



28 Years of Facing Cancer Together

Spring 2018

Dear Friends,



Meg Symes
Executive Director

Here at CSCP, we are welcoming spring with open arms. Spring brings longer, sunnier days, the return of baseball (will this be the year for our Dodgers?), new growth, renewal, and hope. Yes, hope springs eternal. And at CSCP, we provide our members with hope, support, and community, season after season.

We have much progress to report to you - new programs, a successful gala, inspiring stories, and so much more. In the first quarter of 2018, CSCP served 474 individuals who came to us looking for support as they faced cancer. This is a 17% increase from the same months in 2017, when we served 406 individuals. While we are so pleased to serve the entire family - patients and their spouses, partners, children, and caregivers, we are mindful that approximately 40% of our members are single. This statistic drives home the need to ensure that *no one faces cancer alone*.

April brought National Young Adult Cancer Awareness week to our attention, and coincidentally, CSCP also started a new young adults support group for individuals diagnosed with cancer under the age of 35. You can read more about our new groups in this newsletter, along with two stories about young women who helped their parents through their cancer journeys. These young women, Katherine and Maranda, show how creativity can make facing cancer a little less daunting.

Thank you, our friends and donors, for your loyal support. Because of you, we can offer FREE support groups, educational workshops, and stress management classes to anyone and everyone who needs us. We appreciate your partnership, your generosity, and your dedicated volunteerism. Please continue to spread the word about CSCP. If you know someone who might benefit from our services, then bring them in for a tour. We'd love to meet them. Thank you!

Meg Symes, Executive Director

Coming up...CSCP's 8th Annual Poker Bowl, Blackjack and Craps Tournament!

Co-chairs John Flynn, Meshell Holdo, Tom Mills, and Brad Talt are planning another incredible Poker Bowl, Blackjack, and Craps (new this year) Tournament on June 22 at the Flying A Garage. Save the date and join us at this casual, fun-filled evening of poker, blackjack, craps, dinner, and drinks!

CSCP extends its gratitude to Aaron and Valerie Weiss, owners of the Flying A Garage, for opening up this venue, which houses their private collection of American and foreign classic automobiles. If you are a fan of classic cars, then you won't want to miss the San Marino Motor Classic on Sunday, June 10 at Lacy Park in San Marino. As co-founders of this event that benefits local charities, the Weisses have provided CSCP with tickets for us to sell to our supporters. Proceeds of these ticket sales will benefit CSCP. Ticket price is \$25 in advance; \$30 day of event; children 12 and under are free. Please call Richelle at CSCP for tickets at 626-796-1083 x706 or go to <https://one.bidpal.net/smmotor>.



CSCP's "Black, White and Bling" Gala Sparkles!



2018 Angel Gala Co-Chairs

CSCP's 26th Annual Angel Gala, "Black, White and Bling", was a dazzling success! With over 300 guests in attendance at the beautiful Annandale Golf Club, the gala raised over \$331,000 for CSCP's programs. Guests were dressed in glittering attire that added to the radiant and brilliant atmosphere!

The tireless work of Gala committee chairs **Melissa Alcorn, Clay Marquardt, and Lydia Valenta**, along with the entire Angel Gala Committee, made for a fun and festive event. Thank you to our Board of Directors, Founding Benefactors, Patrons, Angel Gala 2018 Sponsors, Volunteers, Friends, and Guests. Your loyal and dedicated support is vital to CSCP - thank you!

This year, CSCP was honored to recognize **Margaret and David Mgrubian and Mijares Restaurant** as Angel Award recipients for their generous contributions and support of CSCP. Rabbi Susan Goldberg, a CSCP participant, spoke eloquently about her family's experience at CSCP, noting that "we are all in the wilderness in this life yet we found community at CSCP."

Angel Gala is CSCP's largest annual fundraiser. We thank our donors for keeping our organization at the top of their charitable giving, year after year. Without your annual support, CSCP would not be able to take care of people in our community who are facing an incredible challenge - cancer. Your gifts strengthen our members, educate them, and give them hope. And all of our programs are offered *free of charge*, alleviating any financial stress. Thank you!

Two New Support Groups Underway

Men's Support Group: CSCP's new monthly Men's Support Group has been in existence since February and is growing in attendance each month. "We had a lively discussion at our April meeting," remarks John Ruggles, who facilitates the support group. "Sometimes men feel more comfortable opening up about their issues with the disease and their treatment when they are in a gender-specific group. My hope is that the group will grow even further into a dedicated group of men who can support each other both at the monthly meeting and, when appropriate, in their day-to-day lives." All men dealing with cancer are welcome, whether currently in treatment or post-treatment.



Young Adults Support Group: On April 16th, a group of young adults attended CSCP's new support group for people diagnosed with cancer before the age of 35. Over 70,000 young adults aged 15-39 are diagnosed with cancer every year. Cancer is challenging for anyone diagnosed at any age, but for young adults, there are unique concerns. Many young adults are in the early years of living independently from their parents and are focusing on school or beginning careers; others are interested in starting a family. Rachel Koonse, CSCP's Program Coordinator and facilitator of the young adults support group, says "these young adults appreciate this new

community, where they have an opportunity to discuss issues with their peers, such as workplace concerns or isolation from friends as a result of their cancer diagnoses." Anyone diagnosed with cancer before age 35 is welcome to attend, including current patients and survivors.

