

# Stronger Together

*...Even Though We're Apart*



  
**CANCER SUPPORT  
COMMUNITY**  
PASADENA  
*Serving the Greater San Gabriel Valley Since 1990*

**Cancer Support Community  
Pasadena**  
2020 Annual Report

## Message from the Executive Director

I imagine almost every introductory message in a 2020 Annual Report leads with a sentence on how the COVID-19 pandemic has disrupted our lives. This statement will be no exception, as the events of 2020 have shaped Cancer Support Community Pasadena (CSCP) in surprising and long-lasting ways.

As most of you know, since March 2020 CSCP has immersed itself in ensuring meaningful continuity of services for our members. Despite the circumstances of 2020 that continue into this year, we are pleased of what we have achieved, as you will read in the following pages.

How did CSCP reach its goals?

- Your compassion for our members and your ample support allowed us to positively impact the lives of nearly 1,000 people facing cancer during a pandemic. Thanks to you, CSCP raised a record \$349,845 at our first-ever virtual gala last year, reduced gala expenses to \$35,611, and netted an unprecedented \$314,234 for our virtual programs.
- Our Board of Directors did more than an Executive Director could have asked them to do. Board members offered CSCP additional time, treasure, and talent, while taking care of their personal and business lives during an unsettling year.
- CSCP's administrative staff, working remotely, never missed our twice-weekly Zoom staff meetings, showing that collaboration and teamwork are the keys to success.
- Our clinicians never wavered from learning how to effectively facilitate 12 weekly and monthly support groups on ZoomPro, and our Professional Advisory Network stepped up to lead virtual educational workshops for families facing cancer.

But there's more. CSCP also wanted to address the racial reckoning of 2020. We have begun making substantive changes here. As spelled out in this report, we are increasing diversity on our Board of Directors, expanding culturally informed program offerings, and addressing the cancer disparities faced by communities of color.



I recently listened to Darren Walker, President of the Ford Foundation, on *60 Minutes*. The Ford Foundation is a 14-billion-dollar social justice foundation, and its leader spoke of the need to move beyond generosity to social justice. A gay Black man who grew up poor in South Texas and who may seem an unlikely candidate to lead Henry Ford's foundation, Mr. Walker focuses every grant on fighting inequality. Why? According to Mr. Walker, "inequality asphyxiates hope".

Here at CSCP, we're all about hope. While CSCP's corner of the world is not focused on homelessness or food insecurity or lack of access to education, we can still promote social justice in the cancer arena by ensuring that every person facing cancer--regardless of race, gender, or socioeconomic status--can be empowered by knowledge, strengthened by action, and sustained by community.

Stay healthy, stay happy, and stay with us!  
Thank you!

*Patricia*

Patricia Ostiller, JD, CFRE  
Executive Director

## Message from the President, Board of Directors

2020 was a year unlike any other that we have experienced. While I know there were so many challenges, I choose to be eternally grateful to 2020, as it brought with its challenges so many wonderful opportunities not just for CSCP, but for our community and families—and personally, I got to welcome my first grandchild, Summer Marie Antoun, into my life! Family and community connections have become even more life-sustaining for me in the past months.

Chairing CSCP's Board of Directors in 2020 reinforced this sense of community. My fellow Board members outdid themselves in their service and generosity. The lightning-fast transition to virtual programming and events, and the success of fundraising efforts, demonstrate our directors' and our staff's determination that none of our members should miss out on their CSCP connection. Our fabulous Guild and other volunteers were also crucial to achieving the results you'll see in this report.



Last year, CSCP's members—cancer patients and their loved ones, survivors, and those bereaved—again showed us all why we do what we do. Members embraced the unfamiliar virtual format for support groups, classes and workshops, even as they dealt with a pandemic and a cancer diagnosis. Attendance at our family-friendly comedy nights in 2020 exceeded that of similar events pre-pandemic, and our first-ever virtual gala brought in unprecedented numbers. I am truly humbled.

Thank you for helping to sustain CSCP financially in 2020. We hope that CSCP has earned your continuing support.

Many thanks to all of you for proving that community is stronger than cancer.

Eternally grateful,

A handwritten signature in black ink, appearing to read 'Kal Balian Antoun', written in a cursive style.

Kal Balian Antoun  
President, Board of Directors

## Mission

The mission of Cancer Support Community Pasadena is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

### **2020 Board Of Directors**

Kal Balian Antoun, *President*  
Brad Talt, *Vice President*  
Alison Gamble, *Treasurer*  
Ellen Driscoll, *Secretary*  
Melissa Alcorn  
Dann Angeloff  
Elizabeth Arnett  
Debbie Bolton, RN  
Michael Healy,  
*President Emeritus*  
Stephanie Hsieh  
Ellen Knell, PhD  
Serge Melkizian  
Dana Naples  
J. Scott Nesbit  
Steve Ralph  
Sean Townley  
Bill Ukropina

### **2021 Board Of Directors**

Kal Balian Antoun, *President*  
Ellen Driscoll,  
*Vice President*  
Alison Gamble, *Treasurer*  
Vicki Laidig, *Secretary*  
Melissa Alcorn  
Elizabeth Arnett  
Debbie Bolton, RN  
Stephanie Hsieh  
Vicki Laidig  
Ellen Knell, PhD  
George Mack  
Serge Melkizian  
Dana Naples  
Steve Ralph  
Natalie Smalley  
Sean Townley  
Bill Ukropina

