

30 Years of Facing Cancer Together

DECEMBER 2020

Hello CSCP Friends!



As you are well aware, this year has been like no other. Cancer Support Community Pasadena (CSCP) was not able to be the in-person community that we know and love. At the same time, though, we sure felt the sense of community and support from all of you.

- Thank you to CSCP's **Board of Directors** who never lost confidence in the organization's ability to be a "lifeline" to families facing cancer during a pandemic.

Thank you, Directors, for your guidance, and a special shout out to Board President Kal Antoun.

- Thank you to CSCP's **administrative staff** (Julie, Kim, Judith, and Miranda) for Zooming into staff meetings, adjusting to staggered in-person work schedules, and always keeping a smile on their faces while pressing on, no matter what.
- Thank you to CSCP's **program staff**, led by Program Director Rachel Koonse, and our group facilitators (Britta, John, Liz, Mary, Morella, and Winnie), for diving into this virtual world head first so that our members would not encounter any disruption in the valuable support you offer them.
- Thank you to all of CSCP's **volunteers**, especially to Peggy S., Peggy R., Thomas R., and Rosemary A., who were determined to find a way to safely serve, as well as to our talented healthy lifestyle instructors, who gave so generously of their time. To CSCP's **Guild** - thank you, ladies, for always having our backs and helping us to plan all three of our reimagined fundraising events this year.
- And, of course, thank you to our **supporters** for your ongoing generosity, which ensured that we continued to be a beacon of hope for individuals impacted by cancer during a pandemic.

We recognize that ALL of you are our strongest asset. Your passion for CSCP is inspiring, and your support - of all kinds - is what allows us to fulfill our mission.

Heading into 2021, our staff is busy planning to ensure that CSCP continues making a positive difference for families confronting cancer. We look forward to seeing all of you - hopefully, in person - soon.

Stay healthy, stay happy, and stay with us!

Warmest wishes for a beautiful and *reimagined* holiday season,

Patricia V. Ostiller, JD, CFRE
Executive Director



Best Local Charity/Nonprofit

For the first time in its history, *Cancer Support Community Pasadena* has been voted the "Reader Recommended Best Local Charity/Nonprofit" by *Pasadena Weekly*.

With over 1,000 nonprofit organizations in Pasadena, CSCP is thrilled to receive this recognition, especially during our 30th anniversary year of providing free support, education, and hope to people impacted by cancer.

"This recognition is the result of a great team effort of so many people over the last 30 years - directors, staff, volunteers, and donors - who were and still are passionate about CSCP's mission," says Patricia Ostiller, Executive Director.

SAVE THE DATE!

Board Reunion/Legacy of Hope Celebration

Thursday, January 28, 2021

Please mark your calendars for this virtual event!

Health Inequities and Cancer

Cancer is an equal-opportunity disease - it affects all people, regardless of gender, race, or income. However, social, environmental, and economic disadvantages leave some populations disproportionately impacted. This is especially true for Black individuals and the Latinx community.

Along with genetics, behavior, and biology, social determinants of health—the conditions in the environments where people are born, live, learn, work, play, worship, and age—have a profound impact on health outcomes and together help to explain cancer health disparities in the United States.

While this may sound theoretical, we see the empirical evidence: Black Americans have higher death rates than all other racial/ethnic groups for many cancer types,¹ while both Hispanic men and women are twice as likely to have, and to die from, liver cancer than non-Hispanic whites.² Hispanic and Black American women also have higher rates of

cervical cancer than women of other racial/ethnic groups, with Black American women having the highest rates of death from the disease.³

At CSCP, we are working to address health inequities. We believe that cancer patients - from all walks of life - deserve the same access to health resources when confronting the disease. As part of that effort, CSCP's Board of Directors is establishing a new Diversity, Equity, and Inclusion Committee to ensure that our programming and policies are affirming, representative, and better attuned to the unique needs of our community.

