

Community is stronger than cancer

September 2022

Greater San Gabriel Valley

SEPTEMBER 2022

READ ALL ABOUT IT!

BREAKING NEWS!



Dear Friends,

Have you heard the exciting news?

After 32 years of providing support,

education and hope to families facing cancer - in three different leased facilities - Cancer Support Community has purchased a permanent facility. "Our exciting new home is in Sierra Madre, and we plan to move in Spring 2023," says Patricia Ostiller, Executive

Director. "Thanks to the transformative generosity of Ellen and Harvey Knell, and three additional lead donors, we have achieved our first goal - purchasing the property."

Longtime Board member Ellen Knell adds, "I was a strong advocate for CSC to own a property for our long-term sustainability to serve even more people who will benefit tremendously from our offerings. This is a dream come true for so many."

Having concluded the quiet phase of its \$3.75 million capital campaign, Be the Key, Cancer Support Community is now launching the public phase to support extensive interior renovations needed to facilitate program delivery and to increase the organization's reserves for building maintenance. "Our donors are excited about this news, too, and we look forward to joining hands with our entire community to help us ensure a successful campaign," says Ostiller. "A variety of permanent naming opportunities are available at bethekey.cscpasadena.org."

Alison Wong, Program and Clinical Director, adds "The medical community has long held - and evidence supports - that psychosocial supportive care for cancer patients is a critical component of comprehensive cancer care. Our free programs are successful in reducing anxiety and distress in patients and their families and enhancing patient outcomes."

In the coming months, you'll be hearing more about our

campaign efforts. **We are thrilled to report that 100% of our 19 Directors have pledged multi-year support to this critical initiative for CSC's future!**

For now, program delivery continues in our current location. We're pleased to report that we have reached another milestone: We have served more unique individuals from January through July 2022 than we did compared to the same time period in pre-pandemic 2019. Thanks to your partnership, we continue to be a "lifeline" to individuals who remind us of the value we bring to their lives as they face cancer.

Thank you all for making our important work possible.

Stay healthy, stay happy, and thank you for staying with us in 2022,

**Patricia V. Ostiller, JD, CFRE
Executive Director**



New Community Outreach and Volunteer Coordinator

In April 2022, Cancer Support Community welcomed Melissa Parra as Community Outreach and Volunteer Coordinator. This position was created to raise awareness of CSC in the Greater San Gabriel Valley and build relationships with the communities

we serve. Melissa has focused her outreach on the Latinx community, bringing new members to our weekly Spanish support group, Grupo Fuerza y Esperanza, and other Spanish programs. She is also our liaison for volunteer opportunities at CSC, so if you're interested in getting involved (and we hope you are!), please contact Melissa at m.parra@cscpasadena.org. Thank you, Melissa!

Return to Wellness Continues...en español

Return to Wellness en Español (Volver al Bienestar) (RTW) is a no-cost, 8-week survivorship program for women who have completed treatment for **breast or gynecological (cervical, ovarian, uterine, vaginal, and vulvar) cancers**. The program consists of a weekly professionally facilitated support group, strength training class, educational workshop, and yoga class. It is a wonderful bonding experience with other women who are at a similar juncture in their cancer experience, and it is a helpful program to bridge the gap between treatment and recovery.

This program is available for women who have completed active treatment for breast or gynecological cancer within the last 2.5 years. It will take place from September 27 to November 17 and will meet on Tuesdays and Thursdays from 6:00 - 8:00 pm. Enrollment is now open. As of now, CSC is planning for this to be an in-person program held at our office in Pasadena. We will be requiring full vaccination for participation. Huge thanks to our wonderful partner, City of Hope, for underwriting our first-ever RTW specifically designed for Spanish-speaking women.



Poker Bowl Returns to Huge Success



After a two-year pandemic hiatus, CSC's Poker Bowl finally returned to the Flying A Garage on July 15th.

Thanks to the tremendous generosity of players, guests, and partners across our community, CSC exceeded its goal, raising over \$42,000 to support the organization's free programs and services for families facing cancer.