### **Founders**

Deborah Bolton, RN  
Arlene Harder, MFT  
Marguerite Marsh, PhD  
Paul A. Taylor  
(In Memoriam)

### **CSCP's Professional Advisory Network**

Farah Abdulla, MD  
Arash Asher, MD  
Afsaneh Barzi, MD  
Alique Bedikian, PsyD  
Dorcas Doja Chi, MD  
William Dale, MD, PhD  
Janice DaVolio, MD  
Reina Haque, PhD  
Dawn Hills, MD  
Sherry Hite, MOT, OTR/L  
Gino K. In, MD, MPH  
Mitchell Kamrava, MD  
Kevin Kelly, MD  
Stephen Lee, MD  
Heinz-Josef Lenz, MD  
Alexandra M. Levine, MD,  
MACP  
Bernard S. Lewinsky, MD  
Matthew Loscalzo, LCSW  
Joanne Mortimer, MD  
Nima Naghshineh, MD  
Maria E. Nelson, MD  
Amy Polverini, MD  
Candice P. Rosen, RN  
Steven T. Rosen, MD  
R. Fernando Roth, MD  
Jaroslava (Yara) Salman, MD  
Amaliya Santiago, ND  
Gordon H. Sasaki, MD  
Jan-Kees van der Gaag, LCSW  
Tina Wang, MD  
Ruth Williamson, MD  
Sharon Yee, MD



## A More Positive Outlook

Julissa was paralyzed with fear when she was diagnosed with breast cancer that had spread to her lymph nodes. Treatment moved swiftly, and within two weeks of her diagnosis, she began six rounds of chemotherapy, followed by a double mastectomy and 25 sessions of radiation therapy. Amidst this aggressive treatment process, Julissa felt called to connect with others going through a related experience.



When she first walked into the Monday patient support group at CSCP, she was in tears. But Julissa recounted that as “the support group listened and shared their stories, I felt comforted that I was not alone in my struggles. I thought to myself: If they can do it, then so can I. Living with cancer at any stage is possible.” With this newfound sense of empowerment, Julissa began attending nutrition classes, educational workshops, and yoga classes. Not only did those

classes compel her to incorporate healthy practices into her daily life, but they also helped her manage treatment-related side effects, such as nausea, headaches, and fatigue. Julissa sought additional emotional support through participating in individual counseling sessions at CSCP. After she completed active treatment, Julissa enrolled in Return to Wellness, a survivorship program for women who have completed treatment for breast cancer.

Though Julissa is done with chemotherapy and radiation treatment, her cancer experience is not over. She is currently on a hormone suppressant called Tamoxifen, and recently had a bone marrow biopsy due to low platelets. Julissa continues to find meaning and support in CSCP’s programs as she navigates survivorship.

Julissa is fortunate to have a wonderful support system in her spouse of thirty years, as well as in her three children. However, throughout her cancer journey, Julissa knew that her support system would be meaningfully expanded by connecting with others who are walking a similar road. In all, Julissa feels that participation in CSCP programs gave her a “more positive outlook on life.”

## Trust Life and Healing Again

Sang Bae’s mother was diagnosed with advanced stomach cancer in May 2019. Over the next four months, Sang, her father, and her sister all became her mother’s primary caregivers – an experience which she describes as intense, traumatic, overwhelming, and a role that they all dove into “110%.” As her mother’s diagnosis quickly progressed from stage 3 to stage 4, even palliative surgery became impossible. The oncologists informed Sang that “they [had] never seen a cancer of this type this aggressive in someone her age.”

Sang describes the progression of her mother’s illness as “worse than the worst case scenario.”

Sang first learned about CSCP when she was at a chemotherapy infusion center in South Pasadena. She noticed a calendar for CSCP services and initially glanced at it, hoping that she could find something useful for her mom or for herself.

Sang’s mother passed away in October 2019.

Sang joined CSCP’s bereavement support group and found a place where she could mark the passage of time. For Sang, the bereavement support group had a profound impact on her ability to – as she puts it – “trust life and healing again.” In the excerpt from a letter, below, Sang expands upon the understanding and support she received in Britta’s bereavement group.

“Not many norms I have known all my life made sense, even basic ones such as the chronological passing of time and the availability of air to breathe. It was as if I had a huge gash, the kind that would make anyone grimace and turn their face instinctively away from it, except this one was invisible inside of me. At the support group, I found a place where this wound was seen by everyone in the room with much compassion. I found a place where I could be JUST a grieving daughter, when elsewhere I had to be a mother, a wife, a new employee, a healthcare provider, a daughter to my recently widowed father...”

Sang credits CSCP’s bereavement support group with helping to make 2020 a little less difficult and a little less dark, too.



## Preventive Screenings Save Lives

With so much uncertainty during this time, it feels as though much is out of our control. However, we do have agency to pursue medical services that maximize our health. Due to legitimate concerns about safety, healthcare shutdowns, and continual uncertainties, many have deferred these potentially lifesaving medical services.

Research is illustrating that cancer screening appointments significantly decreased in 2020. This is due to a number of factors, including guidance from the American Society of Clinical Oncology at the beginning of the pandemic to postpone routine screenings to “conserve health system resources and reduce patient contact with health screening facilities.” Many are compelled to weigh a cost benefit analysis: does it do more harm to enter a medical clinic for a screening appointment and risk exposure to COVID-19, or does it do more harm to delay preventive care?