Additionally, thanks to a generous grant from the [Pasadena Community Foundation](#), CSCP is also planning to offer a cancer support group for Black Americans this spring. These actions, along with our ongoing support groups in Spanish and Armenian, will frame CSCP's diversity initiatives in the coming year.

¹ Cancer Disparities. National Cancer Institute. (2020, November 17.) Retrieved November 22, 2020, from <https://www.cancer.gov/about-cancer/understanding/disparities>.

² Cancer and Hispanic Americans. Office of Minority Health. U.S. Department of Health and Human Services. Retrieved November 23, 2020, from <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=61>.

³ Cancer Disparities. National Cancer Institute.



Reap 2020 Tax Benefits by Giving to CSCP

Great news! Your generosity to CSCP by December 31st could also be a present for yourself:

- Individuals can deduct charitable giving up to **\$300 (\$600 for a couple)** on their 2020 taxes, even if they don't itemize.
- If you do itemize, consider using cash to make a year-end gift or pay off a pledge. As part of the federal government's CARES Act, you may deduct gifts of cash up to 100 percent of your adjusted gross income (AGI) **for this calendar year only**. (Certain exclusions apply.)
- Consider **donating stock that has appreciated** for more than a year to CSCP to avoid paying capital gains taxes. You also may be eligible to deduct the fair market value of the securities you donated.
- Making a **qualified charitable distribution (QCD)** from your IRA directly to CSCP reduces your gross income and may lower your taxes. (Rules regarding required minimum distributions changed with the passage of the federal government's SECURE Act and CARES Act earlier this year.)

Please consult your tax attorney/financial advisor for advice.

Thank you for your support!

Join CSCP's Guild!

Make a difference for those facing cancer, while having fun with others in the process! For more information, please contact Kim Ferreira, CSCP's Events Manager, at k.ferreira@cscpasadena.org, or at 916.505.3444. You can also visit CSCP's website at <https://cscpasadena.ejoinme.org/MyEvents/GuildofCSCP2021/tabid/1199171/Default.aspx>. The deadline for applications is February 1, 2021.



Upcoming CSCP-City of Hope Virtual Workshops:

As part of the CSCP and City of Hope year-long collaboration on Cancer Awareness Month programming, please note:

January 4 at 6 p.m.: Cervical cancer workshop, presented by Dr. Stephen Lee.

February 9 at 6 p.m.: Gall bladder/Bile cancer workshop, presented by Dr. Aaron Lewis.

March 8 at 6 p.m.: Colorectal cancer workshop, presented by Dr. Andreas Kaiser.

The Space between Treatment and Survivorship

Many people dealing with a cancer diagnosis cannot wait until their last treatment is complete and to hear their oncologist say "See you in six months!". And yet, for some, the time period immediately following active treatment is surprisingly full of feelings of uncertainty and isolation. For the first time in several months, they may not know when their next medical appointment is, what shape their existing support system will take, and how they will be feeling physically and emotionally.

Return to Wellness is a survivorship program that helps patients traverse this unexpectedly murky space between treatment and survivorship. Beginning January 5, 2021, CSCP will be co-hosting our first virtual Return to Wellness series with City of Hope. This is a comprehensive, eight-week program that includes a weekly support group, a strength training class, an educational workshop, and a yoga class. The new group will consist of 8 - 12 women who have completed active treatment for breast cancer. CSCP's own Britta Amundsen, LMFT, will be the facilitator.

The program, underwritten by the UniHealth Foundation, provides a supportive environment that fosters connection between women who are in similar positions within the cancer experience. If you are interested in participating, contact Rachel Koonse, LMFT, CSCP's Program Director, for more information at r.koonse@cscpasadena.org. Individuals are eligible to participate if they are between six weeks to two years post-treatment for breast cancer.

CSCP also will be offering Return to Wellness for Spanish-speaking members next summer - a first! Dates to be determined soon.



Ladies Week Out a Huge Success

CSCP's annual *Ladies Week Out* took place at the end of October and **exceeded its goal, raising \$70,350** to help fund the virtual services CSCP offers free of charge to those affected by cancer.

