

Community is stronger than cancer

April 2023

EMBRACING CHANGE

Dear Friends:

This is likely the last newsletter I will pen from our current home here in Pasadena. We are getting ready to move to our new, permanent home in Sierra Madre this summer. Our time here on the second floor of Pasadena Humane's (PH) building has been wonderful. Thousands of individuals facing cancer have found support, education, and hope inside these walls.

CSC is grateful to Pasadena Humane for a wonderful landlord/tenant relationship these past seven years, and for their support during our transition. In fact, we owe a special debt of gratitude to Chris Ferrer, PH's Director of Facilities, for going above and beyond to make sure our staff and participants were always comfortable - thank you, Chris!

Inside this newsletter, there is a lot to learn. Did you know that men are diagnosed with cancer at a higher rate than women? We have a new program to address this situation. There is also an update on our move to Sierra Madre, and



much more. All of this is thanks to you, our loyal supporters, who appreciate the importance of our mission - thank you! Go ahead, turn the page...

Stay happy, stay healthy, and stay with us,

Patricia V. Ostiller, JD, CFRE
Executive Director

CANCER SUPPORT COMMUNITY PRESENTS



**DIAMONDS
ARE FOREVER**
ANGEL GALA

SATURDAY, JUNE 3 HILTON PASADENA
HONORING MEG & JOHN SYMES | SAN MARINO MOTOR CLASSIC

We invite you to join us on **Saturday, June 3, 2023** at this year's Angel Gala. Together, we will celebrate our fantastic legacy and those who have shown their outstanding support.

We are honored to recognize this year's Angel Award recipients as **Meg and John Symes** and **San Marino Motor**

Classic/Valerie and Aaron Weiss for their remarkable contributions and ongoing passion for CSC's mission.

Each year, our Angel Gala supporters are vital to our operations, and this year is no different. Your continued support enables us to maintain and expand our programs while always offering them **free of charge** to anyone in our community who needs support, education, and hope in the face of a difficult cancer diagnosis.

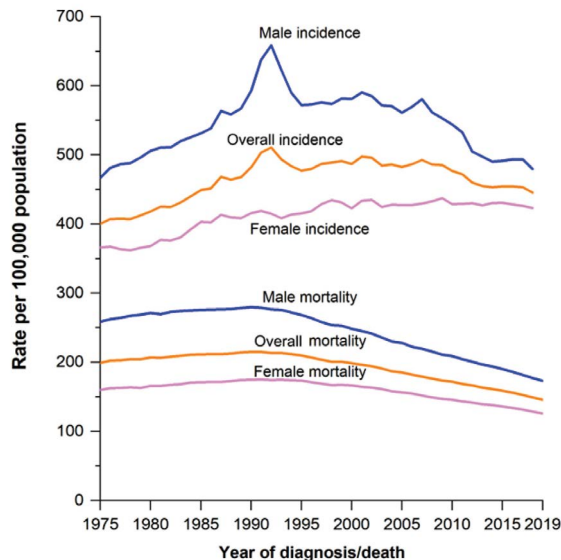
We will also take the opportunity to acknowledge all of the individuals to date who have pledged to our "Be the Key" campaign. They are truly making our new permanent home in Sierra Madre a reality.

For Angel Gala questions, please contact CSC's new Director of Events, Rachimah "Rae" Magnuson at r.magnuson@cscpasadena.org. Welcome, Rachimah, we're so glad you're here!

Cancer in Men

Here at Cancer Support Community, we generally serve about 75% women and 25% men each year. Yet, men in our country have a higher cancer incidence and cancer mortality than women.¹ **In the United States, one out of every two men will be diagnosed with cancer in their lifetime, as compared to one out of every three women.**²

During 2016 to 2020, the annual mortality rate of cancer in the US was 177.5 per 100,000 men, which is significantly greater than 128.7 per 100,000 women. This trend of higher cancer incidence and mortality in men also shows consistent worldwide during these years from 185 countries.³



Trends in Cancer Incidence (1975-2018) and Mortality (1975-2019) Rates by Sex, United States¹

The reasons for the higher risk of developing cancer in men are not yet fully understood. Research shows that factors contributing to the increased cancer risk in men are based on lifestyles (i.e., heavier smoking and heavier drinking), exposure to certain work environments, and genetic or sex hormones differences.⁴

However, at least 42% of newly diagnosed cancers in the US could be prevented (for both genders) through behavior changes including avoiding smoking, protecting skin from excessive sun exposure, having healthy lifestyles, and

getting vaccines to prevent certain cancers caused by infectious agents or treating infections.²

Screening to detect cancers early and remove precancers, along with accessing health care for both physical and mental health, contribute significantly to reduce the cancer burden, improve life quality, and reduce mortality for cancer patients.²

Despite having a higher cancer incidence, men are less likely to consult physicians or use healthcare services than women. The reasons for this are rooted in sociocultural norms of traditional masculinity which include men's reluctance to speak about cancer or ask for help, embarrassment in talking about symptoms, or fear of stigmatization at work or family. As a result, men often lack awareness of screenings, distrust medical personnel, and find it uncomfortable to communicate with health care providers.⁵ Those behaviors contribute to higher cancer incidence and mortality in men.

