

Dear Friends and Supporters,

Summer is here! I hope everyone reading this newsletter takes some time to relax and recharge. Thanks to your unwavering support, Cancer Support Community is on its way to having another record year of service, providing vital resources to what we forecast to be 1,200+ individuals and families navigating their cancer journeys.

To that end, we just completed a strategic marketing plan to build increased awareness of our programs offered without cost to our participants. In this re-designed newsletter, we're thrilled to share exciting updates about our initiatives. Our nutrition workshops are more popular than ever and offer valuable insights into maintaining a healthy diet during and after cancer treatment. These workshops aim to empower patients and caregivers with practical advice from leading nutritionists.

Additionally, after ten years, we are retiring our Poker Bowl and Ladies Night Out and replacing them with our new signature fall event, Sip, Savor & Support on

October 5, 2024! This event promises to be spectacular in terms of venue, food, drink and entertainment, while also raising essential funds for our operations.

Finally, we just received word that Cancer Support Community has been chosen as the recipient of Rep. Judy Chu's Congressional Leadership of the Year Award as **Nonprofit of the Year** for the 28th Congressional District! Thank you to Representative Chu and to Team CSC – our Board of Directors, Staff and Clinicians, Volunteers and Supporters.

Stay happy, stay healthy, and stay with us in 2024,



Patricia V. Ostiller, JD, CFRE, CEO



Can someone you know benefit from Cancer Support Community's free programs?

Cancer Support Community Greater San Gabriel Valley is a safe space for all who are impacted by cancer to connect, share knowledge, and embrace hope. We walk alongside our participants and their medical team, providing evidence-based knowledge and professionally-led psychosocial emotional support and activities as a proven method to enhance medical outcomes.

We welcome patients, caregivers, survivors, families, and those experiencing loss with kindness and understanding, ensuring that our community-funded programs, activities, and services are provided to all, **always at no cost – EVER.**

Visit cancersupportsgv.org/gettingstarted



GETTING STARTED

All programs and services are free of charge.

An orientation is required to participate at Cancer Support Community.

IN-PERSON ORIENTATIONS
Tuesdays, 11 am
Thursdays, 5 pm

VIRTUAL ORIENTATIONS
Virtual orientations may be scheduled through Zoom.

VISIT
cancersupportsgv.org/gettingstarted





At Cancer Support Community, we believe in nurturing the body, mind, and spirit.

That's why we offer a variety of healthy lifestyle classes designed to support patients and their families.

Our nutrition classes are particularly popular, providing valuable insights into maintaining a balanced diet during and after treatment. Recently, we hosted two standout workshops: "Trader Joe's Food Hacks" with Chef Dená Brummer and "Cooking with Chef Juana."



*Alison Wong, Ph.D., LMFT,
Program and Clinical Director*

In "Trader Joe's Food Hacks," participants learned how to create quick and healthy meals using readily available items from Trader Joe's. This workshop focused on time-saving tips and nutritious recipes that make healthy eating accessible and convenient.

"Cooking with Chef Juana" offered a hands-on experience where attendees discovered how to prepare clean, healthy, and easy soup recipes. Chef Juana's expert guidance ensured that participants left with practical skills and delicious soup ideas to incorporate into their daily routine.

In addition to nutrition, Cancer Support Community offers exercise classes tailored to different fitness levels, art classes for creative expression and stress reduction, and meditation sessions for mindfulness and relaxation.

This quarter, we introduced a parent-child Taekwondo class with Master Zach DeJohnette. This unique class fosters physical fitness, discipline, and bonding between parents and their children. Under Master Zach's expert instruction, participants learn Taekwondo techniques in a supportive and fun environment, promoting both physical and emotional well-being.

Proper nutrition, regular physical activity, and mental wellness significantly contribute to improving quality of life and enhancing overall health. We are grateful to our certified healthy lifestyle instructors who generously share their time and expertise to empower our community with the knowledge and tools needed to navigate cancer together.



2024 Lunch & Learn Lecture Series

Sexuality and Cancer



with Sherry Hite

Director of Rehabilitation Services at City of Hope

Tuesday, July 2
12:00 – 1:30pm

Register at:
cancersupport.link/Hite

Cancer Related Neuropathy and Fatigue



with Dr. Arash Asher

Director of Cancer Survivorship & Rehabilitation at Cedars-Sinai Cancer Institute

Thursday, Aug 15
12:00 – 1:30pm

Register at:
cancersupport.link/Asher

Management of Menopause and Prevention of Gynecologic Cancers



with Dr. Jennifer Park & Dr. Paul Lin

OB/GYN from Fair Oaks Women's Health and Gynecologic Oncologist from Huntington Hospital

Thursday, Sept 19
12:00 – 1:30pm

Register at:
cancersupport.link/Park

Join us for our popular Lunch and Learn Lecture series in July, August and September 2024. Seats fill up quickly so please register soon.

Lunch will be provided.

Join us at 331 W. Sierra Madre Blvd, Sierra Madre, CA 91024 | (626) 796-1083

Imagine the future...what's your legacy?

Planned gifts are essential, not just for you and your family, but for Cancer Support Community as well. Planning for tomorrow allows you to take care of yourself and people impacted by cancer.

A planned gift to Cancer Support Community would provide funding for support groups, healthy lifestyle classes, workshops, individual counseling and social gatherings to families and individuals facing this disease. And it's easy to do - to learn more, please contact Jan Cantwell at j.cantwell@cancersupportsgv.org.