Heading to Harvard with Knitting Needles!

Hearing that your parent has cancer is never easy. Hearing this news as a high school student can be even more challenging. When Maranda Ngue was a high school freshman, her mother was diagnosed with breast cancer. Not wanting her mom to face cancer with just her immediate family, Maranda googled “cancer support” and learned about CSCP. She encouraged her mom to visit CSCP, and Maranda accompanied her mom to the orientation meeting. “I felt that there was a need for her to meet more people who were going through the same thing as she was,” recalls Maranda. “So she started attending CSCP’s support groups.”



Maranda began thinking about how she could reach out to people who were struggling like her mom. “I’ve been knitting and crocheting for almost two years. I’m a member of my school’s knitting club, although most of what I learn is from YouTube videos. I find knitting very relaxing. I know that cancer patients have a lot of stress and anxiety, and I thought that a knitting club at CSCP might help people relax. I talked to Laura Wending and Rachel Koonse at CSCP about my idea and they were immediately on board,” says Maranda.

Maranda’s knitting club meets every Monday from 4 - 6 pm in CSCP’s living room. “I love my knitting club friends! We are supportive of one another as each person goes through cancer treatment or recovery, and it makes me happy to hear them open up and give advice. However, we also talk about everything else, from movies to funny vacation stories.”

After graduating from Temple City High School in May, Maranda will be heading to Harvard University in the fall, majoring in biology. “I hope to have a career in which I interact with people like I do at CSCP. And I also hope to join or start my own knitting club at Harvard. But what I’m most excited about is that my mom is cancer free today!”

Members in the knitting club are thankful for Maranda, commenting that she is “a great teacher, so patient and helpful” and that the club “helps me relax and forget about my stress”. The members aren’t sure what they are going to do when Maranda leaves for Harvard. Maybe they’ll still knit together via Skype!

Flynns Go Extra Mile to Fight Cancer



Recent studies on father-daughter relationships have shown how important a strong father-daughter bond is to the positive development of the daughter. According to researchers, a positive father-daughter relationship shapes the daughter’s self-esteem, her relationships, her behavior, and even her ability to perform well academically.

But how does a positive father-daughter relationship strengthen the father? CSCP supporter and Poker Bowl co-chair John Flynn knows firsthand how a daughter’s love – and her loving challenge – helped him through his cancer diagnosis.

“Last fall, I was diagnosed with prostate cancer and during the diagnosis and surgery, my daughter Katherine had an idea to take my mind off it all,” said John Flynn. “She challenged me to run the L.A. Marathon. I thought I was long-retired from running marathons, but how could I turn down the opportunity to run alongside Katherine during her first marathon? I couldn’t.”

After being cleared by his doctors to run, John and Katherine began training in earnest. Having worked up to a 20 mile run on Feb. 17 with the Pasadena Pacers – an official training partner of the L.A. Marathon – father and daughter knew they were ready for the big day on March 18, when they would run 26.2 miles from

Dodger Stadium to Santa Monica. Despite a knee injury that surfaced on mile 4 for Katherine, and an annoying foot blister that warranted a brief stop at mile 21 for John, the two crossed the finish line with friends and family there to greet them.

“This was my ninth marathon,” said John. “And while it was my slowest race, I ran for much more important reasons.”

Katherine, a 2016 USC graduate, added, “We’ll definitely cherish this memory forever and I’m just glad I got to follow in my dad’s footsteps – only eight more marathons to catch up with his record!”

John will be starting radiation treatments as soon as his body has adequately recovered from the prostatectomy. John has a message for all men reading this newsletter. “Get tested,” John said. “It’s a simple blood test. The doctors caught mine in its early stages and they expect a complete recovery for me.”

THE **BENEFACTORS SOCIETY** 2018

*So That No One
Faces Cancer Alone*



2018 Benefactors Society Membership Grows!

Launched in 2017, this is the second year of CSCP's *Benefactors Society*, and the group keeps getting stronger. Eleven of the founding Benefactors and Patrons have renewed their annual membership to date, and four new members have joined as well. "What an amazing group of supporters," comments Meg Symes, Executive Director. "These individuals and corporations are leaders in our community and they have great hearts for people facing cancer. We commend them for putting their money, their compassion, and their support behind our courageous members facing cancer."

Founding Benefactors (\$20,000+)

- Anonymous *
- Ellen and Harvey Knell *
- Terri and Jerry Kohl *
- Julie and Scott Nesbit *



* Founding Benefactors

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

Melissa Alcorn *



- Rosemari Annear *
- Laurie and Tom Daly
- LeeAnn and Ron Havner
- LeAnn and Michael Healy *
- Dana and Mike Naples *
- Ann Olson
- Vicki and Brad Schwartz
- Sue and Steve Silk *
- Meg and John Symes *



* Founding Patrons

For more information on the 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!



Giving Made Easier

Giving to CSCP can be as easy as sending a text message! Simply dial 619-870-1680 and you'll receive an immediate response with a link to make a gift. Thank you for your interest in supporting CSCP!

*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 501c(3) NONPROFIT ORGANIZATION (TAX ID#: 95-4201985)

Cancer Support Community Pasadena
76 East Del Mar Blvd, Suite 215 | Pasadena, CA 91105
TEL: 626-796-1083 | FAX: 626-796-0601
Email: info@cscpasadena.org Web: www.cscpasadena.org

