

Community is stronger than cancer

December 2023

Dear Friends:

Greetings from Sierra Madre! It is gratifying to report to you that everything we hoped to accomplish in 2023, we did. Our major two-year project is now complete, thanks to you and hundreds of other individuals and foundations who supported us. Most importantly, program delivery did not miss a beat!

- 1. Program Update:** In 2023, we are on track to surpass last year's record of 1,045 unique individuals served (in-person, virtual, and hybrid). We anticipate serving around 1,100 individuals and intend to serve even more in 2024.
- 2. Our New Home:** Our new home in Sierra Madre is all we hoped it would be - and more. Our participants love it.
 - Thanks to the generosity of over 250 donors, we did not have to tap into our reserves to purchase or renovate our new building;
 - In October 2023, we surpassed our \$3,750,000 fundraising goal (raising \$3,799,857), thanks to the Pasadena Community Foundation and the Ralph M. Parsons Foundation who each donated \$50,000 for solar panels on our roof; and
 - We had a dream team. Tyler + Kelly Architecture, Reaume Richardson, and LA Cooperative, and the following in kind vendors who provided donations of materials and services, allowed us to finish our project on time and on budget:

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|--|---|
| > Adopt-a-Charger - EV Charging Station | > Gibbs Giden Locher Turner Senet & Wittbrodt, LLP - Legal Review |
| > Arizona Tile - Kitchen and Bathroom Counters and Tile | > G & A Fire Protection Corp. - Sprinkler Equipment |
| > Elizabeth Arnett Designs and Dana Naples - Garden Space | > Hajoca Corporation - Kitchen and Bathroom Fixtures |
| > Garden View Landscape, Nursery, and Pools - Landscaping and Maintenance Services | > Ruben Marquez Interior Design - Interior Design |



- | | |
|---------------------------------------|--|
| > C. Geoffrey Mitchell - Legal Review | > The Unicon Group - Reinforced Concrete and Masonry |
| > Muir Chase Plumbing Co. - Plumbing | |

- 3. Fundraising and Fiscal Strength:** Again this year, we juggled raising funds for our new building and for our operations. We appreciate our dedicated donors who understood this challenge. We reached 101% of our campaign goal, and also project that our operating budget will end the year in the black. Thank you for supporting our events, summer appeal, and last but not least, our current year-end holiday appeal (see p. 2).

Our remarkable progress is due to all of you reading this message. I sincerely hope you are pleased to see that your philanthropic dollars made a transformative impact in 2023 - thank you again! Stay happy, stay healthy, and stay with us in 2024.



Patricia V. Ostiller, JD, CFRE
Chief Executive Officer



The Davies Family

Wednesday Family Night and the Return of Children's Corner

According to the National Institute of Health (2021), between 14% and 25% of cancer patients are parenting children aged 18 or younger. Psychosocial issues faced by children who have a parent diagnosed with cancer include difficulties with emotions, sleep, energy levels, concentration,

academic activities, peer and family relationships, and communication (Phillips, Prezio, Panisch, and Jones, 2021). Each year, CSC serves over 200 families with children aged 18 or younger. In this new era, we could not have asked for a more family-friendly neighborhood than Sierra Madre. In October, CSC relaunched in-person Wednesday Family Night and other programs supporting children and families.

Every Wednesday, families enjoy a free dinner followed by three separate support groups for patients, caregivers, and children ages 6-13. CSC's Children's Corner support group integrates arts, crafts, cancer education, music, relaxation techniques, and role playing to help children understand and express their emotions. These children discover that they are not alone, and practice coping skills.

Once per quarter, families come together for social events focused on celebrating life, family fun, and the power of community. Halloween Family Fun Night, co-hosted by the National Charity League, featured creative costumes, face painting, pumpkin decorating, and of course, candy. In December, child therapist and CSC support group facilitator Jordan Long, LMFT, will provide an educational workshop on how to speak to children about cancer.

We look forward to expanding our programs and services in 2024. Thank you for your continuing support, allowing us to be a "lifeline" for our participants.

Alison Wong, Ph.D., LMFT

Program and Clinical Director

Starting January 2024:

New in-person patient support group for women
Tuesdays, 10:30 am - 12:00 pm.



Gain 2023 Tax Benefits by Giving to CSC

Your generosity to Cancer Support Community by December 31 could also be a present for yourself:

- If you itemize taxes, **consider using cash** to make a gift or pay off a

pledge. You may deduct gifts of cash up to 60 percent of your adjusted gross income (AGI) in 2023.

- Consider **donating stock that has appreciated** for more than a year to avoid paying capital gains taxes. You also may be eligible to deduct the fair market value of the donated securities.

- Do you have securities that are currently valued at less than original cost (cost basis)? If you decide to sell some of those at a loss, then in a process called **tax-loss harvesting**, capital losses can be used to offset capital gains and up to \$3,000 of ordinary income. Donors can then claim a charitable deduction if they donate cash from the sale proceeds.
- If you're 70-1/2 years old or more, making a **qualified charitable distribution (QCD)** from your IRA directly to CSC reduces your gross income, can fulfill your required minimum distribution, and may help you avoid a higher tax rate. For married couples, each spouse can make a QCD up to the \$100,000 limit for a potential total of \$200,000.

As always, please consult with your tax attorney/financial advisor for advice on tax and financial matters. Thank you.

Save the date!
**SUNDAY
MAY 19, 2024**

Honoring:
**KAREN & TOM
CAPEHART**

CANCER SUPPORT
COMMUNITY
GREATER SAN GABRIEL VALLEY

ANGEL GALA 2024

Hosted at:
SANTA ANITA PARK

GIVE HOPE 

for people in 2024

GIVE HOPE TODAY.
CANCERSUPPORT.LINK/2023



Clinical Team Expanding!

