Our Resource Center will soon expand

Plans are underway to more than triple the amount of space of the Cancer CAREpoint Resource Center so that we can meet the growing demand for our services.

The new space will enlarge the existing facility at 2505 Samaritan Drive, Suite 402, in San Jose. It will include an Information Center, a conference room for support groups and small group education programs, a multipurpose room for large group education programs, hands-on workshops and physical activities, a therapeutic treatment room, consult offices for individual and family counseling, a volunteer workroom and administrative offices.

Construction is expected to begin in the next few weeks. Watch for a notice of our Grand Opening festivities early this summer!

President’s Column

By Gay Crawford

2013 is shaping up to be a year of big news for Cancer CAREpoint.

We are sorry to say farewell to Ken Toren, our first Executive Director, who helped move Cancer CAREpoint from a dream to a fully-functioning organization that is providing services to hundreds of individuals in our community whose lives are touched by cancer.

Ken resigned in March to take another position in Silicon Valley. The Board has formed a Search Committee to select a new Executive Director.

In the meantime, our wonderful staff and volunteers are continuing to help cancer patients, their families and caregivers. Every day brings a new phone call or visitor who needs the personalized, one-on-one attention we provide with counseling, assistance, resources and education. We are so glad to be there for them.

As you’ll read elsewhere in this newsletter, Stanford will be opening a Cancer Center on the Samaritan Medical Center campus in 2014, bringing thousands of cancer patients just a few steps away from our Resource Center. The expansion of our space and the success of our ongoing fundraising efforts will get us ready to serve them and patients of other hospitals and health care systems throughout Santa Clara County.

There is always so much news to share and so many great stories to tell at Cancer CAREpoint. “There is always so much news to share and so many great stories to tell at Cancer CAREpoint. We are a growing, vital organization and I am proud of every person who contributes their time, talent and treasure to support our mission. On behalf of those we serve, thank you!”

Gay Crawford
President, Board of Directors

Cancer CAREpoint Programs & Services

Visit the website CancerCAREpoint.org for this month’s Calendar of Events and details on days and times of offerings. You may register online or call 408-402-6611 for more information.

Weekly Programs
Consultations with Social Worker
Therapeutic Massage
Guided Imagery
Healing Partners Energy Work
Personalized Nutrition Consults
Yoga @ Breathe Studio
Journaling Group

Other Activities
Nutrition Workshops
Breast Cancer Support Group
Lymphedema Education
Caregiver Support
Surviving and Thriving
Ovarian Cancer Support Group
Additional Educational, Informational and Support Groups

www.CancerCAREpoint.org
New Stanford Cancer Center will locate close to Cancer CAREpoint

The recent announcement by Stanford Hospital & Clinics that it will open an outpatient Cancer Center on the Samaritan Medical Center campus reinforces the ideal location of Cancer CAREpoint as the heart of South Bay’s center of excellence in health care.

Most of the 6,000 estimated new cancer patients in Santa Clara County in 2013 will receive their medical care a short drive away from Cancer CAREpoint. Patients coming to the new Stanford facility will be just a few steps away from the CAREpoint Resource Center and its counseling, assistance, resource and education support services.

The Stanford Cancer Center will open in late 2014 in the four-story landmark building on the west corner of the campus by Highway 85. It will offer the latest advances in cancer treatments, including access to clinical trials and Stanford’s National Cancer Institute-designated cancer center.

“As an oncologist, I am excited about the opportunity to significantly expand patient access to Stanford’s cancer care and our nationally recognized quality programs,” said Douglas W. Blayney, MD, Medical Director of the Stanford Cancer Center. “When it opens, this new outpatient center will offer patients coordinated medical services which are integrated with those they could receive by traveling to the Stanford campus, all in one convenient South Bay setting.”

Welcome, Stanford, to the South Bay!

Three community leaders join Board

Three outstanding community leaders have been elected to the Board of Directors of Cancer CAREpoint – Todd V. Jones, Steve Koskie and Dr. Kamakshi Zeidler.

“Each of these individuals has incredible talents and knowledge to share, and we are thrilled that they are finding time in their busy schedules to serve on our Board,” said Board Member Judy Murray. “We are grateful for their commitment.”

Steve Koskie has been a serial entrepreneur, investor and senior executive. He has founded, grown and achieved meaningful exits for technology companies in the United States, Canada, Europe and Asia.

Kamakshi Zeidler, M.D., is a board certified plastic surgeon. She graduated with a B.A. from Rice University and obtained her Doctorate of Medicine at the University of California San Francisco UCSCF where she graduated at the top of her class. She continued at UCSCF, completing both general surgery and plastic surgery training, and was acknowledged with UCSCF’s Krevau’s award for outstanding clinical care of her patients. She then completed an advanced microsurgical fellowship at Stanford University where she perfected her skills in cutting-edge breast reconstruction techniques. Dr. Zeidler has authored numerous medical journal articles, lectured nationwide, and is researching new technologies that improve the process of breast reconstruction. As a physician whose family is affected by the breast cancer gene, Dr. Zeidler remains dedicated to treating patients with breast cancer.

Todd V. Jones is a dynamic and energetic leader with a proven track record of success and more than 20 years of leadership experience from the "Who's Who" in the high-tech industry. Todd’s expertise spans all aspects of sales, marketing and business operations in companies ranging from large startup to the largest of the Fortune 500. Currently Todd is the Senior Director, Global Sales Productivity at NetApp Inc. Prior to joining NetApp, Todd held senior leadership positions with many of Silicon Valley’s top technology players including Cisco, QLogic and Harmonic. In addition, Todd is a passionate change agent focused on developing others, impacting lives and contributing to his local community.