Ultimately, delays in screening appointments resulted in almost 50% fewer cancer diagnoses in 2020. As a result, we may see a significant surge in new and later stage diagnoses in 2021. Some models predict 34,000 cancer-related deaths in 2021 and an 11.9% increase in death rates from the disease.

These projections are alarming and extremely disconcerting.

**And yet, we do not have to be complacent. We can take steps in our lives, and compel others to take steps to change these outcomes:**

- 1. Routine cancer screening is vital.** If you have deferred screenings, contact your healthcare providers to talk about options for rescheduling those appointments.
- 2. Many screenings can be done in the comfort of your own home.** For example, stool tests can be completed at home for colon cancer screening.
- 3. Research your medical clinic's coronavirus safety precautions.** The CDC has issued guidelines for healthcare facilities for day-to-day operations
- 4. Don't discount telemedicine!** Telehealth is an option to meet with your provider in an entirely socially-distanced manner.
- 5. Educate.** Educate your loved ones about the importance of screening. Encourage them to contact their healthcare team to discuss options for appointments.

In this year of uncertainties, make some things a certainty: collaborate with your medical team and get your critical medical appointments on the books.

## Ensuring Fun is Part of the Process

Saying that Sandy Kobeissi has a zest for life might be an understatement. Her energy and passion become evident as she talks about family, community, exotic cars, and Cancer Support Community Pasadena (CSCP).

A real estate professional, who along with her husband, Mike, has made Kobeissi Properties in La Cañada Flintridge the go-to source for finding extraordinary homes in the area, Sandy believes in the role that fun can play in making great things happen.

This mindset has served her well in her many years as a volunteer with the Community Scholarship Foundation of La Cañada Flintridge, the YMCA, and local schools, among others. A master at hosting events for causes, Sandy has turned her skills toward CSCP in the last several years. She and Mike are also among the organization's most generous donors.

Sandy first became acquainted with CSCP about seven years ago through a friend. She is currently Co-Chair (along with CSCP Board Director Dana Naples) of CSCP's Guild – CSCP's all-volunteer support group charged with ensuring that annual fundraising events are magical AND successful. In 2020, Sandy was Co-Chair of the Gala Committee, together with CSCP



Board Directors Ellen Driscoll and Bill Ukropina. The trio helped to guide CSCP's first-ever virtual Angel Gala to record-breaking results.

“Last year was crazy,” says Sandy. She is referring not only to the impact of the COVID-19

pandemic, but also to juggling CSCP's Gala efforts, work projects, and family duties. (Sandy has four children, ages 9 to 24.) The frequent planning meetings with her fellow Co-Chairs was a refreshing balm, however, as everyone had such “fun, quirky ideas” about the event. “I loved working with Bill and Ellen,” she adds. “I've enjoyed working with everyone at CSCP.”

This people connection is one of the reasons Sandy is so dedicated to CSCP. The other is simply CSCP's mission. Helping to get the word out about all of the free support services that CSCP offers cancer patients galvanizes her.

“I'd love to see CSCP grow and have more people get involved,” Sandy remarks. “The more fun we all have, the more CSCP will grow.”

## Three Directors Join CSCP Board and One Dedicated Director Returns!

Joining the Board in 2020 were Vicki Laidig, George Mack, and Natalie Smalley, and returning to the Board after taking a “required” break after nine years of service is Ellen Knell.

“We’re thrilled that these stellar individuals have decided to join us in our efforts to help families impacted by cancer,” says Kal Antoun, President of CSCP’s Board of Directors. “All four have a deep understanding of the impact of cancer, some personally and some professionally.”



Although semiretired now, for more than 40 years **Vicki Laidig** specialized in marketing, public relations, and corporate communications. For 15 years, Laidig worked at the Jet Propulsion Laboratory in various communication roles, with a particular focus on internal employee communications.

From 2013-2018, she was the Administrator for the Rotary Club of Pasadena. In addition, Laidig has been an enthusiastic volunteer in the Pasadena area, including at CSCP, where, since 2004, she has served in a variety of volunteer positions. She received CSCP’s 2011-2012 Volunteer of the Year award for her exceptional dedication.

A longtime senior executive in the healthcare services industry, **George Mack** retired in 2018 as Vice President of Payer and Provider Relations for the Hospital Association of Southern California, an industry organization representing 170 California hospitals and health systems. Prior to that post, for over 35 years, Mack held myriad healthcare payer/provider leadership roles at various community hospitals and academic medical centers, including the USC Norris Comprehensive Cancer Center (formerly the Kenneth Norris Cancer Hospital) and the Doheny Eye Institute (formerly located on the USC Health Sciences campus).



**Natalie Smalley** is a television entertainment executive with more than 20 years of experience in the field. Since 2002, she has worked at the Walt Disney Company/AB-CCNG and is a Senior Manager overseeing standards and practices in live action pilots and current shows for the Disney Channel and Disney+ television networks. A cancer survivor and past CSCP member, she is an ambassador for our organization, speaking firsthand about the value she found – and continues to find – at CSCP. She is the author of *I Have Breast Cancer. Now What?*, published in 2020.