Special thanks to our honorary chairs, Aaron and Valerie Weiss, for opening the Flying A Garage once again for this special event. Guests were blown away by the gorgeous selection of antique and classic cars surrounding them as they played Poker, Blackjack, and Craps late into the night.

Congratulations to our final table Texas Hold Em Tournament winners: Wilson Yu (1st), Lucas Fiamengo (2nd), Michael Palffy (3rd), Danny Reaume (4th), Brad Talt (5th), Matthew Krappman (6th), Les Fujimoto (7th), Janet Webb (8th), and Don Hopf (9th).



New Community Partnership

We are pleased to announce our partnership with Beverly Hospital in Montebello to provide ongoing psychosocial support for those impacted by cancer. Together, we are launching a virtual support group, free of charge, for individuals diagnosed with early stage (0, I, II, and III) breast cancer who live in Montebello and surrounding areas. Modeled after our Lunch Bunch support group, this weekly group brings together women with early stage breast cancer for support, education, and discussion about issues that are unique to breast cancer. We are grateful to Beverly Hospital for appreciating the importance of our work and underwriting this valuable support group.

Getting Started

If you know someone who could benefit from a CSC support group-- whether in a patient, caregiver, survivor, or bereavement group - please let them know that CSC continues to welcome individuals and families virtually--and now again in person for some programs. For more information, visit <https://www.cscpasadena.org/gettingstarted>.





You're a Poet Though You May Not Know It

Jenine Baines facilitates a class on poetry for our participants where they experience the healing power of writing. In a recent class,

participants learned about and wrote poems in the Haiku and Acrostic styles. **Two poems by one of our participants, Jennifer Weisbart-Moreno, are highlighted below.**

Haiku (Japanese traditional poetry. 5 syllables, 7 syllables, 5 syllables)

*It seemed not a chance
With cancer in leg and spine.
But I sure still dance!*

Acrostic (Each line of the poem starts with a letter that spells a word. In Jennifer's poem below, you'll see the opening letters in the three lines of the first verse spell MAY. Second verse first letters of each line spell WE....and DANCE, the last.)

*Mambo to Tequila and dance
Angolan Kizomba!
You and me dancing the night away!*

*Waltzing!
East Cost Swinging!*

*Dancing the Peruvian
Apu Inka, and a
Nordic Hambol!
Cha Cha away, and
End with a Rumba!*



Anniversary Party Celebrates our Community

A record 68 CSC participants gathered with their families for their first in-person summer gathering in three years to celebrate CSC's 32nd anniversary as well as our participants' perseverance and survival, and to honor a Volunteer of the Year.

Sponsored by San Marino Rotary Charities, this highly anticipated event included a taco dinner, a comedy show, a moving tribute to the late Elizabeth Mejia (CSCP's Spanish-group facilitator) along with a presentation of her bequest donation from her estate, and updates from Ali Wong, Program and Clinical Director and Patricia Ostiller, Executive Director. Longtime volunteer Peggy Rossman was thanked and honored as she "retired" from her dozen-plus years of service.

Three new Directors join CSCP in 2022



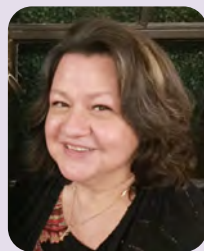
David Jones, Ph.D. is a Clinical Psychologist with more than 40 years of practice in Pasadena. He returns to Cancer Support Community after serving as a member of the organization's Professional Advisory Network from 1990-2005. His distinguished career is congruent with the organization's

mission. He is the Founder and Director of the Program for Psychologically Complicated Cancer Patients and Survivors and has been with Huntington Memorial Hospital in various roles for 35 years. In retirement, David focuses his free time on sharing his knowledge through community service and serving on multiple nonprofit and advisory boards in the area of medical healthcare. He is the co-founder of Hospice of Pasadena, Inc. David earned his doctoral degree in Counseling Psychology from the University of Southern California, and is a proud father and grandfather, residing in Altadena with his wife, Carole.



