



28 Years of Facing Cancer Together

Fall 2018

Dear Friends,



Meg Symes
Executive Director

As I sit down to pen this message, I am struck by the whirlwind of activity here at CSCP:

It is the week of Ladies Night Out, and final preparations are in full swing. Our volunteers are fine-tuning the venue decorations, we are receiving calls to purchase tickets to this sold out event (we'll find room for everyone!), discussions about caftans fill the halls as we think about the Moroccan theme, and fingers are crossed that the rain predicted will stay at bay. We are filled with anticipation for the event and the valuable funds it will raise for families facing cancer. *[Editor's note: Read on to find out how the event turned out!]*

Today we are also moving ahead on the creation of CSCP's 2019 - 2021 Strategic Plan. Based on valuable input from our members and many of our stakeholders who recently gathered to brainstorm for CSCP's future, our staff is busy refining sections of the plan. We are always striving to enhance our program offerings.

Adjacent to my office is the conference area in our facility, and this evening the aroma of a delicious dinner fills the air. Members of our monthly multiple myeloma group have gathered to seek support and enjoy a meal together. I love seeing this conference area full - whether it is our Thursday morning watercolor workshops where our members are painting together and learning from Richard, our dedicated instructor - or when our members are taking advantage of some of our new and informative evening workshops on such topics as Gut Health, Meditation for Those Who Can't Sit Still, Need Better Sleep, Complementary and Natural Therapies, and Breast Reconstruction Options, to name a few.

All of us - board, staff, facilitators, and volunteers - are working together to offer support, education, and hope to those facing a cancer diagnosis. Thank you, our donors and friends, for making all of this possible. We couldn't do this without your ongoing generous support. As this year draws to a close, please know how much we value and appreciate you. May this upcoming holiday season be filled with the love of your family and friends.

Meg Symes, Executive Director

2018 Holiday Campaign – A Present of Hope

The best idea for
the holiday season ...

A Present of Hope!

"I just wish there was more I could do." Almost all of us know someone facing a cancer diagnosis and we always want to do more to help. We send cards and deliver meals to the home, all in an effort to provide support. At CSCP, we're all about offering support, education, and hope. And with your gifts, we'll continue to do so. This holiday season, be a source of hope by making a gift to CSCP's **2018 Holiday Campaign**. Your gift will be matched, up to \$10,000, thanks to a group of matching donors who have stepped forward to

help. Your gift is a present of hope that will last long after the holidays have ended. Thank you.

“Lunch Bunch” Provides Nourishment for the Soul

Breast cancer is the most commonly diagnosed cancer in women; it is estimated that in 2018 over 266,000 women in the United States will be diagnosed. The good news is that the survival rate for women with early stage cancer is quite encouraging. According to the American Cancer Society, “the 5-year relative survival rate for women with stage 0 or stage I breast cancer is close to 100%, and for women with stage II breast cancer, the 5-year relative survival rate is about 93%.”

One of CSCP’s most popular and well-attended support groups, the “Lunch Bunch” continues to provide a safe haven for women with non-metastatic/early stage breast cancer. This group offers a confidential environment where participants learn coping skills to manage stress, boost their sense of control over their lives, and help each other find cancer resources. Group members validate each other’s experiences and offer understanding, all of which results in a sense of belonging, and an improvement in their quality of life during this challenging time.



Studies have shown that psychological support not only helps cancer patients deal with the emotional distress of their illness, but importantly, also strengthens their immune systems. The Lunch Bunch meets on Thursdays at 11:30 am with Morella Hammer, a licensed therapist who facilitates the group. Morella remarks, “CSCP’s weekly ‘Lunch Bunch’ group adds stability to cancer patients’ lives where those facing a cancer diagnosis gain strength from each other.”