**Dr. Ellen Knell** returns to CSCP’s Board of Directors, having previously served from 2011-2018. Ellen has been a Cancer Risk Specialist and Cancer Genetic Testing Counselor for over 38 years, specializing in the genetics of familial cancer. Ellen attained her doctoral degree in Human Genetics from UCLA, after completing her undergraduate work in Psychology and the Biological Sciences at UC Berkeley. She and her husband, Harvey, are generous philanthropists and support many worthy causes in Pasadena. Ellen founded CSCP’s Benefactors Society in 2017 to encourage others who share in the urgency of CSCP’s mission to support CSCP at leadership levels.





## What They Love About CSCP

### Elizabeth Mejia, Facilitator

There are good reasons why Elizabeth Mejia, PsyD, is more committed than ever to people affected by cancer.

Liz grew up in Southern California and received a Doctorate in Psychology from the Chicago School of Professional Psychology. Besides private practice work, Liz has facilitated groups at CSCP and Cancer Support Community Los Angeles and has also served on the CSC National Helpline since its inception. Liz has chaired and been a participant on several committees, published research, and been quoted in numerous publications. Her doctoral dissertation was titled *The Effects of Attending a Cancer Support Group on Latina Cancer Patients*.

Liz received jarring news in February 2019 when she was diagnosed with Stage 4 glioblastoma (brain cancer). She confronted many of the issues that her group members have spoken of over the years: “the initial impact of a diagnosis, the loss of control, feelings of isolation...what it truly means to be a cancer patient. Now I am more committed than ever to support individuals impacted by cancer.”

Liz is attending to her treatment and healing process now. She still strongly believes in the work of CSCP. She values CSCP’s initiatives to provide additional programming in multiple languages and appreciates that “CSCP continues to address the needs of our growing and diverse community.” Liz has also been pleased to witness the benefits of virtual programming: “We had a group member join us from her private office, we had another join us from the hospital bed, and another while they were getting their chemo. Virtual programs have provided the opportunity to truly break down limitations and open CSCP up to a larger audience.”

One of CSCP’s biggest champions, Liz finds it hard to pinpoint one aspect of CSCP that she admires the most. She quite simply says that the people that she interacts with are truly the heart of CSCP. She is continually amazed by the strong connections that members foster, which last far beyond their diagnoses. Liz has given so much to CSCP yet remains humble and grateful: she feels “blessed by all those who have helped me by sharing their own testimony, and by those who have built a community so that no one faces cancer alone.”



### Karla Barron, Member

“I am so grateful for CSCP and the wonderful support they have given my family and me over the last 12 years. CSCP has been a lifesaver for me! They provide not just education and support for people who need it, but they also pay attention to our physical and mental health – they offer many classes to take our attention away from that ‘elephant in the room’ so we can maintain some sense of normalcy. I am privileged to have both taken and taught classes at their facility, and that has helped the people taking the classes as well as myself as a teacher. ‘Thank you’ is not nearly enough to express how much I appreciate CSCP.”



### Kathleen Briley, Guild Volunteer

“It is very rewarding to be a member of the Cancer Support Community Pasadena (CSCP) Guild. Volunteering has made me feel a sense of purpose by helping others who are facing a very difficult time in their lives.

Last year because of the pandemic, three yearly fundraising events had to be done virtually. I was very impressed with how everyone involved with CSCP pivoted to create and make them successful.

The women of the Guild had a great time planning fun and unique events to raise money for an important organization. The events build awareness of CSCP and give local community leaders an opportunity to give back to their own community.

The women who are part of the CSCP Guild are heroes who are committed to making sure that no one faces cancer alone.”



### Lee and Mickey Segal

“Lee and I are so impressed by CSCP’s programs and communications with their clientele in need. We are proud to support an organization that makes an incredible difference in people’s lives every day.”



## DEI Committee Aims to “Do Better”

*“When you know better, you do better.”*

—Maya Angelou

In light of the events in 2020 that magnified the inequities in services to diverse populations, Cancer Support Community Pasadena took a meaningful look at where we are as an organization in terms of diversity, equity and inclusion. CSCP and our stakeholders discussed how we can improve our social responsibility, honoring the different cancer experiences among diverse communities, and offering culturally informed programming that addresses these issues.

CSCP’s new Diversity, Equity, and Inclusion (DEI) Committee is working to identify how CSCP can better support the varied community it serves, and has set measurable goals to expand CSCP’s impact.

“First on the list was acknowledging that CSCP needed to do a better job at supporting the Black community, because this group carries a higher cancer burden,” says longtime staff member Julie Stevens. “This



prompted us to seek funding for a support group for Black cancer patients.”

When CSCP began to a virtual format of program delivery due to the COVID-19 pandemic, some of our Spanish language members were not active in programs due to a lack of access to the technology needed to participate on Zoom. To ensure that access to our programs is equitable, CSCP sought and received grants from the San Marino Community Church Foundation and the San Marino Rotary Club to purchase iPads and wireless internet hotspots to begin a pilot program lending technology to its underserved members.

## Legacy of Hope Society – Imagining the Future

Cancer Support Community Pasadena has a very special group of supporters who are dedicated to making certain that CSCP is there even after their lifetimes – the Legacy of Hope Society. Membership in the Legacy of Hope Society is extended when an individual designates CSCP as a beneficiary of his or her estate plan.

Thinking about how you want to leave your mark on the world? Planned gifts present numerous opportunities for thoughtfully providing for your family, wisely investing your financial assets, and helping charitable organizations make a real difference in people’s lives. Be it via a bequest, retirement funds (like an IRA or 401k), appreciated stocks, or even a life insurance policy, there are many ways to support a worthy cause that can have a profound impact.

