



## 29 Years of Facing Cancer Together

Spring 2019

Hello CSCP Friends!



Meg Symes  
Executive Director

Goodbye Winter and Hello Spring! Did you know that we never reached the 70-degree mark in all of February? Since LA meteorologists began keeping records in 1877, there has never been a February during which the temperature failed to reach 70 degrees! And it even snowed in Pasadena on February 21, if just for a moment!

We got a lot accomplished during these past “cold” months, thanks to the generous support and hard work of so many:

1. With UniHealth Foundation’s \$100,000 grant, we launched an Armenian support group in January at the Colorectal Surgery Institute in Glendale, and in March we also began a support group at City of Hope in Duarte. The facilitators of these two groups, Aline Jekmeian MA, AMFT and Britta Amundsen, LMFT, provide updates on these programs below .
2. Cancer is tough at any age, but when a young adult is impacted, the challenges are heightened. So when a young adult celebrates her survivorship with other young adult survivors, we cheer! See inside for Olivia Gaines’s celebration with a special guest.
3. CSCP’s Director of Development, Patricia Ostiller, attended CSC’s Affiliate Council meeting in Washington DC and reports on page 3 about exciting new national initiatives that will provide local benefits to families facing cancer.
4. Our annual gala “*Shake, Rattle, & Roll*” was a spectacular success, breaking records while our guests were having a lot of fun! See inside for a recap of the night and learn about more fun events coming up this year.

I thank you for your continued support of Cancer Support Community Pasadena. Your gifts show your compassion and genuine concern for people in our community who are facing a cancer diagnosis. You are making such a positive difference in their lives! Thank you!

-Meg Symes, Executive Director

### Unihealth Funds Programs in Glendale and Duarte!

**Glendale:** Cancer Support Community Pasadena has launched a support group for the Armenian speaking population who are affected by cancer. This new program began on January 30th with Dr. Vukasin of Dignity Health Glendale Memorial speaking on the importance of screening, how colon cancer develops, and treatment options. Presenters have also included Pastor Astor Yelangeuegian discussing “Spirituality, Mindfulness, and Health”, and Dr. Cristine Charkhoutian presenting on the “Impact of Generational Trauma and Developing Recovery”.



Ani Vartini, RD of Glendale Memorial is a regular speaker on how nutrition impacts cancer and overall health. “We are continuing to develop this new program by including art therapy, yoga, and mindfulness,” says Aline Jekmeian, MA, AMFT. “We see both regularly attending patients and new patients benefiting from these services, and we look forward to providing other services as we continue to evolve.”

**Duarte:** CSCP also launched a Return to Wellness series at City of Hope. Return to Wellness is a recovery-oriented program for women who have completed treatment for breast cancer. The group meets twice weekly and incorporates strength training, yoga, education, and a support group. Facilitator Britta Amundsen, LMFT, says “Return to Wellness is meaningful because it fills in all of the support and information gaps that can occur throughout and beyond cancer treatment . . .the group discusses nutrition, long-term side effects, and the trauma response that can occur post-treatment. Being amongst fellow survivors and having your experience validated is invaluable.”

## Doing Justice to Fitness at CSCP!



Olivia Gaines wanted to celebrate the 3rd year anniversary of her stem cell transplant in a meaningful way. A young adult survivor of acute myeloid leukemia, Olivia has overcome many obstacles on her road to recovery, and every new year is a milestone. On Saturday, April 6, CSCP welcomed Olivia, her network of support, and other young adult cancer survivors to celebrate her “rebirthiversary,” as she says. Olivia invited a renowned guest to speak to the audience: Bryant Johnson, the personal trainer of Supreme Court Justice Ruth Bader Ginsburg!

As a part of the festivities, Olivia and her family thoughtfully provided refreshments and Bryant spoke about his fitness philosophy. Bryant always starts from a place of what his clients can do, rather than by looking at their deficits. Further, Bryant embodied a “can-do” attitude, stating that

everyone’s fitness journey starts somewhere. He demonstrated easy-to-do exercises that can be completed at home, told motivational personal anecdotes, and positively shifted the mindset of everyone in the room. Generously, he provided signed copies of “The RBG Workout”, SuperDiva! t-shirts, and resistance bands to those in attendance.