At CSC, and thanks to funding from The Ann Peppers Foundation, we have started a weekly men's support group, facilitated by a male clinician, in an effort to provide support to men facing cancer to improve their health and quality of life for them and their families. If you know someone who could benefit from this group comprised of men facing cancer, please have them contact CSC.

-Nga Nguyen of Hanoi, Vietnam, has a Master's in Public Health and a Master's in Leadership from Azusa Pacific University. Nga is currently an intern at CSC.

1. Siegel, R. L., Miller, K. D., & Fuchs, H. E. (2022, January 12). Cancer statistics, 2022. American Cancer Society. Retrieved March 13, 2023, from <https://acsjournals.onlinelibrary.wiley.com/doi/10.3322/caac.21708>
2. American Cancer Society. Cancer Facts & Figures 2023.
3. Sung, H., Ferlay, J., Siegel, R. L., Laversanne, M., Soerjomataram, I., Jemal, A., & Bray, F. (2021). Global cancer statistics 2020: globocan estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *Ca : A Cancer Journal for Clinicians*, 71(3), 209-209. <https://doi.org/10.3322/caac.21660>
4. City of Hope. (2022, February 9). Why men get cancer more than women and how they can manage their risk. Cancer Treatment Centers of America. Retrieved March 10, 2023, from <https://www.cancercenter.com/community/blog/2022/02/men-and-cancer-risk>
5. Zafar, A., Baessler, F., Ihrig, A., Mayer, G., Bugaj, T. J., Maatouk, I., Staeudle, J., Hans-Christoph Friederich, & Jobst-Hendrik Schultz. (2022). Barriers to access cancer-related services for men in high-income countries: A narrative review looking beyond socioeconomic disadvantages. *Aging and Cancer*, 3(3-4), 147-160. <https://doi.org/10.1002/aac2.12059>



Not Just for Year End

Your current financial focus may be preparing 2022 tax returns. But it's not too early in 2023 to imagine—or to update—your legacy.

Maybe you'll retire this year. Or you plan to sell or buy real property. Perhaps your child or grandchild will enter or graduate from college. Or there will be modifications to a business you own.

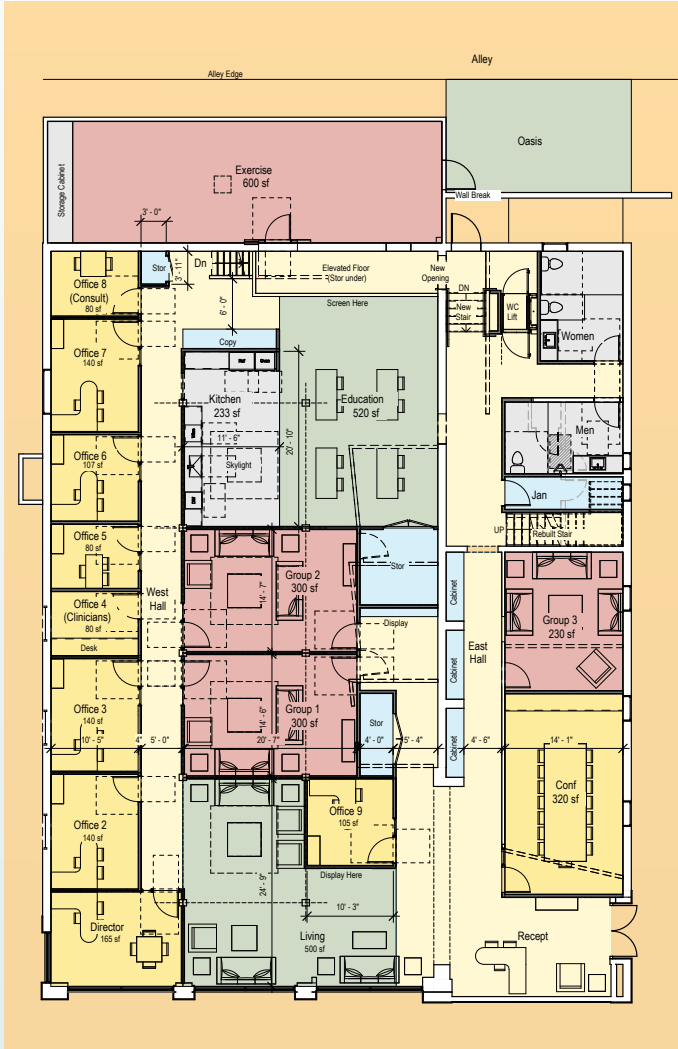
These and other potential life changes in 2023 may prompt your setting up, or reviewing, your will or trust.

When you do, we hope you'll think of the people impacted by cancer whom CSC serves. By leaving a gift to Cancer Support Community in your will or trust, you can help ensure that future generations of people with cancer, and their loved ones, won't face cancer alone. And you may well achieve tax benefits through your gift, too.