CSCP is grateful for such forward-thinking donors, who are inspired by our mission and determined to assist others long into the future. The current generosity

of the members of our Legacy of Hope Society is truly laying the foundation for generations to come, ensuring CSCP’s ability to always be there for cancer patients and their loved ones.

One of the additional benefits of joining the Legacy of Hope Society is that CSCP holds an event each year in honor of members of this unique community of friends. Our annual Board Reunion and Legacy of Hope Society Celebration took place in January 2020. All attendees were recognized and acknowledged for their extraordinary vision and commitment to CSCP. They also had the chance to reconnect and hear updates on how CSCP’s innovative programming is resonating with cancer patients and their families. As this was prior to the COVID-19 pandemic, guests attended in-person, seeing CSCP’s office and presentations firsthand.

For more information about planned giving and CSCP’s Legacy of Hope Society, please visit [cscpasadena.org/plannedgiving](https://cscpasadena.org/plannedgiving).

## 2021 Legacy of Hope Members

Melissa Alcorn  
Marshalene Anderson  
Rosemari Annear  
Kal Antoun  
Terry Beyer  
Mr. & Mrs. Lance Bird  
Debbie Bolton  
Alice & Loren  
Brodhead  
Laurie & Tom Daly  
Ellen Driscoll  
Mary Galloway\*  
Richard C. Gilman\*

Helen Hancock\*  
Arlene Harder  
Brenda Lee Hastings\*  
LeAnn & Michael  
Healy  
Joseph R. Henry\*  
Gloria H. Hoversten\*  
Joseph Jacobs\*  
Maggie Jagels\*  
Dr. & Mrs. Frank  
Jameson  
Christopher Johnson  
Sharon Kelley

Anne Kennedy &  
Dr. Peter Kennedy  
John Kulli\*  
Vicki Laidig  
Ginny Lechler  
Marsha & Andrew  
Lewis  
Marguerite Marsh  
Ph.D. & Robert  
Marsh M.D.  
Diane & Craig Martin  
Serge Melkizian

Laurie & Chris  
Mitchell  
Dana & Michael  
Naples  
Patricia & Steve Ostiller  
Gordon Pashgian  
Jacqueline Pick\*  
Sheila Psaila  
William Quiros  
Sue & Steve Ralph  
Coral Reid\*  
Mark Russakow

Lora & Robert  
Sandroni  
Penelope Schopflin  
Janet Schulman  
Bernadette Sherman\*  
Peggy Smith  
Betsy Snyder & Clay  
Marquardt  
Kathleen Spellman\*  
Anise Stevens\*  
Pam & Les Stocker  
Dr. & Mrs. Joel Streng  
Meg and John Symes

Maura & Sean  
Townley & Family  
The Valenta Family  
Lupe Vela  
Louise Jane Saffman  
Wannier  
Laura Wending  
Mr. & Mrs. Robert  
Zeilstra

\* Bequest has been received

# ***CSCP Has a Program to Help Everyone!***

## ***Healthy Lifestyle***

- Accessible Yoga on Thursdays
- Dancing for Fitness & Fun!
- Dynamic Strength Training
- Feldenkrais
- Focus on Fun: Photography
- Gentle Yoga
- Journaling & Poetry
- Guided Meditation
- Knit Together
- Mindful Yoga on Saturdays
- Mindfulness for Health
- Pilates
- Qi Gong
- Reiki
- Restorative Yoga
- Strength & Stretching
- Tai Chi
- Watercolor Painting
- Yoga on Monday
- Yoga on Wednesdays
- Zumba Sentao
- Strength & Stretching
- The Resilience Toolkit

## ***Education***

- Sleep and Cancer
- A Pilgrimage - Walking the Camino de Santiago
- Anticipatory Grief
- Breast and Colon Cancer: What Now?
- Breast Cancer Education
- Bringing Care to Patients: Telemedicine
- Complementary & Natural Therapies
- Dietary Supplements and Meal Planning for Cancer Patients
- Federal Health Benefit Laws
- Getting Financially Fit
- Glucose & Insulin – The Destructive Duo
- Immunotherapy for Cancer
- Juicing 101
- Keep It Simple: Nutrition During & After Treatment
- Legal Resources for the Cancer Community during COVID-19
- Loving your Heart after Cancer Treatment
- Lymphedema Education
- Meals that Heal
- Mind Mapping
- Myths & Facts about Hospice & Palliative Care
- OK, I Went to the Nutrition Workshops, Now What Do I Do?
- Personalized Medicine
- Plant Based Protein Bites
- Prostate Cancer: Diagnosing, Treatment, & Survivorship
- Quiet the Mind Meditation - 4 Week Series
- Salad in a Jar
- Self Hypnosis
- UCLA East West Approach to Integrative
- Oncology and Living with Cancer
- Why Physical Therapy?
- Women's Embodiment Healing Workshop - 3 Part Series
- Cancer Awareness Month Workshops

## ***Other***

- Open to Options
- Short Term Counseling
- New Member Orientation
- Referral Services
- Distress Screening

## ***Support Groups***

- Armenian Support Group
- Black Support Circle
- Bereavement Group with Britta
- Bereavement Group with Laura
- Children's Corner with Britta
- Family & Friends Group with Britta
- Family & Friends Group with Winnie
- Grupo Fuerza Y Esperanza
- Breast Cancer Group
- Men's Patient Group
- Monday Patient Group with Mary
- Patient Group with John
- Patient Group with Liz
- Survivorship Group
- Thursday Patient Group with Mary
- Women's Patient Group with Winnie
- Young Adults Group

