" and he was determined to beat it. His determination, fighting spirit and positive attitude was not going to accept her 5 year life sentence. Without being able to remove the complete tumour he underwent 6 weeks of radiation followed with 6 months of chemotherapy. Jerry appreciates that CASHh was there to provide the daily transportation to Princess Margaret Hospital. He appreciated the support given to his mother. It is easy for people to notice the bond of caring that this mother and son share. Being newly widowed and now facing a life threatening illness of an only son caused much stress and concerns for her. His ailment became part of her desire to fight this disease together. She attended every appointment and treatment. They became like family to our drivers and all of us in the office. Results following the treatment showed the tumour growing. Jerry was invited to take part in a study at Princess Margaret Hospital. This involved taking the drug temedol daily. Jerry was fortunate to not have suffered any side effects from any of the drugs. He was monitored with MRI's frequently and although he is no longer on the drug for over a year, he continues to amaze the Doctors with great results. After his surgery, Jerry sought alternative treatment with a Naturopathic Therapist and together with his therapy believes that it has given him a great quality of life. It is now 4 years and coincidentally I happened to come across Jerry's fortune cookie; "plan for many pleasures ahead." Just exactly what he had in mind. Although life isn't tied with a bow, it is still a gift and Jerry was going to unwrap this gift and make good use of it every day. A big part of being seizure free was getting his driver's license reinstated. His gift to himself was a well deserved shiny black BMW which he takes pride in shining every day. Jerry is one who amazes me with courage and resilience and how he always kept his dreams alive. Everyday he challenges this cancer and each day of survival is a victory for him. He refuses to let a destructive attitude rob him of enjoying life. While Jerry appreciates the assistance that we have given him, we in turn appreciate the wonderful spirit that he has demonstrated in overcoming his type of cancer. Jerry and his Mom are definitely part of our collection of favourite people that provides us with refreshing friendship. All the best Jerry, but I think you should either unplug that empty fridge or start taking cooking lessons.

Sheila



## Coming Events

### LOOK AND SUPPORT THESE COMING EVENTS FOR CASHh

**Knight's of Columbus Annual Golf Tournament  
September 21st.**

**"Dickens Plus" in Glen Williams Sept 25th & 26th.**

**Dance at the Croation Centre Oct 17th.**

### SPECIAL NOTICE

Mountainview Residence has started Phase 3 of their new premises, where our new office will be located. Parking and visiting, to our current office will be a challenge for some time. If you have something to drop off it can be left at the front desk at the entrance of Mountainview Residence. To visit us please call in advance for parking instructions.

## Just need a break!

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out. The next day he was greeted me in my yard, and resumed his spot in the hall and slept for about an hour. This continued off and on for several weeks. Curious I pinned a note to his collar: "I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap." The next day he arrived for his nap, with a different note pinned to his collar: "He lives in a home with 6 children -- 2 under the age of 3 -- he's trying to catch up on his sleep. Can I come with him tomorrow?"



**INVESTMENT TIP**  
**Buy Land - I hear they stopped making**



**Flexible people never get bent out of shape**



Visit our **NEW** web site at:  
[www.cancerassistance.org](http://www.cancerassistance.org)

