

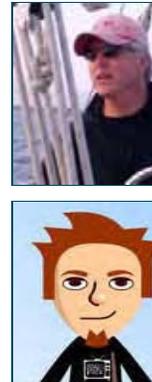
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Our company can be described in just four simple words . . . Local Knowledge. Global Reach. Tradewinds A Nova Scotia Real Estate Company

The Atlantic Provinces are filled with talented and interesting people...and sometimes those amazing people chair really interesting events. Case in point Jennifer Nicholson born in Newfoundland and currently living in Halifax, NS she's a Chartered Accountant by day – but in her spare time she's devoting her energy to a truly worthwhile cause and gearing up for one wildly entertaining evening. Sea and be Scene is proud to introduce you to the WONDERful Woman in charge of this year's Titz 'n Glitz Retro Dance Party, October 15th at Alderney Dartmouth, NS and the cause behind the costumed commotion. SABS

A WONDERful Woman and her Wonderful Event

Profile: Jennifer Nicholson

Occupation: Chartered Accountant, Senior Director, Stakeholder Relations, Emera Inc.

Place of birth: Baie Verte, NL

Current residence: Halifax, NS

SABS: How did you first become involved with Titz 'n Glitz?

JN: I first became involved with Titz 'n Glitz eight or nine years ago. The organization was looking for a Treasurer and I was asked to come on board. I love dressing up so the costume aspect really caught my attention! My role



has changed over the years and this is the first time I have chaired the event.

SABS: Where do the funds raised go?

JN: Titz 'n Glitz is a unique fund for breast cancer because it doesn't fund research or

equipment. It helps Nova Scotians living with breast cancer by taking away the added stress of expenses they can't afford while they are sick. It is quite surprising what items are not covered for breast cancer patients such as lymphatic drainage sleeves and certain medications. The fund also helps people pay for things including transportation, babysitters and groceries which are challenges for many patients. The fund is administered by social workers in hospitals all across the province.

SABS: What can people expect at this year's event?

JN: This year's event will be a fantastic mix of emotion, camaraderie, dancing and fun! It is a woman only costume event. The costumes are always so creative! Our theme this year is a Retro Dance Party so lots of music from the 60's to 90's. We will have a fabulous silent



auction, balloon pop and some great entertainment as well as speeches about the impact of Titz 'n Glitz by women who have benefited from the fund.

SABS: Why is this so important to you personally?

JN: My grandmother and mother-in-law both had breast cancer and 1 in 9 Canadian women will be diagnosed during their lifetime. On average, 100 women die every week in Canada from breast cancer. Titz 'n Glitz is so important to me because it has a direct impact, right here in my own community. I feel lucky to be able to help. It's all the more meaningful when we here about the impact of our event - please come out and support the cause! Visit www.titznglitz.com for more information.

I wanted share a letter I received a Capital Health Social Worker that brings it all home...

I am the (fairly new - 9 months) Social Worker at the Cancer Centre in Capital Health. Although all of our social workers have access to the fund to help women and men with breast cancer, I am the person who works with the majority of our breast cancer clients.

First, I cannot thank you enough for all that you and your helpers do to raise money for and administrate the fund. Each time I am able to assist someone with the fund I make sure they know where it is coming from and that I am just the lucky one who gets to put it into action for those in need. You and everyone who works with you, donates to, and in any other way contributes to this fund are the true heroes. I wish you could see every day just what it means to the people it helps.

Some of the things your fund has helped women with are: Travel to chemotherapy and radiation therapy, dental work (has to be done prior to treatment and many can't afford it), lymphedema sleeves and gloves, lymphatic massage, utility bills (power, phone, oil), car payments (they were going to take her car away, she would not have then been able to have her friend drive her to treatment), wigs, mastectomy garments, medications, grocery and gas gift cards, eye glasses, the list is endless.

The thing that always strikes me the most is the shock and gratitude of the women (I haven't had the opportunity to help any men yet with the fund). They are shocked that there is help and so glad to have it offered. There are usually tears and many thanks. These are women who never in a million years would ask for help, they are sometimes embarrassed to ask, feel like they should still be independent, or just so overwhelmed they don't know where to find resources. It lifts a great weight and worry when some of the past due bills can be paid or fresh produce bought. I had one dear lady say to me through her tears (when I gave her a few hundred dollars in Superstore gift cards), "I don't have to eat Kraft dinner and canned tomatoes tonight."

Their situations are as unique as they are: Young (a 32 year old woman diagnosed while breastfeeding her youngest child) who the fund provided transportation for so she didn't have to ride the bus for 3 hours a day to get back and forth to her 15 minute radiation appointments. This allowed her an hour round trip when her sister could watch her baby for free. Elderly: A dear lady who was petrified to come to the big city for her treatment, did not qualify for BTO and could not come in and stay at the Lodge that gives due to being caregiver to her husband (no continuing care in place to help). The fund provided her with transportation as well so she could leave her husband for only a few hours to come in. Palliative: The fund has helped several women with metastatic disease. This has provided peace of mind to not have to struggle financially.

Most of the women who have been supported by the fund have been unable to continue working through their treatment, have very small pensions but do not qualify for any income assistance from community services, have small kids, are widowed or single, are waiting for Long Term Disability, have drained all of their financial resources, their EI has run out...etc. This is the first time in many of their lives that they are unable to keep up with the monthly expenses and it is devastating to them both financially and emotionally. The Front Line Fund provides them with a hand up that helps them through. They are amazing, they are fighters and they are fortunate to have the help the Front Line Fund provides. There is no other fund like it for the other clients I see with other types of cancers. So thank you, from all of them.

Again, words cannot express the true gift of this fund to its recipients, it not only pays bills and buys transportation and groceries, it provides hope, nourishes the spirit and gives these gals one more thing to smile about.

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