



## 29 Years of Facing Cancer Together

Winter 2019

Hello CSCP Friends!



*Meg Symes*  
Executive Director

In 2019, CSCP is poised to continue to serve more people in our community who are facing cancer. With enhanced program offerings and new community partnerships, we look forward to another productive year. First, though, I want you know that CSCP had a banner year in 2018, *thanks to your generous support:*

- A record 1,037 individuals walked through our doors last year and found a community of support, education, and hope.
- CSCP reached over 2,500 individuals in the community - another record - through our attendance at health fairs and speaking engagements where we informed people about our free resources available to anyone impacted by cancer.
- We provided 17,718 service hours, a 22% increase from 2017. This means our members are attending more of our program offerings with higher frequency. In addition to participating in support groups, our members are increasingly attending our educational workshops and healthy lifestyle classes.
- CSCP reconstituted its Professional Advisory Network, adding new members in the medical profession who are providing more educational workshops for our members. First-time educational workshops last year included *Loving Your Heart After Cancer Therapy*, presented by local cardiologist Dr. R. Fernando Roth; *Loving Your Skin*, presented by local dermatologist Dr. Janice DaVolio; and more.
- We launched two new support groups last year: a Young Adults group and a Men's support group.

With your continued support and volunteerism, CSCP can do more and reach new heights in 2019 for our members. Thank you for appreciating the importance of our mission.

-Meg Symes, Executive Director

### Save the Date for Angel Gala!

You won't want to miss CSCP's 27th Angel Gala, ***Shake, Rattle & Roll***, on **Saturday, March 30th** at Pasadena's beautiful Annandale Country Club. This year, CSCP is thrilled to recognize the following Angel Award recipients: the incomparable **LeAnn and Michael O. Healy** and the fabulous **Whittier Trust** for their generous support of CSCP!

The evening will include a silent auction, raffle, live auction, dinner and entertainment, and our emcee is the one and only Fritz Coleman! Special thanks to our fantastic chairs, Stephanie & Andy Miller, Hilary & Jeff Scofield, and Gretchen Seager & Louis Gutierrez.

Get ready to ***Shake, Rattle & Roll*** with us as we celebrate our honorees and raise vital funds for CSCP's support groups, educational workshops, and healthy lifestyle classes! We invite you to be a valued gala supporter with a sponsorship, advertisement, tribute page, or auction item donation. Please contact Danielle Gay at 626-796-1083 x707 or [d.gay@cscpasadena.org](mailto:d.gay@cscpasadena.org) for more information.

You won't want to miss our other 2019 events: SMMC Symphony of Cars Gala (June 9, 2019), Casino Night (July 12, 2019), Ladies Night Out (October 3, 2019), and Holiday Boutique and Luncheon (November 20, 2019).



## CSCP Welcomes New Board President and Six New Members



**Louise Wannier:** CSCP is pleased to announce that current CSCP Board member, Louise Wannier, has succeeded outgoing President Michael Healy as the organization's new President. During her seven year tenure as a CSCP Board member, Louise (1) served as Treasurer chairing the organization's Finance committee, (2) chaired the Executive Director Search committees, and (3) most recently as Vice President, chaired the Nominating and Governance committee. *"It's such an honor to continue the great work of the prior President's and to expand the commitment and impact of CSCP in our community,"* says Louise.

Louise is an experienced board member not only in the non-profit sector but also in the for-profit sector. She has chaired Boards of Directors and as a CEO built companies in four different industries: Education Technology, Consumer Electronics, Information Management Software and Fashion/eCommerce. As a Board chairman, she has led capital raises, recruited board members, and established advisory boards that included bringing on independent non-financial board members to lend strategic industry experience. Louise lives with husband, Michael, in Pasadena, and enjoys long distance cycling and dancing. She has four adult children and is the proud grandmother of three grandsons.

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### CSCP also takes pleasure in welcoming the following six new board members:

**Dann Angeloff:** Dann is the President of The Angeloff Company, a corporate financial advisory firm, which he found in Los Angeles in 1976. Since the early days of his career, he has been involved in board activity as a director of many public and private companies. He is also a founding member of the National Association of Corporate Directors, a 17,000 membership group headquartered in Washington, D.C. He has served on over 50 corporate boards during his career. Dann received his B.S. and M.B.A. degrees from USC where he was a Trustee and President of the Alumni Association. He is a director of Marshall Leaders, Founding Chairman of Marshall Partners and Past President of the Half Century Trojans. He and his wife, Jo Jeanne, live in San Marino. *"I joined the Board of Directors at CSCP because I think their services to the cancer community are outstanding,"* says Dann.