It's easy to do. And we're here to help. Please contact Patricia Ostiller at 626-796-1083 or p.ostiller@cscpasadena.org, or Peggy Smith at 818-388-1885 or p.smith@cscpasadena.org for a no-obligation chat.

A Word from CSC's Program Staff

A home is where a sense of community, belonging, and comfort can be found. For over 33 years, CSC has made a home in many leased settings, but for the first time in its history, CSC has found a permanent home in adjacent Sierra Madre. We'd like to share our new floor plan as we prepare to move:



The open floor plan boasts a large and inviting living room, welcoming participants into warm group rooms with the sun visible through striking skylights. Exposed brick skirts some of the walls of the building, a cozy nod to the rich history of the space that was once a beloved community grocery store. CSC prioritized a community space that opens to a kitchen, allowing for immersive community events, nutrition workshops, and potluck gatherings.

The space also features a new-and-improved healthy lifestyle exercise room with ample storage, equipment, mirrors, and its own entrance directly off the large private parking lot. And perhaps the crowning jewel of the space, the outdoor oasis will be a green sanctuary where participants can reflect in an environment of natural beauty with a view of the San Gabriel mountains.

A home is only a home when a family is welcomed into it. We look forward to welcoming you, and making our new facility our home, in the Summer of 2023.

Here's the latest and greatest on CSC's Be The Key capital campaign:



A. What are the \$3,750,000 campaign funds used for?

1. Property Acquisition: \$1,145,510 (done)
2. Hard Costs (including GC fee, Consulting fees, Relocation costs & FF&E): \$1,861,978 (in progress)
3. Building Maintenance Fund: \$500,000
4. Contingency: \$242,512

B. How much has Cancer Support Community raised (thru 3/15/23)?

- \$3,172,111 raised in cash & multi-year pledges (85% of goal!)
- \$2,794,974 received
- \$377,137 outstanding

Left to raise to reach goal: \$577,889

We invite you to help us cross the finish line! We have \$577,889 left to raise. Naming opportunities are still available and pledges can be paid over four years. Please visit bethekey.cscpasadena.org for more information. With your help, we will move to our new home at the end of June 2023.

Thank you to our architect, Rob Tyler of Tyler+Kelly Architecture, and our construction manager, Bryson Reaume of LA Cooperative/Reaume Richardson, for their work on our behalf.

CANCER SUPPORT COMMUNITY PASADENA BENEFACTORS SOCIETY 2023



**CANCER SUPPORT
COMMUNITY**
Serving the Greater San Gabriel Valley

Recently, Cancer Support Community celebrated members of its 2022 Benefactors Society at AltaEats in Pasadena. Chef Paul and his team pulled out all the stops for these most generous donors. One of our participants, Pam Sevir, also joined us and spoke eloquently about the value CSC has brought to her life. She thanked these donors for their annual gifts to the organization and reminded them of the positive impact they are having on so many people facing cancer in our community.



This annual event was especially fun with our Benefactors and Patrons teaming up to play *TRIVIA: What Do You Know About CSC?* Three spirited teams were neck and neck until the very end, when the winning team pulled ahead. Congratulations to Michael Healy, Vicki Laidig, Julie and Scott Nesbit, Steve Ralph, Valerie and Aaron Weiss, and Bill Ukropina!

We invite you to join our **2023 Benefactors Society** and become part of this exceptional group of dedicated supporters who see the value in an annual, renewable membership that provides them with event benefits and also provides CSC with unrestricted dollars for operations. Please contact Patricia Ostiller at p.ostiller@cscpasadena.org.

Two levels of annual membership:

\$20,000+ (Benefactors):

Benefactors receive the following benefits for one year following their donation:

- 12 months of recognition on CSCP collateral such as our website, event communications, quarterly newsletters, program calendars, Annual Report, etc.
- Angel Gala (June 3, 2023): 10 complimentary tickets plus sponsor benefits*
- Ladies Night Out (October 7, 2023): 10 complimentary tickets plus sponsor benefits*
- Poker Bowl (November 12, 2023): Admission for 8 players plus sponsor benefits*
- Invitation to Benefactors Society Appreciation Dinner

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

Patrons receive the following benefits for one year following their donation:

- 12 months of recognition on CSCP collateral such as our website, event communications, quarterly newsletters, program calendars, Annual Report, etc.
- Patron's choice: Angel Gala (June 3, 2023) OR Ladies Night Out (October 7, 2023): 10 complimentary tickets plus sponsor benefits*
- Poker Bowl (November 12, 2023): Admission for 4 players plus sponsor benefits*
- Invitation to Benefactors Society Appreciation Dinner

** Sponsor benefits include advertisement and logo (for corporate members) featured on event media, invitation to VIP reception, and more.*



Raising Awareness on International Women's Day

On March 8th, CSC Director Natalie Smalley and Program and Clinical Director Alison Wong were invited panelists for Disney Branded Television's annual event The Women's Connection. This year's event hosted a panel on women's cancer awareness. Alison and Natalie were joined by breast surgical oncologist Dr. Carlie Thompson from UCLA and gynecologic oncologist Dr. Kristin Taylor from Cedars-Sinai Medical Center.

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

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