



29 Years of Facing Cancer Together

Fall 2019

Hello CSCP Friends!



Happy Autumn! As many of you know, my second cancer journey began this past July. I so appreciate your love and support over these past four months as I have navigated two surgeries, some unexpected complications, and chemotherapy. My last chemo treatment is November 13th, and I hope to feel like myself again by early December. It has been quite a rollercoaster ride of emotions, health and endurance, but how fortunate am I to have Cancer Support Community Pasadena for support!

I have been deeply committed to CSCP for the past nine years, ever since I learned about this amazing organization. It has been a privilege to work here, to come alongside people who are facing serious health challenges. I could not have invested all of these years in a more worthy cause. Now, it is time for me to invest wholeheartedly in my health and my family. While this is not an easy decision for me to make, I will be stepping down from my position as Executive Director at the end of 2019.

CSCP staff members Patricia Ostiller and Laura Wending have been sharing my executive duties since July, and they have graciously and generously offered to continue sharing the ED role while the Board begins its process to find my successor.

While I am stepping down as CSCP's Executive Director, I will be working part time starting in January 2020 to help with CSCP's very special 30th Anniversary Gala (May 2nd at the Langham) and to ensure a smooth transition for the new Executive Director when she or he begins. I plan on fully retiring in June of 2020.

Now that I have become a participant member, I am deeply indebted and grateful to have my weekly support group. It has given me an even deeper appreciation of what we mean for those we serve. I am also taking pilates and yoga classes at CSCP, which I am more than excited about and I greatly need!

Thank you all again for your love, support, and friendship. CSCP is just the best place. I am so proud to be a part of this amazing organization with all the free services we provide to so many who need it...because *no one should face cancer alone*.

-Meg Symes, Executive Director

City of Hope Digital Slide Features CSCP

How can we heighten CSCP's visibility and increase the number of people we serve? Brainstorming by senior staff at the City of Hope in Duarte and CSCP staff resulted in an innovative answer.

Here you see the new CSCP promotional slide that appears regularly on City of Hope digital monitors in the most populous patient-facing areas on the COH campus. These include patient waiting areas in the Main Medical building and Helford Hospital, as well as common areas such as the cafeteria and Starbucks. The monitors' content is on a continuous loop of every 12 seconds and runs 24 hours a day. A Spanish version of the slide will launch soon, too.

Thomas Rossman (who designs CSCP's Annual Report) graciously created these slides *pro bono*. They show for free at COH. Thank you, Thomas and City of Hope!

Facing Cancer Together



Support, Education, and Hope...
for people with cancer and their loved ones

All programs provided without charge!

How to Get Started: Attend an Orientation
Tuesdays at 11am or Thursdays at 6 pm
(no appointment necessary)



www.cscpasadena.org or 636-796-1083
76 E. Del Mar Blvd., Suite 215
Pasadena, CA 91105
(Located by the Metro Gold Line Del Mar Station)

A Partner with City of Hope in Patient Care

Holiday Events to Benefit CSCP

Get a jump on your holiday decorating and shopping at these fabulous events in November and December:

Wed.-Thurs., November 13 & 14: A Fall Lesley Evers Pop Up! www.lesleyevers.com (stylish dresses, separates and scarves) November 13 from 2:00 - 6:00 P.M., and November 14 from 10:00 A.M. - 2:00 P.M. 317 Markham Place, Pasadena. Hosted by Darrell Banta and Hillary Marble - thank you! 10% of sales will be donated to Cancer Support Community Pasadena! Contact Hillary at 209.471.9980 or hillary@lesleyevers.com.



Saturday, November 16: Lavender Marketplace Holiday Charity Event from 9:00 A.M. to 4:00 P.M. Featuring more than 24 vendors of home and garden décor, vintage collectables, jewelry and accessories (as well as kneeling chair massage), the event will take place at 89 Olive Avenue in Sierra Madre. A percentage of the profits will come to CSCP. More details at www.lavenderworkshops.com. We hope to see you there! Thank you, Kim Brandstater!

Fri.-Sat., December 6 & 7: Designs by Georgina Holiday Event. You won't want to miss Georgina Whitford's holiday happening that showcases her exquisite jewelry (designsbygeorgina.com) and other fabulous vendors from around the country. Join us from 10:00 A.M. - 4:00 P.M., both days at 4421 Chevy Chase Drive, La Canada Flintridge. Stop by, shop, and enjoy a free lunch and free valet parking. CSCP will benefit. Thank you, Georgina!

