



28 Years of Facing Cancer Together

Winter 2018

Dear Friends,



Meg Symes
Executive Director

Cancer Support Community Pasadena has hit the ground running in 2018! We are excited about our new program offerings, special guest speakers, reunions, celebrations, and our upcoming gala in April. But first, we are pleased to report on some of our 2017 accomplishments:

- CSCP is serving more people: CSCP served more people in 2017 compared to last year, and importantly, we provided 14,475 service hours, which is a 15% increase over last year. This means that our members are attending more of our programs - support groups, educational workshops and stress management classes.
- Record community outreach: We reached over 2,400 people through our community outreach program, a 90% increase over last year. Our new Program Coordinator, Rachel Koonse, along with Program Director Laura Wending and their tremendous volunteers, are out in the community - speaking at health fairs, community organizations, and many other venues.
- Exterior Building Sign: Thanks to a grant from the Pasadena Community Foundation, CSCP added a new exterior sign to our building, allowing for greater visibility of our organization.

- New Website: We launched a beautiful new website. Have you seen it? Please visit www.cscpasadena.org and explore our updated website!
- Social Media: Like us on Facebook, follow us on Instagram at CSCPasadena, and follow us on Twitter at CSC_Pasadena. Have you seen our new blog? Go to our website and you'll find a link to our blog.
- Foundation Grant Support: Thirty foundations supported CSCP in 2017, and of these foundations, six are new supporters. Thank you to those of you who bring new foundation contacts to us.
- Legacy of Hope Society: Our Legacy of Hope Society continues to grow, providing long-term sustainability for CSCP. Three new members joined the Legacy of Hope Society in 2017.
- An Affiliate of Distinction: While attending the CSC Affiliate Leadership Conference in Washington DC, CSCP received the Affiliate of Distinction award, which recognizes excellence in program delivery, administration, fundraising, governance, and communications.

Our success in 2017 is allowing us to add new programs, which you can read about in this newsletter. We want to serve more people impacted by cancer. As we gain financial strength, we are able to do this. YOU have made all of these accomplishments possible. Thank you in advance for your continuing support in 2018.

-Meg Symes, Executive Director

Board Reunion & Legacy of Hope Celebration

On January 16, current and past members of CSCP's Board of Directors gathered for the annual Board Reunion and Legacy of Hope ("LOH") Celebration. While enjoying drinks and hors d'oeuvres, guests had a great time catching up with longtime friends. CSCP's Executive Director, Meg Symes, and CSCP Board President, Michael Healy, updated the guests on CSCP's progress in 2017. Rosemari Annear, a dedicated CSCP volunteer, past participant, and donor, spoke eloquently about the importance of CSCP in her life.

Melissa Alcorn, CSCP Director and Chair of the LOH Society, encouraged those present to consider joining this society in order to help ensure the long term sustainability of CSCP. Legacy of Hope members present were recognized for their legacy gift commitments to CSCP. Loren Brodhead, past Director and LOH member, commented "Putting Cancer Support Community Pasadena in your will is easy to do and makes you feel really good. And it doesn't hurt!"



Former Board President Suzanne Gilman and husband Brian

Dr. John Link Speaks at CSCP



Dr. John Link, Patti Buckner, Nancy Link, Jeff Buckner

Dr. John Link, one of the world's leading breast cancer specialists, spoke at Cancer Support Community Pasadena on January 30, 2018. Sponsored by the Negri Foundation, this event drew just over 80 people to CSCP to hear this world-renowned doctor.

A pioneer in the field, Dr. Link established one of the first comprehensive breast care centers in the United States based on his innovative "optimal care" model that incorporates all aspects of screening, diagnosis, treatment, and follow-up within a single medical environment. Dr. Link spoke about the significant progress that has been made over the last several decades in the diagnosis and treatment of breast cancer. For example, the understanding of the different gene mutations found in breast cancers has allowed scientists to identify four distinct breast

cancer types: Luminal A, Luminal B, Basal cell (also called triple-negative), and HER2-positive. Each type has a different growth pattern, as well as a different ability to spread and a different disease outcome. By understanding the breast cancer type, the medical team can evaluate the best treatment options for the patient. The "one-step, one-size-fits-all mastectomy" is no longer the treatment of choice.

Researchers are continuing to focus on identifying cancer earlier. Although in the early stages of development, blood tests for cancer are a growing part of clinical oncology. Dr. Link spoke of the work being done at the Johns Hopkins Kimmel Cancer Center to develop a cancer screening blood test that could be used to screen seemingly healthy people. Scientists are exploring ways to spot DNA mutations that could be found in a person's blood, allowing cancer to be identified earlier. While the initial results are promising, studies of larger groups of people are necessary before such a procedure would be available for public use. Yet, this would be a potential paradigm change in cancer diagnosis and monitoring.

Dr. Link is the author of *The Breast Cancer Survival Manual*, one of the most widely read books for newly diagnosed women, now in its 6th edition. Guests in attendance received a complimentary copy of his book. Importantly, Dr. Link reminded people that over the last 30 years, the cure rate for breast cancer has increased from 55% to close to 90% today.

