



CSCP Dog Therapy Program

Community is stronger than cancer

Summer 2021

Hello CSCP Friends!



Do you like roller coasters? You're strapped in, chugging up the track wondering if this was the best idea, waiting for the car to crest the peak, and then... whoosh! Your stomach drops on that first descent, you're holding on for dear life (while folks behind you are raising their hands), the car banks, you dare not scream, and then comes the hiss and clamp of the brakes...and a sigh of relief.

At times, this seemingly endless pandemic feels like being on a roller coaster, a scary, continuous loop that you are forced to re-ride. Yet, the way we look at it at CSCP is this: the first "drop" is over. We survived 2020, a year without vaccines. We all benefitted from the extraordinary global research and remarkable vaccines developed that are proven effective against this deadly virus. Now, with half the country vaccinated, we're on our way. Sure, there will be more twists (the Delta variant) and turns (new guidelines) and unexpected bumps (delays in plans). Sometimes, we may feel a bit out of control, but we're on this ride...together.

CSCP has experienced firsthand how recent pandemic developments are throwing curves and forcing sudden changes to our plans. You're probably experiencing this, too. Nevertheless, while we're regrouping on our reopening plans, we're introducing new virtual programs in August for our members:

New virtual classes:

- Our greatly missed **Watercolor** program resumes on Thursdays, 9 am - 12 pm. Longtime instructor Richard Gutschow will be streaming with his member-painters from their homes.
- **Shaking off Stress and Tension with TRE** will be held on the 3rd Wednesday of each month, 10 - 11 am.

- **Yoga: Monday Morning Refreshing Yoga**, 10 - 11 am; **Institutional Yoga**, Tuesdays, 11am - 12 pm

New virtual support group:

Eager to support people on our waiting list, we're adding a second **Bereavement group** for those who have lost someone to cancer.

On the horizon:

Our popular **Return to Wellness** series returns in the Fall for women who have completed active treatment for breast cancer. Educational workshops coming up include: **Medical Cannabis, Breast Reconstruction Options, and Navigating the Emotional Journey of Mastectomy**

Thanks so much for your continuing support!

Patricia V. Ostiller, JD, CFRE
Executive Director



Upcoming CSCP-City of Hope Virtual Workshops

CSCP and City of Hope's year-long collaboration on Cancer Awareness Month programming continues to provide opportunities to hear from health experts on various cancers. Please mark your calendars for the following workshops:

- **September 21 at 6 p.m.:** Thyroid Cancer, presented by Dr. Sasan Fazeli.
- **October 18 at 6 p.m.:** Breast Health, presented by Dr. Katharine Schulz-Costello.
- **November 2 at 6 p.m.:** Pancreatic Cancer, presented by Dr. Laleh Melstrom and Dr. Vincent Chung.



Back to the Future: The Power of Immunotherapy

Compassionate care, reduced stress, and social support. Who would have thought of these measures as a form of immunotherapy?

Alexandra Levine, M.D., M.A.C.P., a professor at City of Hope's Hematologic Malignancies and Stem Cell Transplantation Institute, presented on this very subject at CSCP on May 11. Her talk focused on the intuitive aspects of immunotherapy and innovations in this treatment approach. Dr. Levine explained that immunotherapy has strong historic roots.

Centuries ago, medical doctors observed that attending to psychosocial aspects of treatment improved clinical outcomes by leveraging the body's natural immune response. A strong social support system is correlated with treatment and medication adherence, promotes a healthier lifestyle, and equips patients with better coping skills - all of which can enhance the chances of survivorship.

Dr. Levine also outlined types of modern-day immunotherapy. She described how there are several forms, including cell therapy, checkpoint inhibitors, vaccines, and oncolytic virus therapy. Immunotherapy treatments are often offered in combination with other treatments, such as chemotherapy. Dr. Levine also shared that there is much new research on this treatment approach.

This informative presentation underscored the importance of patient access to novel medical treatments, as well as the tangible impact of CSCP's supportive care programs.



Thank You For Traveling With CSCP

This year's Angel Gala truly was a trip *Around the World*, with audiences joining virtually from the hills of Montreal to the sandy beaches of Hawaii - all in support of the programs we offer free to anyone in our community seeking support. Because of your tremendous generosity, we raised \$250,000!

Thanks to each and every one of you for opening your hearts and sharing your resources so generously for families facing cancer - we are forever grateful!

San Marino Motor Classic Benefits Cancer Patients and Their Families

CSCP is thrilled to once again be a beneficiary of proceeds from the San Marino Motor Classic's upcoming Symphony of Cars Gala on August 21, 2021. Since 2018, Aaron Weiss, founder of the San Marino Motor Classic, has generously included CSCP among the charitable recipients of this terrific event. The \$65,000 that SMMC has donated to CSCP in years past has been vital to underwriting the programs we provide to people impacted by cancer in our community.