Volunteers Make Life Better for our Members



Did you know that CSCP has over 300 volunteers? Starting with our tremendous Board of Directors, volunteers are the backbone of our organization because they help in every area of our work. From spreading the word about our mission, to helping with fundraising events and office tasks, they are invaluable. And did you know that all of our educational workshops and healthy lifestyle classes are led by volunteers? Special thanks to:

Jack Symes... for providing our members with an *Evening of Music*. Jack is the son of Meg Symes, CSCP’s Executive Director, and is a talented folk musician whose debut album, *Songs for Moms*, was released earlier this year. Jack has a special place in his heart for CSCP. “My mom was diagnosed with breast cancer when I was in high school, so I have been around CSCP for many years now. It’s a wonderful place doing an incredible and important service for cancer patients.” Also, huge thanks to Cindy and Bill Wenzlau of Wenzlau Vineyard for donating their delicious wine for Jack’s musical evening at CSCP!



Catherine Bicknell...for leading CSCP’s photography class for our members and showcasing their talents by creating notecards, canvas prints, and photo calendars for sale. All proceeds benefit CSCP. With the holidays right around the corner, we’ve got just the gift for someone you don’t want to forget. For more information, go to cscpasadena.org; click on “Ways to Give” and “Photo Art Print Canvas Print Sale”.



Karen Boss... for singlehandedly placing mailing labels on hundreds of copies of CSCP’s 2017 Annual Report. To view our Annual Report, go to cscpasadena.org and click on “About”, then “Annual Report”.

UniHealth Foundation Makes \$100,000 Grant to CSCP

Study after study details the psychological damage a cancer diagnosis can cause patients and their families, underscoring the need to provide emotional support to people impacted by cancer. CSCP is eager to expand our programs to new populations by offering offsite support groups. Through community partnerships, we can serve more people outside of our facility and expand program delivery.



For over a year, CSCP has been working closely with the Colorectal Surgery Institute (“CSI”) in Glendale to address the needs of families facing colorectal cancer. We also sat down with social workers at City of Hope (“COH”) to discuss specialized support groups at COH’s Duarte facility.

CSCP, CSI, and COH turned to the UniHealth Foundation and sought its investment in developing this community partnership. We are thrilled to report that the UniHealth Foundation has found our plans worthy of generous support. In September, the foundation awarded CSCP a \$100,000 two-year grant for 1) one Armenian language weekly support group for patients and their families facing colorectal cancer to be held at CSI, and 2) two eight-week Return to Wellness series for cancer survivors to be held at COH.

We look forward to expanding our support groups to new populations. Through this community outreach, we will address the emotional health needs of cancer patients and cancer survivors, attending to a critical part of their health care, with the ultimate goal of improving their quality of life.

Nutrition at CSCP

Who doesn’t love food? Food, beyond the sheer enjoyment that it can bring, can represent so much more: tradition, culture, and love. With the holidays around the corner, food can be an integral part of celebrating and gathering with family. Yet finding the balance between savoring indulgent foods while maintaining a balanced diet can be a tricky task, especially when impacted by a cancer diagnosis.



To that end, CSC Pasadena has been introducing a variety of nutrition workshops to help members make informed decisions about lifestyle choices.

Candace Rosen’s Workshop: Candace Rosen, RN and Certified Health Coach, facilitated a workshop called “Glucose and Insulin: The Destructive Duo” to provide nuanced information about sugar and the role that it plays in our health. Candace spoke of a holistic and proactive approach to manage insulin levels before relying on medicine.

Courtney Titus’s Workshops: Courtney Titus, certified holistic health coach, has facilitated several programs at CSCP, ranging from general diet information to reducing toxicity in your home environment. Recently, Courtney facilitated a workshop on gut health, which focused on the gut microbiome, common gut health issues, and tips for maximizing gut health. Courtney will be leading bimonthly “Wellness Workshops” for our members that will center around diet and lifestyle information.