Olivia, an active member at CSCP, left the event feeling rejuvenated and inspired to reignite her fitness goals alongside other young adult survivors. To find out more about Bryant Johnson and SuperDiva!, visit [rbgworkout.com](http://rbgworkout.com). If you want to follow Olivia’s inspiring story and fitness journey, visit <http://www.livfor.life/>. Finally, if you would like to see a recap of the event, visit <https://vimeo.com/329125905/269e3b9bad>. Congrats on another rocking year, Olivia. Here’s to many, many more!

## CSCP to Welcome Dr. Steve Rosen, City of Hope Provost & Chief Scientific Officer

City of Hope (“COH”) is a giant in the world of cancer care, offering cutting-edge treatment opportunities and top tier physicians. CSCP is fortunate to have Dr. Steve Rosen, Provost and Chief Scientific Officer at City of Hope, facilitate a Personalized Medicine presentation at CSCP on Tuesday, June 25 at 6:30pm. Dr. Rosen will focus his remarks on how patients and caregivers can pursue individualized treatment plans. He will speak about personalized medicine testing, targeted therapy, immunotherapy, and inheritable cancers.

With so many treatment options available, patients often find the decision-making process to be rather daunting. With the distinguished responsibility of leading the scientific direction at COH, Dr. Rosen will provide insight about the opportunities that patients have in shaping the approach of their care.

Dr. Rosen has been a longtime supporter of CSCP, frequently referring families to our center, and his wife, Candace Rosen, recently facilitated a presentation herself at CSCP! It is an honor and a privilege to welcome Dr. Rosen to CSCP; our members will undoubtedly leave his presentation more informed and empowered to make decisions about their medical care.



## “Shake, Rattle, & Roll” Gala raises over \$288,000

On March 30th, Cancer Support Community Pasadena (“CSCP”) hosted its 27th annual Angel Gala “Shake, Rattle & Roll” at the Annandale Golf Club. The event raised over \$288,000, with an unprecedented 372 guests in attendance and record event sponsors.

Co-chairs Stephanie & Andy Miller, Gretchen Seager & Louis Gutierrez, Hilary & Jeff Scofield, and their gala committee, orchestrated the 1950s sock hop-themed festivities featuring a reception with silent auction, dinner, live auction, and dancing. Fritz Coleman was the emcee. Caroline Carrigan, CSCP member, spoke movingly about her family’s experience at CSCP. A surprise performance by the USC marching band was a highlight of the evening.



LeAnn and Michael Healy, along with Whittier Trust, were honored with Angel Awards for their generous and consistent support of CSCP.

“Angel Gala is our largest fundraiser of the year,” said Meg Symes, CSCP’s Executive Director. “It raises a large portion of our annual operating dollars. We couldn’t be more grateful to all of our supporters - Benefactors, Patrons, sponsors, and guests!”

## New CSC Initiatives

In March, CSCP's Director of Development, Patricia Ostiller, attended the CSC Affiliate Council meeting in Washington DC. At this daylong meeting, representatives from CSCs and Gilda's Clubs across the country gathered to hear from CSC HQ representatives, learn about new initiatives, and share best practices at the local affiliate levels. Among other things, CSC HQ announced new programs that will benefit cancer patients across the country, including:

- **Free Housing for Cancer Patients Traveling for Treatment:** Airbnb now has a strategic partnership with Cancer Support Community. Through this collaboration, the Airbnb community will provide free housing for cancer patients and caregivers, provided they meet certain geographic and income criteria. Airbnb is providing grant funding that will help relieve the financial burden of patients and their families in finding housing when traveling for treatment.



This is a major development for cancer patients. CSC CEO Kim Thiboldeaux said, "Cancer Support Community fields thousands of calls from individuals who are struggling to cover the cost of traveling for treatments, scans, clinical trials, and other medically necessary care. This grant from Airbnb is a game-changer for these patients and caregivers — and you can hear the relief and gratitude in their voices as they learn about the free housing from the Airbnb community." Call 877-793-0498 to learn more and to apply for the program.



- **Walgreens and CSC launch Feel More Like You**

Walgreens has launched Feel More Like You™, a first-of-its-kind pharmacy, health and beauty service available at no cost to help people living with cancer manage the medical and physical changes associated with cancer treatment. Feel More Like You was developed in collaboration with Cancer Support Community and the Look Good Feel Better Foundation. Nineteen Walgreens stores in LA County are participating, including stores in Pasadena, Glendale, and La Crescenta.