**Elizabeth Arnett:** Born in Los Angeles, Elizabeth began her career in commercial real estate finance for First Interstate Bank. She spent over 14 years in asset management as a VP at Bank of California and a VP at Union Bank. After a sabbatical to raise her son and daughter, Elizabeth developed a business with a partner in landscape design in 2008. Since 2013, she has owned Elizabeth Arnett Designs. Elizabeth is active in CSCP's fundraising efforts, having co-chaired Angel Gala in 2017, and as a member of CSCP's Guild since its inception. A Pasadena resident, Elizabeth says, *"Having been involved with CSCP for many years as a volunteer and supporter, I'm looking forward to expanding my role as a Board member and being a part of its continued growth here in Pasadena and for our neighboring cities. Through volunteers and staff and the donations of others, we're able to innovate and provide free services ranging from support groups to yoga to comedy nights. CSCP is unique in its ability to take a group of strangers and become a community of people who gather and care for one another."*

**Serge Melkizian:** Serge is President of Quintus Investment Counsel, a boutique financial consultancy and branch office of Raymond James Financial Services. Serge is deeply entrenched in the local Pasadena community where his family settled in 1979 after emigrating from Beirut, Lebanon. As a longtime Pasadena resident, Serge is active in many community organizations and initiatives. He is a member of Innovate Pasadena's Leadership Council and generously supports non-profit organizations including CSCP, The Huntington (as a member of the Society of Fellows), and the San Marino Motor Classic. Serge remarks, *"I don't just want to benefit from the many years of work others put in to make Pasadena a great community - it's important for me to contribute personally. What better way to support my community than to serve Cancer Support Community Pasadena where their participants receive real help and support - at no charge - during perhaps the time of their greatest need. What makes a community so great is its people, and the staff and volunteers at CSCP are among the most caring people I know. It's a privilege to be associated with them."*



**Dana Naples:** Dana was born and raised in Pasadena, and she graduated from Art Center College of Design with a BFA in Illustration. She worked as a graphic designer and Illustrator for 15 years for companies such as DreamWorks, The Rose Group, Sunset Plaza, Dayna Decker, Trina Tarentino, Roxy, Quicksilver, Tiara Café and others. She currently works with Interior Designers and One King's Lane selling her art and curating other artists' art online on her website ArtHawke.com. In addition to her involvement with CSCP for the past six years, she also has been active with the Pasadena Humane Society. Dana is married to Mike Naples and lives in Pasadena. *"I joined the CSCP Board for a few reasons. Cancer has affected my closest friends and family who used the services firsthand and loved their experiences. I've also been a member of CSCP's Guild for five years, chaired a gala, and have been a part of many successful events over the years; through these experiences, I'm very proud to say how much I enjoy being a part of such an incredible organization which helps so many people affected by cancer,"* says Dana.



**Dennis Strum:** Dennis is President of The Strum Group and has over 40 years of experience in health system development, corporate strategy, marketing, governance effectiveness, and business development. His broad knowledge of managed care, academic medical centers, and health care financing and delivery is a result of his extensive experience in working with some of the largest regional health care systems and medical groups in California. Dennis lives in Pasadena and is currently of counsel to numerous health care and human service organizations; he served for seven years as a board member of Planned Parenthood of Pasadena and the San Gabriel Valley. Dennis notes, *“As a member of CSCP’s Program Committee for the last 5 years, I witnessed firsthand the difference CSCP makes in the lives and well-being of people confronting and managing cancer. The case stories are compelling and inspiring. As a member of the Board now, I’m excited to be part of an organization whose growth will continue to meet an unmet need in our community.”*



**Bill Ukropina:** With over 35 years of experience in commercial real estate, Bill is currently a Senior Executive Vice President at Colliers International, one of the industry’s leading brokers. In addition to his many landmark sale and lease transactions in the San Gabriel Valley, Bill has been an active community volunteer for nearly four decades. Bill’s volunteer involvement includes service with the following organizations: Pasadena American Little League (President), American Youth Soccer Organization (Board member for five years and coach for 11 years), City of Pasadena’s Parks & Recreation Commission (member) and Sports Fields and City Council Compensation Committees (member), and most recently, the Pasadena Breakfast Forum (President). Bill and his wife, Linan, live in Pasadena and have three sons. An ardent supporter of CSCP, Bill says that he *“joined the CSCP Board because they offer free resources not only for people with a cancer diagnosis, but also for their family and friends who need support. I also respect the leadership team at CSCP and believe they spend donors’ money prudently. My goal as a new board member is to help CSCP serve even more people in our community.”*

## Caring for the Caregiver

As unsung heroes of the cancer experience, caregivers comprise almost 17% of the U.S. population. The tasks of a caregiver extend far beyond simple duties: caregivers spend an average of 33 hours per week providing medical, physical, logistical, and emotional support. With such a large portion of our population providing significant hours of care, one would imagine that there are many accessible supports in place to assist caregivers. However, only 54% of caregivers report being asked by a health care professional about their needs while caregiving. Further, caregivers often experience exacerbated anxiety and depression while caregiving and have a heightened risk for health conditions of their own.