Pam Braun’s Workshops: Pam is in the midst of facilitating her second cooking series at CSCP, and members are walking away with more nutrition information, recipes, and of course, her famous samples! Pam will also be facilitating her annual “Healthy Holiday Cooking” workshop in November where she will present on ways to enjoy holiday food while maintaining a balanced diet.

Shopping to Make a Difference



Thank you to all the wonderful San Marino vendors and CSCP shoppers who participated in the 1st annual Summer Stroll at the Shops at Mission Village this past July. **Return to Mission Street on December 21 for its Holiday Stroll, also benefiting CSCP!**

And speaking of shopping...ring in the holiday season at **CSCP’s 4th annual Holiday Boutique and Luncheon**. We invite you to join us on Wednesday, November 14 at the Valley Hunt Club to enjoy lunch and start your shopping for family and friends. LA Times columnist Chris Erskine will be our guest speaker. Invitations to follow. Proceeds will benefit CSCP.



2018 Benefactors Society Continues to Grow!

In its second year, the Benefactors Society is comprised of individuals and corporations who are investing wholeheartedly in women, men and children impacted by cancer. “We believe that members in our Benefactors Society are inspiring others to give at leadership levels - this is so wonderful for the families we serve,” says Meg Symes, CSCP’s Executive Director. “Two new members joined in the last quarter, including a new

corporate partner, The Agency; we are beyond grateful for every single Benefactor and Patron.”

Founding Benefactors (\$20,000+)

Ellen and Harvey Knell * Terri and Jerry Kohl *



Wealth Management *



Julie and Scott Nesbit * Louise J. Wannier *

** Founding Benefactors*

For more information on joining the 2018 Benefactors Society, please contact Meg Symes, Executive Director, or Patricia Ostiller, Director of Development at 626-796-1083. There are two levels for membership, each one offering exclusive benefits and recognition of your extraordinary generosity. We invite you to join!

PATRONS (\$10,000 - \$19,999)



Melissa Alcorn *



Rosemary Annear * Laurie and Tom Daly
 Bonnie and John DeWitt * The Havner Family Foundation
 LeAnn and Michael Healy * Margaret and David Mgrublian
 Dana and Mike Naples *
 Ann Olson * Vicki and Brad Schwartz
 Sue and Steve Silk * Meg and John Symes *



** Founding Patrons*

Ladies Night Out, “A Night in Morocco”



With panoramic views of the San Gabriel mountains and the setting sun as our backdrop, the rooftop at the dusitD2 Constance Hotel served as a spectacular venue for the 8th annual Ladies Night Out to benefit CSCP! The women looked radiant in colorful caftans, and the gorgeous tablescapes used vibrant shades of teal, yellow, and purple to accent the Moroccan lanterns and other adornments. The rooftop pool sparkled as guests enjoyed cocktails, game booths, dinner, and dancing under the stars while raising over \$123,000 for CSCP. Meg Symes, Executive Director, commented that “it was such a special evening...the event gave us a chance to honor the courageous women in our lives who are

facing a cancer diagnosis as well as to celebrate the survivors.”

Special thanks to our Board of Directors, Benefactors and Patrons (see above), and Ladies Night Out sponsors (listed on CSCP’s website). Kal Antoun was our fabulous emcee, and guests heard from cancer survivor Elizabeth Hirn Berner, a member of CSCP’s “Lunch Bunch” group, who inspired the audience with her positive outlook. Liz spoke about the unexpected blessings that accompanied her cancer diagnosis such as getting to spend more time with her young daughter and the lifelong friends she has made in CSCP’s Lunch Bunch group. Thanks also to Bill Ukropina and John Symes who served as the event’s co-auctioneers. Nobody wanted this night in Morocco to end!

*Wish you could do more to support our mission? You can!
 Please remember CSCP in your will or trust. Thank you.*

The mission of CSCP is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

CANCER SUPPORT COMMUNITY PASADENA IS A 501(c)3 NONPROFIT ORGANIZATION (TAX ID#: 95-4201985)

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