## ***Social Events***

- CSCP's 30th Anniversary Party!
- Fun and Games
- Holiday Party
- Love and Laughter with Jason Love
- Coloring Over Cancer
- Notecard Design
- Volunteer Information Night
- Beading Basics with Karla
- Sourdough Bread Baking
- DIY Fabric Mask Tutorial

## ***Spanish Language Programming***

- ¡Taller de crear palabras con olores, sonidos y colores!
- Alimentación Saludable para Pacientes de Cáncer
- El Poder de los Pensamientos
- Entendiendo los Estudios Clínicos en Pacientes con Cancer
- Medicina de Precisión
- Restaura la Salud Intestinal con Hierbas Naturales
- Taller de Crear Palabras
- Yoga En Español



## Gala's Virtual Format Works Magic

July 11, 2020 was a magical day for Cancer Support Community Pasadena. Our first-ever virtual Angel Gala debuted to more than 600 viewers across the country and raised a record-breaking \$350,000! Most importantly, CSCP's net revenue was an unprecedented \$314,000.

Was it magic? No, it was because of the generosity of CSCP's friends and supporters that we achieved such astonishing success. We are immensely grateful, as this helped CSCP to continue to be a lifeline to those we serve during the COVID-19 pandemic.

### Special thanks to:

- Our intrepid Gala Co-Chairs: Ellen Driscoll, Sandy Kobeissi and Bill Ukropina
- Our exceptional honorees: Rosemari Annear, Bistro 45, City of Hope, Sharp Seating, and Charlotte and the late Joel Streng
- Our courageous member testimonial: Elizabeth Mejia, PsyD
- Our loyal honorary chairs: Elizabeth Rusnak Arizmen-di, Alice and Loren Brodhead, Suzanne and Brian Gilman, Anne and Peter Kennedy, Ellen and Harvey Knell, Conchita and Jim O'Kane, Rary Simmons, and Robin and Ben Stafford
- Our generous sponsors, underwriters, and advertisers
- Our amazing Master of Ceremonies: John Cervenka
- And everyone behind the scenes!



Clockwise from top left: Patricia Ostiller, Executive Director, welcomes online guests; Gala Co-Chairs (from left) Ellen Driscoll, Bill Ukropina, and Sandy Kobeissi; Gala Committee, Back Row, L to R: Jeanne Thompson, Elizabeth Arnett, Ann Malone, Karen Barsamian, Denise Borgia, Christina Kempton, Diana Rafeedie-Nofal, Kal Balian Antoun, Laura Mickens, Julie Kenworth, Rita Gooch, Vicki Laidig, Lydia Valenta, Aida Petro, and Melissa Alcorn Front Row, L to R: Analily Park, Kim Ferreira, Audra Martin, Ellen Driscoll, Bill Ukropina, Sandy Kobeissi, Meg Symes, and Dana Naples



## Ladies WEEK Out Boosts the Fun 7 Times Over

Each year, CSCP's Ladies Night Out honors of the women in our lives who have been touched by cancer. As with everything else in 2020, our traditional Ladies Night Out was re-imagined. Our Guild of volunteers did what they do best – developing fun and creative ways for CSCP to partner with businesses in the community to support our services. Together, they created a weeklong celebration to ensure that no one faces cancer alone!

There was something for everyone: online shopping, dining at favorite restaurants, walking in our neighborhoods, and even virtual Halloween BINGO. We raised \$68,000! On top of that, CSCP was able to drive new customers to local businesses, just when they needed it most.



Clockwise from top left: Guild member Kathleen Briley walks her neighborhood; Office Manager Miranda Johnson finds a treasure at Homage; sponsor thank-you bags and lawn signs ready for delivery; Happy shoppers Patricia Ostiller and Kim Ferreira

## 2020: Virtual is Valuable

Imagine facing cancer during a pandemic. Unfortunately, nearly 1,000 people who utilized our services in 2020 didn't have to imagine it – they lived it.

Increased isolation, disruptions in cancer care, and fear of disease progression created additional stress and anxiety to an already challenging situation. For many of our members in 2020, CSCP was their “life-line”, virtually. Our members attended our virtual programs – in particular, our support groups – with greater frequency than they did in 2019 when support groups met in person. In fact, one member told us that she actually “zoomed” into her online support group from an infusion center where she was receiving chemotherapy.

CSCP has learned that “virtual is valuable”, and when we can safely resume in-person programs, we will continue to offer virtual programs, too. This hybrid platform of program delivery will allow us to serve more patients who might be too ill to travel to our facility, or caregivers who want to remain at home with their loved ones.