Thanks to the ingenuity of our incredible committee of volunteers and our local community's dedication to CSCP's mission, the event took place over an entire week (rather than just one night)!

The event would not have been possible without the shops and restaurants that donated just over **\$8,000** of sales to CSCP from that week: April Blooms, Bellevuepaper.com, Designs by Georgina, El Portal Restaurant, Elisa B, Everson Royce, Finn + Willow, Gorjana, Homage, J. McLaughlin, Julienne, LATHER, Lavender and Honey Espresso Bar, Mimi et Cie, Pearls, Place Vendome, Southern Roots, Tuck Pasadena, and We Olive. ***We are so lucky to have these partners in our community.***

We would like to extend a special thank you to our Ladies Week Out Premier Sponsors:

Eleven Twenty Seven Foundation (Trustee, Temo Arjani), Mary and Dick Mader, Dana and Mike Naples / UBS, and John Paul and Kristi Seiter Simmons.

And thanks to our other Ladies Week Out sponsors:

Anne Cravit Olson, Denise Bieker, Ellen Pansky, Sindee Riboli / Sharp Seating Co., Rosemary Annear, Anonymous, Kal and Roy Antoun, Karen and Frank Beardsley, Gamble Jones Investment Counsel, Maryann Herrill, Stephanie Hsieh, Laura Mickens, Angie and Fritz Miller, Seiter Family Foundation, Sidney Barney, Brenda Galloway, Vicki Laidig, Cynthia Moffatt, Patricia and Kimberly Ostiller, Anchor Pacifica, Vivian Rescalvo, Peggy Smith, and Meg and John Symes.



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. For further information, visit <https://www.cscpasadena.org/gettingstarted>.

THE **BENEFACTORS** SOCIETY 2020



*So That No One
Faces Cancer Alone*

30
1990 - 2020
Years

***"Never respect men merely for their riches, but rather for their philanthropy;
we do not value the sun for its height, but for its use." -Gamaliel Bailey***

The back cover of this quarterly newsletter is always reserved for the exceptional people who comprise CSCP's Benefactors Society. Without a doubt, these individuals and corporations played an invaluable role in CSCP's ability to weather 2020's unexpected crisis - the COVID-19 pandemic.

2020 may be ending, but the pandemic is not. In January 2021, CSCP will begin again to raise the \$1,000,000 needed for our work for families facing cancer. To that end, it is our hope that 2021 will be a year of record growth for our Benefactors Society.

**Why should you join the 2021 Benefactors Society? There are plenty of great reasons!
Charitable giving is more fun when it's done together!**

- Since 2017, Benefactors and Patrons have enjoyed being in each other's good company as they lighten the burdens of families facing cancer. It's a way for charitable giving to be more of a pleasure rather than a duty.
- This group of like-minded individuals appreciates that their collective giving has a far greater impact on furthering CSCP's mission than their individual gifts might.
- The Benefactors Society has created a deeper level of involvement for these donors, who witness firsthand the positive impact of their philanthropy.

CSCP invites you to join this valuable group - help us grow the Benefactors Society to new heights for families confronting cancer. Currently, we are creating a short video to send to those interested in learning more about this group; you'll soon be able to view it right from the convenience of your own home!

"What I admire about our Benefactors and Patrons is not just that they give generously, but also that they lead. They apply their collective wisdom as well as their donations to improving the health of their community," remarks Patricia Ostiller, CSCP's Executive Director.

BENEFACTORS (\$20,000+):

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

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

LeAnn and Michael Healy, Lead Patrons
Melissa Alcorn/Anderson & Murison
Bonnie and John DeWitt
The Havner Family Foundation
Mary and Richard Mader

Ann and Michael Malone
Dana and Mike Naples
Julie and Scott Nesbit*
Sue and Steve Silk
Susie and Brad Talt

*Founding Benefactors**

Please contact CSCP Board Director Brad Talt at 626-622-9331 or batalt575@gmail.com or Patricia Ostiller at 626-796-1083 or p.ostiller@cscpasadena.org for information on joining.