Bereavement Support



CSCP strives to provide a safe place where our participants with cancer and their caregivers can have their psychosocial needs met in a warm and professional manner. We recognize, though, that even with the finest medical care and emotional support, we will lose participants at times to their disease. It is at this moment that our bereavement group program steps in to support and nurture those who have lost a loved one. Caregivers and family members need support in their grieving process, and CSCP is committed to offering these individuals the counseling and community necessary to navigate through these rough waters.

Our current bereavement support group meets weekly on Monday evenings at 6:30pm. This group is available to those who have lost someone to cancer somewhere within the last two years. In some cases, caregivers have already been active members of one of our caregiver support groups. In this case, we always encourage them to transition to our bereavement group. In other cases, we see individuals only after they have lost a loved one, as first-time visitors to CSCP.

Our bereavement group is open to people who have lost a spouse, parent, sibling, or a child. The group sessions are facilitated by licensed mental health professionals. Activities include support therapy and candid conversation for those who wish to express themselves.

“The power of CSCP’s bereavement program is in the group members who offer ideas, suggestions, and tools to each other. Often, the bereavement group’s longer-attending members give hope to those who are new to the group. The newer members learn that there is a recovery process in grief and that they will not suffer alone,” comments Britta Amundsen, LMFT, a bereavement group facilitator.

With time, support, and a community sharing the loss, CSCP helps these members through the darkness and into the light again. Two members in CSCP’s bereavement group offer their comments on the value of the group:

- “Since the loss of my husband, Mike, the CSCP bereavement group has provided a weekly safe harbor as I navigate this sea of grief. There I find empathy, identification and solace from my fellow members, along with skillful and compassionate counsel from our facilitator. A loss to cancer is a unique loss and meeting weekly with others who share this odyssey has proven invaluable. In spite of the anguish of our collective losses, one of the most expressed emotions in our group is gratitude for the support we have found in one another. I deeply appreciate CSCP for making this possible.” - Kenna F.
- “Being around such warm, kind and supportive people each week - people who really understand - has been an absolute gift, and easily the best investment I could have made in my recovery and my well-being.” - Greg F.

Based on demand, CSCP is adding a second weekly bereavement support group beginning on Tuesday, April 3 at 6:00 pm.

Save the Date for Angel Gala!

The 26th Annual Angel Gala, *Black, White & Bling*, will be held on Saturday, April 21 at the beautiful Annandale Golf Club in Pasadena. This year, it is a privilege for CSCP to honor Mijares Restaurant and Margaret & David Mgrublian for their tremendous support of CSCP over so many years! The evening will include a silent auction, raffle, live auction, dinner and entertainment. Our emcee is Fritz Coleman and our auctioneer is Chris Morphy! Special thanks to our three amazing co-chairs, Melissa Alcorn, Clay Marquardt, and Lydia Valenta!



Come on out and sparkle with us as we celebrate our honorees and raise vital funds for CSCP’s support groups, educational workshops, and stress management classes! We invite you to be a *Black, White & Bling* supporter with a sponsorship, advertisement, tribute page, or auction item donation. Please contact Danielle Gay at 626-796-1083 or d.gay@cscpasadena.org for more information.

You won’t want to miss our other 2018 events, too, so please save the following dates: 8th annual Poker Bowl on Friday, June 22; 8th annual Ladies Night Out on Thursday, October 4; 4th annual Holiday Boutique, Friday, November 16.

New Program Offerings



In addition to the **second weekly bereavement support group** beginning on Tuesday, April 3 at 6:00 pm, CSCP is offering a **new men’s support group** on the second Monday of each month at 6:00 pm, beginning on Monday, February 12. “Men may feel uncomfortable talking openly about issues specific to their gender with women present in the room. By developing a gender specific group for men, we believe this support group will fill a need for men in our community who just need to talk to another guy about dealing with cancer,” remarks Laura Wending, Program Director. Also, beginning on April 16, CSCP is offering a **new monthly support group for young adults**.

Celebrating our Benefactors and Patrons

The first annual Benefactors Society Appreciation Dinner was held on February 6 at Pasadena's Bistro 45. CSCP thanked Founding Benefactors and Patrons for responding so generously to an invitation to join its new Benefactors Society, launched in 2017. These major donors raised over \$230,000 for CSCP's programs and services in 2017. "This society recognizes the exceptional generosity of our supporters who share in the urgency of our mission and have chosen to support CSCP at leadership levels," said Meg Symes, Executive Director. "We are beyond grateful for their leadership, generosity, and compassion for people in our community facing cancer."



2017 Benefactors Society



Members of the 2017 Benefactors Society attend the 1st annual Appreciation Dinner

Founding Benefactors (\$20,000+)

Ellen and Harvey Knell, *Lead Founding Benefactors*
Anonymous



Terri and Jerry Kohl
Julie and Scott Nesbit



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

LeAnn and Michael Healy, *Lead Patrons*
Melissa Alcorn



Rosemari Annear
Rebecca Bales
Dana and Mike Naples
Marie and John Queen
Sue and Steve Silk
Meg and John Symes



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!

*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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