Due to the highly demanding and stressful nature of caregiving, CSCP prioritizes providing support for this often forgotten population. CSCP offers two weekly Family and Friends support groups that create space for caregivers to discuss their concerns and stressors, support each other, and dedicate some much needed time solely for themselves. Further, all of CSCP’s educational programs and healthy lifestyle classes are open for caregivers, which allows them to participate in stress-reduction practices, get some exercise, and enjoy classes alongside their loved ones. In this upcoming quarter, CSCP will be hosting two “Caring for the Caregiver” workshops (one in English and one in Spanish), facilitated by Cristina Gomez, Psy.D., to provide additional support, education, and connection for caregivers in the community.

Though some caregiving statistics may seem bleak, 88% of caregivers reported that caregiving is rewarding. Certainly, caregiving includes meaningful aspects such as providing support to a loved one, deepening relationships, and showing a true demonstration of love in all that caregiving entails. CSCP will always strive to recognize and honor the selflessness of caregivers, and continue to provide the support that they deserve. (Cancer Caregiving in the US, 2016; National Alliance for Caregiving and Evercare, 2009; Pew Research Center, 2014)

## 3rd Annual Board Reunion and Legacy of Hope Celebration



The rain didn’t stop current and former Board members from gathering at CSCP on January 15 where they enjoyed reminiscing with old friends and learning about CSCP’s progress. Jill Thomas Doyle, a former CSCP board member who travelled from Napa to attend the reunion, commented *“The Wellness Community has been in my heart since my first diagnosis in 1985. The people I have met, the events we planned, and the work we shared has enriched me and my life so much. After meeting the staff and current board members at this reunion, I left so impressed with their abilities as well as what has been accomplished. Thank you to CSCP for carrying on the good work and for allowing some of us old timers to toss our worry beads.”*

This event also celebrated the members of CSCP’s Legacy of Hope (“LOH”) Society, a special group of people who have provided for CSCP as a beneficiary in their estate plans. The LOH Society continues to grow, and CSCP was pleased to recognize five new members who joined in 2018. Vicki Laidig, a CSCP member, volunteer, and donor spoke about the importance of CSCP in her life and her decision to join the LOH Society.

**With Gratitude to CSCP's 2018 Benefactors Society!**



With its delicious cuisine and beautiful setting, Bistro 45 served as the venue for the 2nd Annual Benefactors Society Appreciation Dinner on February 5th. CSCP was privileged to honor and thank the members of its 2018 Benefactors Society for their tremendous generosity and compassion for our members. This special group is made up of individuals and corporations who have chosen to support CSCP at leadership levels with unrestricted dollars, allowing CSCP to enhance program delivery for its members. At

this dinner, Benefactors and Patrons heard from two guest speakers: Jennifer DeVoll, President and CEO of the Pasadena Community Foundation, updated the group on hot topics in philanthropy, and CSCP participant Natalie Smalley shared her cancer journey, including the strength and friends she has found at CSCP. *"We are deeply grateful to our Benefactors and Patrons who are passionate about supporting our members facing such a difficult disease. The Benefactors Society continues to grow and is now entering its third year. We're so grateful for our members who are renewing their membership and for the new members who are joining!"* says Meg Symes, CSCP's Executive Director.



CSCP's 2018 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 and Michael Healy, Ellen and Harvey Knell, Meg and John Symes, Tom Daly, Rita Whitney (The Agency), Mike Naples, Gus Ruelas (The Agency); Not present: Liz Arizmendi (Rusnak Auto Group), Martha Baumbach (RBC Wealth Management), LeeAnn and Ron Havner, Terri and Jerry Kohl, Steve and Sally Mann (Wells Fargo Private Bank), Margaret and David Mgrublian, Ann Olson, Paul Rusnak (Rusnak Auto Group), and Vicki and Brad Schwartz  
Photo courtesy Outlook Newspapers

**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 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!

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



Melissa Alcorn \*



Rosemari 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

*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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