LEGACY OF HOPE SOCIETY

Our Legacy of Hope Society is comprised of people who have named Cancer Support Community Greater San Gabriel Valley as a beneficiary in their estate plan. We are very grateful to the following individuals:

Melissa Alcorn
Mrs. Marshalene Anderson
Rosemari Annear
Kal Balian Antoun
Ligia Ashook
Terry Beyer
Mr. and Mrs. Lance Bird
Debbie Bolton
Mr. and Mrs. Loren Brodhead
Huw Christopher
Laurie and Tom Daly
Ellen Driscoll

Mary Galloway

Richard C. Gilman

Suzanne and Brian Gilman
Helen Hancock

Brenda Lee Hastings

LeAnn and Michael Healy

Joseph R. Henry

Gloria H. Hoversten

Joseph Jacobs

Maggie Jagels

Dr. and Mrs. Frank Jameson
Christopher Johnson

Dr. David and Carole Jones
Sharon Kelley

Anne Kennedy and Dr.

Peter Kennedy

Ellen and Harvey Knell

John Kulli

Vicki Laidig

Mrs. Ginny Lechler

Marsha and Andrew Lewis

The Mack Family Trust

Marguerite Marsh Ph.D. and

Robert Marsh M.D.

Diane and Craig Martin

Elizabeth Mejia

Serge Melkizian

Laurie and Chris Mitchell

Dana and Mike Naples

Patricia Ostiller

Gordon Pashgian

Jacqueline Pick

William Quiros

Sue and Steve Ralph

Coral Ann Hiscoe Reid

Mark Russakow

Lora and Robert Sandroni

Penelope Schopflin

Janet Schulman

Bernadette Sherman

Rosemary "Rary" Simmons

Peggy Smith

Kathleen Spellman

Anise Stevens

Pam and Les Stocker

Dr. and Mrs. Joel Streng

Betsy Snyder and Clay

Marquardt

Meg and John Symes

Maura and Sean Townley

& Family

Lydia Valenta

Ron Valenta

Lupe Vela

Louise Jane Saffman

Wannier

Laura Wending

Mr. and Mrs. Robert

Zeilstra

Names in bold type indicate that their bequest has been received by Cancer Support Community Greater San Gabriel Valley.

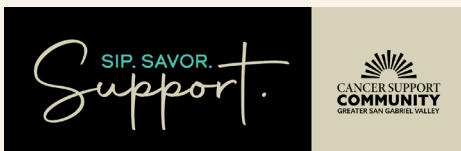
Putting the "fun" in fundraising



We're thrilled to announce the success of our 34th Angel **Gala, Dapper Derby Soirée**, held at Santa Anita Park. Thanks to everyone's efforts, we raised over \$415,000—a new record! A heartfelt "THANK YOU!" to our honorees, donors, sponsors, Angel Gala Committee, attendees, staff, volunteers, government officials, our Master of Ceremonies, Lian Dolan, and guest speaker, LA Times Sports Columnist, Bill Plaschke.



And don't forget to save the date for San Marino Motor Classic's Symphony of Cars Gala on Saturday, August 24th at Lacy Park! Once again, we're so grateful to be the beneficiaries of this elegant evening with dinner under the stars featuring 15 classic automobiles paired with live music of their era.



Cancer Support Community is known for hosting top-notch fundraisers, and this year, we're excited to introduce a new signature event - **Sip, Savor and Support!** Join us **Saturday, October 5th**, at the INEOS Grenadier Showroom at Rusnak Auto Group in Pasadena for fine dining, tantalizing cocktails, exquisite wines, live music, and a special guest.

All of our events are critical to our ability to fund our free programs for families facing cancer. If you are interested in attending or supporting these upcoming events, contact us today!

CANCER SUPPORT COMMUNITY BENEFACTORS SOCIETY 2024



Dr. Ruth Williamson

Our Benefactors Society continues to grow! We are honored to have **Dr. Ruth Williamson** as a new member of our 2024 Benefactors Society. With over 34 years of experience in the medical field, Dr. Williamson is a radiation oncology breast cancer specialist at Huntington Hospital. Dr. Williamson says that she “decided to join the Benefactors Society because the support that Cancer Support Community provides is invaluable for my ladies and their families coping with a breast cancer diagnosis, breast cancer treatment, and cancer survivorship. I have always felt that Cancer Support Community is my partner to support my patients and an extension of the cancer program at Huntington Hospital.”

Increasing membership in our Benefactors Society will help us serve more people – and we’ve been increasing the number of people served every year since 2022. The more people we serve, the more resources we need.

If you’ve been considering joining our Benefactors Society, we encourage you to bring your support to us in 2024. Our Benefactors Society supports 30% of our operating budget; wouldn’t it be wonderful if this group grew to support 50% of our operating budget? Thank you to this very special group of philanthropists:

Benefactors \$20,000+

Melissa Alcorn/DFA Family Holdings
Rosemari Annear
Karen and Tom Capehart
Terri and Jerry Kohl
Shelley Allen and Robert Kohorst
Ellen and Harvey Knell*
San Marino Motor Classic
Lee and Mickey Segal
The late Georgia Seid
The Valenta Family

**Lead Founding Benefactors*

Patrons \$10,000 - \$19,999

Terry Beyer
Bonnie and John DeWitt
The Havner Family Foundation
LeAnn and Michael Healy
Vicki Laidig
Dana and Mike Naples
Gloria Podres and George Mack
Julia and Mark Meahl
Serge Melkizian
Julie and Scott Nesbit
Sue and Steve Ralph
Susan and Jack Reynolds
Charlotte Streng
Susie and Brad Talt
Dr. Ruth Williamson

Benefactor Benefits

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! To join, please contact Patricia Ostiller, CEO at p.ostiller@cancersupportsgv.org or Brad Talt, Board President at batalt575@gmail.com.



Benefactors and Patrons enjoy their annual appreciation dinner on March 14, 2024.



**Connecting all who are impacted by cancer
with hope, knowledge, and understanding.**