## Our Impact by the Numbers

**14,700** Service Hours

**9,962** Virtual Visits to CSCP

**923** Cancer Patients & Families Served  
(including 364 first time visitors)

**532** Support Group Sessions (provided  
for patients, survivors, caregivers,  
children, and those bereaved)

**647** Healthy Lifestyle Workshops offered

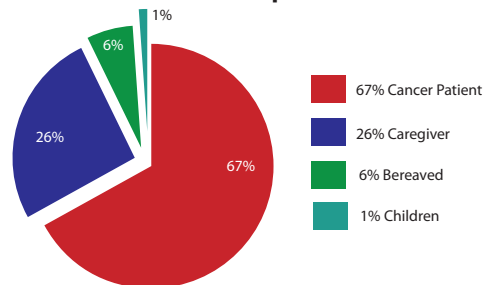
**82** Education Sessions provided

**9** Social Connection Events

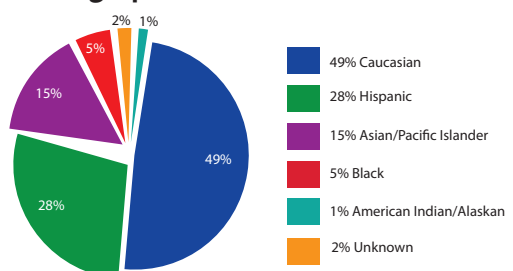
**9** Children Sessions

**236** Individual Counseling Sessions

### CSCP Member Composition



### Demographics





## New CSCP Staff

### Rachel Koonse, LMFT—Program Director

Rachel Koonse, M.A., is a Licensed Marriage and Family Therapist and joined CSCP as Program Director in July 2020. Rachel interned with CSCP from 2014 – 2015 and also worked at CSCP from 2017 – 2019. Her favorite aspect of CSCP is the people she interacts with: “It is a privilege to witness members, staff, and volunteers connect and provide support in the most meaningful of ways.”



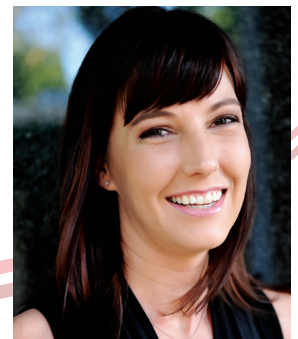
### Judith Hamilton-Márquez, PhD—Development Manager

Judith Hamilton-Márquez, PhD, became CSCP's Development Manager in May 2020. Judith is honored to use her skills to connect CSCP to donors and foundations: “It's a joy, and I feel like I am making a real difference in people's lives. I am continually wowed each day by our members' courage and CSCP's inspiring mission to ease the suffering that cancer brings.”



### Kim Ferreira—Director of Events & Marketing

After over 15 years in corporate events and marketing, Kim was looking for more purpose and heart to the work she loves. In January 2020, Kim walked through CSCP's doors and has found every day since to be both an adventure and a reminder of why CSCP does the work it does. Even though Kim has only known CSCP in the virtual world, she finds inspiration and hope in the connections she's made with CSCP's amazing Guild members and other volunteers and donors.



### Miranda Johnson—Office Manager

Miranda Johnson joined CSCP as Office Manager in September 2020. Previously, Miranda was the Affiliate Data Coordinator for Cancer Support Community's Washington, D.C. headquarters. As a cancer survivor, Miranda is passionate about CSC's mission: “After my diagnosis and recurrence, I knew that I wanted to help other cancer survivors like me. CSCP enables me to continue CSC's mission at the local level and to continue supporting people who are impacted by cancer.”



## Statement of Financial Position

as of December 31, 2019 and December 31, 2020

	Audited 2019	Audited 2020
<b>Assets</b>		
Current Assets	519,174	484,742
Furniture and Fixtures	84,374	58,937
Other Assets (Investments)	1,482,181	1,858,004
<b>Total Assets</b>	<b>\$2,085,729</b>	<b>2,400,683</b>
<b>Liabilities and Net Assets</b>		
Current Liabilities	21,587	110,596
<b>Total Liabilities</b>	<b>\$21,587</b>	<b>110,596</b>
Net Assets	Unrestricted 1,250,760 Restricted 813,382	1,477,979 716,072
<b>Total Liabilities and Net Assets</b>	<b>\$2,085,729</b>	<b>2,194,051</b>
<b>Statement of Activities</b>		
<b>Support and Revenue</b>		
Net Revenue from Special Events	\$347,337	404,205
Contributions and Grants	1,057,211*	610,509
Investment Return Designated for Current Operations	21,484	22,267
Miscellaneous	4,229	1,079
<b>Total Support and Revenue</b>	<b>\$1,430,261</b>	<b>1,038,060</b>
<b>Expenses</b>		
Program Services: Care to the Community	778,065	730,226
Management and General	98,608	92,531
Fundraising	215,600	205,724
<b>Total Expenses</b>	<b>1,092,273</b>	<b>1,028,481</b>
<b>Investment Activity</b>		
Dividend and Interest Income	44,445	46,803
Realized and Unrealized Gains (Losses) on Investments	131,336	95,794
Investment Return Designated for Current Operations	(21,484)	(22,267)
<b>Total Investment Activity</b>	<b>154,297</b>	<b>120,330</b>
Change in Net Assets	492,285	129,909
Net Assets, <i>Beginning</i>	1,571,857	2,064,142
Net Assets, <i>Ending</i>	<b>\$2,064,142</b>	<b>2,194,051</b>

\*Includes 30<sup>th</sup> anniversary campaign proceeds

## THE BENEFACTORS SOCIETY 2020

*So That No One  
Faces Cancer Alone*

### Benefactors Society = Philanthropy in Action

When Patricia Ostiller and Meg Symes first approached Ellen Knell in 2017 to assist them in launching a new major giving circle for Cancer Support Community Pasadena (CSCP), they were excited about the possibility of recognizing a special group of donors who share in the urgency of our mission and choose to support CSCP at leadership levels. It was fitting that Ellen and Harvey Knell would lead the way forward, as our Founding Benefactors, given their tremendous dedication to CSCP.