This year's motor classic comprises a weekend full of unique events, including an automotive art exhibit and sale, a gala, and an exhibit of auto-themed watches, as well as the outstanding automotive exhibit and contest. "We can't wait to attend these fun and engaging events in beautiful Lacy Park on a summer weekend," adds Kim Ferreira, CSCP's Director of Events and Marketing. "Especially because we couldn't do so last year."

For tickets and more information about the San Marino Motor Classic, visit www.sanmarinomotorclassic.com.





CSCP Addresses the Digital Divide

Throughout the coronavirus pandemic, CSCP members have praised our virtual programs for their availability and ease. However, a "Digital Divide" remains: people must have access to the internet and a technological device in order to participate in online programs. Simply put, not everyone has this.

CSCP has addressed this Digital Divide - with generous grant funding from the Foundation of San Marino Community Church and the Rotary Club of San Marino - by establishing a "lending library" at CSCP. Due to this thoughtful support, CSCP was able to invest in iPads and mobile Wifi hotspots to assist those members in need.

With the help of dedicated volunteer José Bernal, CSCP began lending out the iPads and hotspots to Spanish-speaking members this past spring, enabling them to obtain the proper equipment to participate in our virtual programming.

The result is that once-isolated members are now able to Zoom into CSCP's weekly Grupo Fuerza y Esperanza support group, Yoga en Español healthy lifestyle class, and various educational workshops. CSCP's lending library serves as one action in our larger commitment to pursue diversity, equity, and inclusion initiatives.

If you need technological equipment to attend CSCP's virtual programs, please contact Rachel Koonse, Program Director, at r.koonse@cscpasadena.org.

Getting Started at CSCP

If you know someone who could benefit from one of our online support groups - whether in a patient, caregiver, survivor, or bereavement group - please let them know that CSCP is continuing to welcome individuals and families virtually. And starting in August, we'll be resuming some in-person services, including support groups. For more information, visit www.cscpasadena.org/gettingstarted.



Dana and Mike Naples

Your Appreciated Stocks Can Help CSCP

Did you know that your appreciated stocks can help CSCP further its mission, while also providing you with tax benefits? It's simple to do.

Just ask Mike Naples, former CSCP Director and Senior Vice President - Wealth Management

at UBS in Pasadena. He's a big fan of this approach to providing charitable gifts. In fact, Mike and his wife, Dana, who is a current CSCP Director, regularly contribute in this manner to support CSCP programs. "Giving appreciated stocks helps to minimize your tax exposure, since you transfer shares directly to the organization and avoid paying capital gains tax on the appreciated value," he explains. "And you get a tax deduction for the donation, too."

Leaving the world a better place is easy through many planned giving options, including appreciated stocks, retirement funds, or a bequest. Your legacy gift now will ensure that CSCP is there far into the future to alleviate the suffering that cancer brings. It's also a sound financial investment.

For further details about this and other planned giving opportunities, please visit www.cscpasadena.org/plannedgiving. *Imagine the future...What's your legacy?*



LNO
Committee
hard at work
planning for
October 7th!

Save the date for
**10
07
21**
*Ladies
Night
Out*
ALTADENA, CA
At the gorgeous
home of Alison &
Mark Gamble

CANCER SUPPORT COMMUNITY PASADENA BENEFACTORS SOCIETY 2021



2021 has been a record year for CSCP's Benefactors Society. We have added seven new Patron members to this special group of donors who are true champions of people facing cancer here in our community. "We try to take care of all of our donors, but there is a special place in our hearts for Benefactors and Patrons. Their unrestricted annual gifts (\$20,000 for Benefactors and \$10,000 for Patrons) give us a foundation that we can count on each year," says Patricia Ostiller, Executive Director.

BENEFACTORS (\$20,000+):

Ellen and Harvey Knell, Lead Benefactors*
Terri and Jerry Kohl*
Lee and Mickey Segal

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

LeAnn and Michael Healy, Lead Patrons	Dana and Mike Naples
Melissa Alcorn/Anderson & Murison	Julie and Scott Nesbit*
Karen and Frank Beardsley	Patricia and Steve Ostiller
Terry Beyer	Sue and Steve Ralph
The Havner Family Foundation	Sue and Steve Silk
Ann and Michael Malone	Susie and Brad Talt
Chris Mitchell	

*Founding Benefactors**

Benefactors Society members receive exclusive benefits each year, including event tickets and tables, complimentary Guild membership, an annual appreciation dinner at Bistro45, and more. If you're interested in joining the 2021 Benefactors Society, CSCP is hosting a special reception on Sunday evening, September 12th at a private home in San Marino. Please call 626-796-1083 or email Patricia at p.ostiller@cscpasadena.org.

2021 Summer Season of Support – *Bringing hope every day!*

Summer Season of Support Needs You!

CSCP is running a little behind on our goal for our Summer Season of Support fundraiser. Summer gifts are crucial to help us provide for our fall support groups. With the upcoming re-start of in-person groups and our ongoing online programs, we need your support more than ever. Please give today – and please give generously – because people affected by cancer are counting on CSCP, and we count on you to keep these vital programs going. 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.

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