DESIGNS BY
Georgina



Thursday, December 12: Join us at **Salutations Home's Holiday Cheer** event to benefit CSCP! Thank you to Jonna Carls for hosting this fun evening at her beautiful store, where you can enjoy wine and appetizers and purchase holiday gifts. Join us from 5:00 to 8:00 P.M. at Salutations Home, 900 Granite Drive in Pasadena.

Sharing Difficult Health News: Laura Wending Offers Tips to Students

Cal State University L.A. students in the Health Communications class of Elaine Wittenberg, PhD, wanted to know more about helping individuals communicate effectively with their families and their health care team when faced with serious or life-threatening illness. So Dr. Wittenberg invited Laura Wending, LMFT and CSCP Program Director, to address the enthusiastic students—all majoring in Communications Studies—on October 23.

Laura engaged the students in a spirited discussion about the services that Cancer Support Community (CSC) provides, an overview of the CSC affiliates in Los Angeles County, and the research and health care advocacy provided nationally by the CSC network. The students were curious about the dynamics of support groups, successful communication techniques, benefits of one-on-one counseling with a qualified professional, and holding hope, especially for those facing their own mortality.



Laura described CSC programs such as Open to Options™ to enhance patient/physician communication and enable the patient to actively participate with their health care team to improve their quality of life. Laura assisted Dr. Wittenberg in Spring 2019 by inviting CSCP members to a focus group of caregivers. This group enabled Dr. Wittenberg to gain insight into the caregiver's role in cancer care. The goal of that session was to develop a resource for family, patients, doctors, and nurses with guidance on talking about cancer. "Partnerships like the one with Dr. Wittenberg boost awareness of CSCP and benefit the community, too," says Laura. "It's particularly gratifying to exchange information with young adults as we did with her students."

Upcoming Workshops

Getting Financially Fit - Lunch & Learn. Join Aram Schotts, CFP, of Gamble Jones Investment Counsel, on Tuesday, November 12 from 12:00 - 1:30 P.M. at CSCP. Mr. Schotts will discuss the financial planning process, how to build habits to improve your financial health, and the many tools available for helping you reach your goals. A free light lunch will be served.

Are You at Risk for Hereditary Cancer? Come to CSCP to find out on Tuesday, November 19 from 6:30 - 8:30 P.M. Dorcas Doja Chi, MD, will review common hereditary cancer syndromes, including hereditary breast and ovarian cancer, several gastrointestinal cancer syndromes such as Lynch, hereditary pancreatic cancer, and hereditary gastric cancer. Dr. Chi will describe clinical features, diagnostic criteria, and current risk management options. She will also discuss the emergence of multigene panel testing and the difference of germ cell and somatic mutation in cancer genetics.

Dr. Chi is a Board-certified hematologist and medical oncologist who practices in Pasadena and Alhambra. Prior to joining UCLA Health in 2019, Dr. Chi was on staff at Dana Farber Cancer Institute in Boston for eight years.

October Events Benefit CSCP and Promote Breast Cancer Awareness

Pink Tennis = A Win in Straight Sets for CSCP

CSCP was the grateful beneficiary of \$20,660 from the 2019 Think Pink Member Mixer and fundraiser at the Altadena Town & Country Club on October 6. ATCC members—all of them sporting pink clothes, as required for attendance—played Pickleball and Cornhole toss as well as tennis. They enjoyed music by a DJ, food and drinks, purchased raffle tickets, and participated in silent and live auctions.

Many thanks to Altadena Town and Country Club members and the club's tennis pro, Fred Guerra, who shepherded the process to make CSCP the beneficiary.



Do You “Like” Stella Rosa?

Longtime CSCP supporter, Riboli Family Wine Estates, launched a 24-hour post on social media, highlighting Stella Rosa wines and breast cancer awareness! For every like on their posts from October 21-25, they donated \$1 to CSCP! We received an incredible \$5,000 to support our programs for families facing cancer. Thank you, Sindee and Steve Riboli and Lisa Riboli, for this creative and generous way to assist CSCP. Be sure to follow Stella Rosa's IG (@stellarosa) and Stella Rosa's FB (@StellaRosaWines).