Change and growth have been the theme at CSC over the last few years... the pandemic necessitated virtual programs, and the end of the pandemic and our exciting move reenergized participation in in-person services. With increased demand, CSC is eager to serve! In the past three years, participation in support groups has reached record highs, leading to abundantly full groups and a need for more offerings.

Since 2022 CSC has added several new support groups, including a hybrid Men's Group; a virtual Young Adult Group; and in-person children's, caregiver, and patient groups. These new groups provided opportunities to onboard new therapists, inviting new professional insights and expertise to CSC's clinical team. What's more, CSC welcomed three clinical trainees in graduate programs of marriage and family therapy to enhance clinical offerings at CSC by co-facilitating groups, providing individual counseling services, and moderating new participant orientation meetings. A quick highlight on our newest team members:



Don Martinez, LMFT has his own local private practice and facilitates the Men's Group.



Melody Zhang, LMFT works in private practice and facilitates the Women's Group



Victor Parra, LMFT has extensive experience in medical settings and facilitates the new in-person Patient Group.



Anna Kim, LCSW works in a group practice setting and facilitates the new in-person Caregiver Group.



Alexander Edwards, PsyD, LCSW has experience in a variety of settings ranging from working with the County to crisis management. Alex facilitates two virtual Patient Groups.



Daniel Hoh, AMFT, works in group practice and facilitates the new Children's Group.



Yvette Barriga, Ghadir Saad, and Isaac Yamamoto are MFT trainees currently pursuing graduate work and support CSC with several clinical programs.

Thank you to these new providers who have brought energy, expertise, and passion to the CSC team.

A Year of Meaningful Connections

As we reflect on our incredible community outreach this year, here are some highlights that demonstrate the tremendous impact achieved through our team's collective efforts. CSC staff and volunteers have participated in 46 outreach activities, reaching 10,986 individuals. The events aimed to raise awareness of CSCSGV, engage with the community we serve, increase our visibility, and advocate for and promote the diversity and inclusivity of our free services. Each handshake, every smile, and all of the resources we've shared have contributed to the tapestry of our community outreach success. This is evident based on the increasing number of people we are serving.

As we look forward to 2024, we are inspired by the positive difference we can collectively make-- and we want to do more. With your help, *along* with our staff and volunteers, let's reach more of the thousands of people who will be diagnosed with cancer next year in the greater San Gabriel Valley. Help us spread the word about our programs - *all free of charge* - for patients, caregivers, children, survivors, and those bereaved having lost someone to cancer.



Together, let's continue to build connections, foster the understanding that community is stronger than cancer, and positively impact the lives of families facing cancer. Thank you for being an essential part of our journey.

CANCER SUPPORT COMMUNITY BENEFACTORS SOCIETY 2024



CSC's goal for 2024 is to add eight new Benefactors and Patrons to this much-treasured group of leadership donors. This is a FUN group, with likeminded people who do good while having a good time. Now that we are in our permanent home, we are poised to serve more of the 35,000 L.A. County residents diagnosed with cancer in 2023—plus their loved ones and those who'll be diagnosed in 2024.

If you've been considering joining our Benefactors Society, we invite you to bring your support to CSC in 2024! We are thrilled to report that our Benefactors Society remains as strong as ever and supports 30% of our operating budget. Thank you to this very special group of philanthropists:

The Agency	Vicki Laidig^	Sue and Steve Ralph^
Melissa Alcorn/DFA Holdings*#^	Darla and Sam Longo/Barbara and Tom Perrier	RBC Wealth Management
Rosemari Annear	Gloria Podres and George Mack^	Rusnak
Anonymous^	Mary and Richard Mader	San Marino Motor Classic^
Rebecca Bales*	Ann and Mike Malone	Vicki and Brad Schwartz
Karen and Frank Beardsley	Serge Melkizian^	Lee and Mickey Segal^
Terry Beyer^	Margaret and David Mgrublian	Georgia Seid^
Karen and Tom Capehart^	Chris Mitchell^	Sharp Seating Company
Laurie and Tom Daly	Dana and Michael Naples* # ^	Sue and Steve Silk* # ^
Bonnie and John DeWitt^	Julie and Scott Nesbit* # ^	Meg and John Symes* # ^
LeeAnn and Ron Havner^	Oak Tree Racing Association^	Susie and Brad Talt^
LeAnn and Michael Healy* # ^	Ann Olson	The Valenta Family* ^
Ellen and Harvey Knell* # ^	Patricia Ostiller	Louise Wannier*
Terri and Jerry Kohl* # ^	Marie and John Queen*	Wells Fargo Private Bank*
Shelley Allen and Bob Kohorst^		

*Founding Members

#Members since 2017

^Current Members

We offer two levels of annual membership: Our \$20,000+ Benefactors and \$10,000 - \$19,999 Patrons. Both groups receive yearlong benefits including tables at our events, VIP receptions, 12 months of recognition on our website and other materials, a private Benefactors Society Appreciation dinner, and more! We welcome individual and corporate members. Please join our 2024 Benefactors Society by contacting Patricia Ostiller at p.ostiller@cancersupportsgv.org or Brad Talt at batalt575@gmail.com.

Getting Started

Can someone you know benefit from CSC's free programs? Please let them know that CSC welcomes individuals and families in person, virtually, and hybrid.

Visit cancersupportsgv.org/gettingstarted.



OUR MISSION: CSC UPLIFTS AND STRENGTHENS PEOPLE IMPACTED BY CANCER BY PROVIDING SUPPORT, FOSTERING COMPASSIONATE COMMUNITIES, AND BREAKING DOWN BARRIERS TO CARE.

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