Today, CSCP's Benefactors Society continues to flourish. "We try to take good care of all of our donors, but there is a special place in our hearts for our Benefactors and Patrons. Their unrestricted generous annual gifts (\$20,000 for Benefactors and \$10,000 for Patrons) give us a foundation that we can count on each year. Their gifts are not tied to an event, grant or direct mail appeal. And during the pandemic, our Benefactors and Patrons didn't hesitate to do more, to give more, ensuring that our programs were not disrupted for individuals impacted by cancer," says Patricia.

Benefactors Society members receive exclusive benefits each year, including event tickets and tables, complimentary Guild membership, an annual appreciation dinner at Bistro45, and more.



Ellen Knell, PhD

### 2020 Benefactors Society Members Benefactors (\$20,000+):

Ellen and Harvey Knell\*  
Terri and Jerry Kohl\*  
Lee and Mickey Segal

\*Founding Benefactors

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

Melissa Alcorn/Anderson &  
Murison  
Bonnie and John DeWitt  
The Havner Family Foundation  
LeAnn and Michael Healy  
Ann and Dick Mader  
Ann and Mike Malone  
Dana and Mike Naples  
Julie and Scott Nesbit\*  
Sue and Steve Ralph  
Sue and Steve Silk  
Susie and Brad Talt

In addition to our renewing members, CSCP welcomes Karen and Frank Beardsley, Terry Beyer, Karen and Tom Capehart, Chris Mitchell, Oak Tree Racing Association, and Sue and Steve Ralph as Patrons to our **2021 Benefactors Society**. Join us!  
Please contact Patricia Ostiller at [p.ostiller@cscpasadena.org](mailto:p.ostiller@cscpasadena.org) for details.

## 2020 Victors' Circle

**Circle of Excellence**  
**\$50,000 – \$99,999**  
 Confidence Foundation  
 The Lakeview Foundation  
 UniHealth Foundation

**Circle of Leadership**  
**\$20,000–\$49,999**  
 The Ann Peppers Foundation  
 The Green Foundation  
 Dr. Ellen &  
 Mr. Harvey Knell\*  
 Mr. & Mrs. Jerry Kohl\*  
 Mr. & Mrs. Richard Mader  
 Mr. & Mrs. Michael Naples\*  
 Mr. & Mrs. J. Scott Nesbit\*  
 QueensCare\*  
 Mr. & Mrs. Mickey Segal  
 Ms. Louise Wannier\*

**Circle of Support**  
**\$10,000–\$19,999**  
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 Ms. Melissa Alcorn \*  
 Carl E. Wynn Foundation\*  
 Mr. & Mrs. John E. DeWitt, Jr.  
 Eleven Twenty Seven Foundation  
 Mr. David Ferry  
 The Fitzberg Foundation  
 The Havner Family Foundation\*  
 Mr. & Mrs. Michael Healy\*  
 Mr. & Mrs. Mike Kobeissi  
 The Darlene a& Harry Lambert  
 Foundation\*  
 Luella Morey Murphey  
 Foundation  
 Mr. & Mrs. Mike Malone  
 Mr. & Mrs. David Mgrublian\*  
 Pasadena Community Foundation  
 Patron Saints Foundation\*  
 Mr. Paul Rusnak  
 Sharp Seating Company\*  
 The Silk Family Foundation\*  
 The Robert R. Sprague  
 Foundation \*  
 Ms. Charlotte Streng\*  
 Mr. & Mrs. John Symes\*  
 Mr. & Mrs. Bradley Talt\*  
 William H. Hurt Philanthropy\*

**Circle of Community**  
**\$5,000–\$9,999**  
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 Mr. & Mrs. Dann Angeloff  
 Ms. Rosemarie Annear\*  
 City of Hope  
 Mr. & Mrs. Bernard  
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 The Gardner Grout  
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 Mericos Foundation  
 The Negri Foundation  
 Mr. & Mrs. Steve Ralph  
 Mr. & Mrs. Bradley Schwartz  
 Seiter Family Foundation  
 Ms. Peggy Smith\*  
 USC Norris Comprehensive  
 Cancer Center  
 W.M. Keck Foundation

**Circle of Hope**  
**\$2,500–\$4,999**  
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 Mr. & Mrs. Tim Ferreira  
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 Mr. & Mrs. Brian P. Gilman  
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 Mr. & Mrs. James McCarthy  
 Ms. Judith Menne  
 Mr. & Mrs. Frederick Miller\*  
 Mr. & Mrs. Mark Mozilo  
 Ms. Margaret Nanda  
 Ms. Ann C. Olson\*  
 Mr. & Mrs. Steven Ostiller\*  
 Ms. Ellen Pansky\*  
 Pasadena-Foothills Assoc. of  
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 Rotary Club of Pasadena  
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 UBS Matching Gift Program\*  
 Mr. & Mrs. Bill Ukropina\*  
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 The Jeanne Ward Foundation  
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 Taylor Woodward  
 Mr. & Mrs. Todd Zelek\*

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**\$1,000–\$2,499**  
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 Deborah Bolton, RN\*  
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 Mr. & Mrs. Loren Brodhead\*  
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 Mr. Barry Jones\*  
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 Mr. Garrett Collins  
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 The Henry A. & Cynthia G. Yost  
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**Gifts up to \$499**  
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