J. McLaughlin's Shop for a Cause!

Thank you to Lisa Arciniega and Shelley McMahon for hosting a fun Sip and Shop in San Marino, where customers enjoyed wine and cheese while selecting lovely clothes for the fall season. Part of the profits--\$750!--came to CSCP. We appreciate your generosity!

J. McLaughlin

“Mamma Mia!” Ladies Night Out Enchants



A sold-out crowd of 203 women enjoyed a fabulous night of dining, game booths, silent and live auctions, and more at CSCP's 9th Annual Ladies Night Out on October 3. The Hotel Constance rooftop was transformed into a Greek resort in keeping with the “Mamma Mia” theme. Attendees then became “Dancing Queens” as they boogied the evening away!

LNO 2019 raised over \$125,000 for CSCP's support groups, educational workshops and healthy lifestyle classes! Heartfelt thanks to our creative and hard-working co-chairs Aida Petro and Denise Borgia (see photo) and the LNO Committee; our wine sponsor the



Riboli Family of San Antonio Winery; financial sponsors (including Benefactors and Patrons); raffle sponsors Mimi et Cie and ATCC, live and silent auction donors, and game booth sponsors; CSCP member speaker Louise Nixon; emcee Lian Dolan, and auctioneer Anthony Guthmiller; and to Outlook Newspapers and Pasadena NOW.

New this year: a bracelet booth featuring two exquisite designs for purchase to honor the women in our lives affected by cancer. Extra bracelets remain if you're interested; please contact Peggy Smith at p.smith@cscpasadena.org.

SAVE THE DATES!

Monday, January 13, 2020: 4th Annual Board Reunion & Legacy of Hope Society Celebration at CSCP 5:30 - 7:30 P.M.
Cocktails and Hors d'oeuvres

Saturday, May 2, 2020: CSCP 30th Anniversary Angel Gala,
Langham Hotel, Pasadena



Cancer Support Community
Pasadena



2019 Benefactors Society Is Thriving!

“Just walking by a group session or active yoga class and seeing the enlightenment and renewed hope in people’s faces tells me CSCP is the answer,” says Brad Talt, a 2019 Patron member in CSCP’s Benefactors Society.

Many thanks to Brad and his wife, Susie, as well as the other forward-thinking, munificent members of this group. These couples, individuals and corporations are committed to seeing that CSCP accomplishes the ambitious but achievable goals set forth in our 2019-21 Strategic Plan. Among them:

- Increase the number of people served through indirect programming; i.e., education and outreach. Goal: Reach a minimum of 2,400 people in 2019 via health fairs, community partnerships, speaking engagements, etc. Actual: As of November 1, 2019, CSCP has already reached 2,456 individuals through 30 outreach events!
- Boost the visibility and public awareness of CSCP to serve more families with cancer. One of the strategies was to conduct a cost benefit analysis about changing/rebranding our name to reflect our service area more accurately. Result: In 2019, CSCP revised its logo’s tag line to better promote the message that we serve the greater San Gabriel Valley area, not just Pasadena.

Since our Summer 2019 newsletter, we’re pleased to announce that the San Marino Motor Classic has joined the Benefactors Society as a corporate Patron.

“I’m humbled to see that our Benefactors Society members continue to inspire others to give at leadership levels,” says Meg Symes, Executive Director. “They are a crucial reason why we can say that CSCP exists so that no one faces cancer alone.”

Benefactors (\$20,000+)

Ellen and Harvey Knell * Terri and Jerry Kohl *
 Julie and Scott Nesbit * Lee and Mickey Segal
 Louise J. Wannier *

* *Founding Benefactors*

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



Laurie and Tom Daly
 Bonnie and John DeWitt The Havner Family Foundation
 LeAnn and Michael Healy * Dana and Mike Naples *
 Barb & Tom Perrier/Darla & Sam Longo
 Sharp Seating/Sindee & Steve Riboli
 Sue and Steve Silk * Susie and Brad Talt

For more information on joining the 2019 Benefactors Society, please contact Meg Symes, Executive Director, or Patricia Ostiller, Director of Development at 626-796-1083. There are two levels for membership, each one offering exclusive benefits and recognition of your extraordinary generosity. We invite you to join!



Wealth Management



Wish you could do more to support our mission? You can! Please remember CSCP in your will or trust. 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.

CANCER SUPPORT COMMUNITY PASADENA IS A 501c(3) NONPROFIT ORGANIZATION (TAX ID#: 95-4201985)

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