Walgreens pharmacists have received special training to recommend over-the-counter products to help manage treatment side effects such as skin rash, increased fatigue, mouth sores and dry mouth. Also, Walgreens beauty consultants have received training to manage the physical changes associated with treatment such as the loss of eyebrows and eyelashes, dry hair, skin discolorations, sunlight sensitivities, and changes to nails and cuticles.

The pharmacists and beauty consultants that are part of the Feel More Like You service have also completed empathy training from Cancer Support Community to enhance the level of emotional support they can provide. For more information, visit [walgreens.com/FeelMoreLikeYou](http://walgreens.com/FeelMoreLikeYou).

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## The Value of Social Connection

Comedy Nights, Beading Classes, and seasonal parties are among the most popular events at CSCP. New CSCP participants are often pleasantly surprised that we not only provide education and support, but our programs also incorporate a lot of fun! Our members value social connection, a few good laughs, and a plentiful potluck. To that end, CSCP developed a Social Activities Committee charged with brainstorming new and fun programs at CSCP. With the committee's help, CSCP is taking our social events to a new level by offering a few Fun and Games events as well as an Open Mic Night.

With a diagnosis as life changing as cancer, it's important for our members to kick back and relax, get their minds momentarily off of their diagnosis, and have fun! The first Fun and Games event took place on April 10th. Members had a bite to eat and then played games of Scrabble, Pictionary, and Checkers, to name a few. The next Fun and Games event will take place on Tuesday, May 14th at 6 pm.



Our Open Mic Night will be held on Tuesday, June 11th at 6 pm. It's an opportunity for CSCP members to showcase their talents be it poetry, singing, or acrobatics! National Charity League will be providing ice cream, so those in attendance can enjoy a sundae while watching our talented members. CSCP hopes that both of these new activities bring even more joy, laughter, and community to our organization. If you would like to join the Social Activities Committee or have more ideas about fun programs that we can offer, feel free to give us a call at (626) 796-1083.

# Save the Dates!

Saturday, June 8th & Sunday, June 9th: Symphony of Cars Gala and San Marino Car Classic

Friday, July 12: 9th annual Poker Bowl

Thursday, October 3: 9th annual Ladies Night Out

Wednesday, November 20: Holiday Luncheon & Boutique

## 2019 Benefactors Society continues to grow!



Now in its 3rd year, CSCP's Benefactors Society continues to attract new members while founding members also renew their memberships. "Our Benefactors and Patrons are incredibly special to us," says Meg Symes. "They are selfless and truly appreciate the challenges our participants face as they are dealing with cancer. We are thankful for these donors who have been with us since the inception of this group, and we are thrilled to welcome our new members this year."



CSCP's 2019 Benefactors Society; sitting L to R: Julie Nesbit, Louise Wannier, Bonnie DeWitt, Dana Naples, Rosemari Annear; standing L to R: Scott Nesbit, Michael Burns, John DeWitt, Melissa Alcorn, LeAnn & Michael Healy, Ellen & Harvey Knell, Meg & John Symes, Tom Daly, Rita Whitney (The Agency), Mike Naples, Gus Ruelas (The Agency); Not present: Pat McKiegan (RBC Wealth Management), LeeAnn & Ron Havner, Terri & Jerry Kohl, Steve & Sally Mann (Wells Fargo Private Bank), Lee & Mickey Segal, Barbara & Tom Perrier / Darla & Sam Longo, Sue and Steve Silk, Susie & Brad Talt, Sinee & Steve Riboli / Sharp Seating  
Photo courtesy Outlook Newspapers

### Founding Benefactors (\$20,000+)

Ellen and Harvey Knell \* Terri and Jerry Kohl \*  
Julie and Scott Nesbit \* Lee and Mickey Segal  
Louise J. Wannier \*

\* Founding Benefactors

### Patrons (\$10,000 - \$19,999)



Rosemari Annear \* Laurie and Tom Daly  
Bonnie and John DeWitt The Havner Family Foundation  
LeAnn and Michael Healy \* Dana and Mike Naples \*  
Barb & Tom Perrier / Darla & Sam Longo  
Sinee & Steve Riboli / Sharp Seating  
Sue and Steve Silk \*



Wealth Management



\* Founding Patrons

For more information on joining the 2019 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!

***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)

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