Ruben Marquez Jr. has been an active volunteer for CSCP for several years, successfully co-chairing CSCP's virtual Angel Gala in 2021. He also lends his expertise in marketing and community outreach as a member of CSCP's Guild of volunteers. Ruben has been in the interior design industry for over ten years and

holds a degree in Interior Design from the Fashion Institute of Design and Merchandising in Los Angeles. He currently serves as Principal Interior Designer and Owner of Ruben Marquez Interior Design, a residential interior design firm for private residences in Pasadena, Beverly Hills, Calabasas, Newport Beach, San Francisco and Lake Tahoe. Ruben resides in Pasadena with his partner Lucas Fiamengo.



Sandra Mejia is the third of six generations in Pasadena, with her family celebrating over 100 years as a part of this community. She looks to her family as a strong example of the importance of education, hard work, and giving back to the community. Sandi holds a Master's Degree in Business Administration and

has worked in the accounting industry for over 40 years. Sandi is currently the owner of M&R Professional Services and CFO and principal of CIBA Property Management. She balances her professional and personal life serving on several boards and participating in many community committees. Sandi is one of four individuals who founded the Latino Business Exchange, is Chair of the Pasadena Mexican American History Association, and serves as an advisor to Pasadena City College Foundation. Her participation in the community has promoted business and community awareness with focus on the diversity of our environment. Sandi resides in Pasadena.



Girls Just Wanna Have Fun

Join us on Thursday, October 6th for our highly anticipated Ladies Night Out fundraiser, a festive evening to celebrate and honor the courageous women in the community who have faced cancer.

This year's theme is "Girls Just Wanna Have Fun" - but everyone's invited, so grab your friends and head to Bowlero in Hastings Ranch, Pasadena for a fun night of arcade games, a fabulous raffle and live auction, and bowling!

R-Lene Mijares De Lang is this year's honorary chair, and the hilarious Ellen F. Driscoll will keep us entertained all evening long as our Mistress of Ceremonies. Julie McCormick will take the stage to speak to guests about her experience with Cancer Support Community as a participant and volunteer.

Get your ticket today - you won't want to miss this unique event, raising funds for the programs and services we offer to anyone in our community facing cancer. Visit [CSCP.link/nightout2022](https://csc.p.link/nightout2022) or contact Kim at k.ferreira@cscpasadena.org or 626.796.1083 for information.

CANCER SUPPORT COMMUNITY PASADENA BENEFACTORS SOCIETY 2022



CSC welcomes four new members to our Benefactors Society this year - Vicki Laidig, George Mack and Gloria Podres, Serge Melkizian, and the Valenta Family. As Vicki says, "I was a participant 20 years ago and CSC gave me hope, support and education when I really needed it. Over the years I have volunteered in numerous ways and have seen how many people it continues to help in our community. I am now in a position to give back more financially, so joining the Benefactors Society seemed like the right thing to do."



Vicki Laidig

We invite you to join our 2022 Benefactors Society!

With gratitude to our 2022 Benefactors and Patrons

Benefactors (\$20,000+): Ellen and Harvey Knell*, Karen and Tom Capehart, Terri and Jerry Kohl, Lee and Mickey Segal, **Patrons (\$10,000 - \$19,999):** Melissa Alcorn/DFA Family Holdings, Anonymous, Karen and Frank Beardsley, Terry Beyer, Bonnie and John DeWitt, LeeAnn and Ron Havner, LeAnn and Michael Healy, Vicki Laidig, George Mack and Gloria Podres, Serge Melkizian, Chris Mitchell, Dana and Mike Naples, Julie and Scott Nesbit, Oak Tree Racing Association, Sue and Steve Ralph, Sue and Steve Silk, Susie and Brad Talt, and the Valenta Family.

Please contact Patricia Ostiller at p.ostiller@cscpasadena.org for more information on joining the Benefactors Society.

**Lead Founding Benefactors*

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

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