Cynthia McDonald

Provider Spotlight: Cynthia McDonald, Ph.D.

Cancer CAREpoint has a team of experienced, caring providers who share their expertise with the cancer patients, families and caregivers who come to us for help and hope. Each issue of the newsletter will spotlight one of these outstanding providers as they talk about why they contribute their time to Cancer CAREpoint.

“Being at Cancer CAREpoint, and providing guided imagery, hypnosis, and facilitating classes on spirituality and health is part of a life path I set out upon many years ago. I am a cancer survivor, and I have walked with many family members and friends who faced cancer.”

After 10 years in business, I chose to dedicate the second half of my life to bringing research-based mind-body medicine to cancer patients and their families. I returned to school for 10 years of education and training culminating in my PhD in Transpersonal Psychology and certifications in Mind-body Skills and Hypnosis. I opened my private practice in Los Gatos in 2009, and began doing hypnosis/imagery in the oncology unit of a local hospital. I am proud to be one of the first providers when Cancer CAREpoint opened in February 2012.

“Every week I see lives changed and individuals empowered by the tools I teach them. Pain reduced … sweet sleep and rest attained … nausea managed … fears allievated … deep relaxation achieved … medical treatments and procedures tolerated more easily … emotional distress reduced … hot flashes cooled … innate healing and coping resources activated … inner wisdom accessed.

I wish I could share with you the hundreds of personal stories. I wish I could show you the glow of the patients before they learn hypnosis, imagery, and mind-body skills and afterwards – the look of calm confidence and hope. That’s why I’m here. That’s why I invested in the long road needed to get here, and that’s why I hope to be part of Cancer CAREpoint for a long while.”

Volunteer Appreciation Event

April was National Volunteer Month and Cancer CAREpoint marked the occasion with a combination of volunteer training and celebration at the Rinconada Hills Club House. It was an opportunity for many of the newer volunteers to meet the veterans, and for all to be updated on process and procedure changes.

Guests of honor were the practitioners who so selflessly make massage, guided imagery, nutrition, Healing Partners, yoga, lymphedema education and journaling available to our clients.

Recognizing volunteers is very important to Cancer CAREpoint as we rely on volunteered involvement on every level. Our volunteers have a multitude of skill sets and we appreciate every one of the talents that are shared to support our mission.
Art collages are creative therapy for cancer patients, survivors

What started as a casual conversation about how one cancer patient used art to help her through the tough days of her treatment has become one of Cancer CAREpoint’s most popular and effective support services. The Collage Art Group meets monthly for six months to create colorful collages that express what each individual is feeling about topics like vision, passion, seasons, and gratitude. Participants walk away with a therapeutic art experience and the emotional support that comes from the sharing of feelings with others whose lives are touched by cancer.

“The discussions that go on while the group members are cutting out words and images and creating their collages can be powerful,” said Amy Goldsbury, Cancer CAREpoint social worker. “It is a closed group – no drop-ins – so the participants get to know each other very well. The giving and receiving of support is very healing.”

Magic Mineral Broth

“Every time I sip this flavorful broth, I can hear my body saying thank you.”

Cancer CAREpoint client

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 bunch celery, including the heart, cut into thirds
2 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garlic bulb, quartered
5 unpeeled cloves of garlic, halved
½ bunch fresh flat-leaf parsley

6 bay leaves
2 whole allspice or juniper berries
12 black peppercorns
8 quarts of cold, filtered water
1 tsp salt

Remove the lid and decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate. Add more water if the vegetables begin to look dry. Remove the lid, decrease the heat to low, and simmer, uncovered, for about an hour. Strain the broth through a large, heat-resistant container. Add salt to taste. Let cool to room temperature before refrigerating or freezing. Makes 6 quarts.

From The Cancer-Fighting Kitchen Cookbook by Rebecca Katz

Support services increasingly recognized for health benefits

An article in the Wall Street Journal earlier this year confirmed what we at Cancer CAREpoint already knew – cancer patients benefit from psycho-social services and complementary therapies during and after medical treatment. The story referenced a recent study of federal health data funded by the National Cancer Institute that found that more than a third of the nation’s 12.6 million cancer survivors had physical or mental health problems that “put their overall health in jeopardy and had a negative impact on their quality of life.”

Sometimes called “rehabilitation services” – to compare it with the follow-up care routinely received by patients who have undergone cardiac bypass or joint-replacement surgery – support services described in the article include nutrition counseling, massage, yoga and therapies for sleep problems, depression and cognitive impairment. They are “an absolutely essential part of cancer care,” according to Dan McKeever, chairman of the Commission on Cancer.

Cancer CAREpoint is proud to be ahead of the curve in recognizing the need for the programs and services we provide to cancer patients, their families and caregivers.
It doesn’t take long to figure out Angelique is a glass-half-full person. Even with two serious cancer experiences before the age of 40, she considers herself to be fortunate, with many blessings in her life. And one of those positives is the discovery of Cancer CAREpoint.

During the past year while undergoing treatment for stage 3 triple negative breast cancer, a rare and aggressive type of cancer, Angelique took advantage of many of the services offered by Cancer CAREpoint, including nutrition consultation, Healing Partners, guided imagery, lymphedema education, a breast cancer support group for young patients, and personalized one-on-one counseling.

“I was completely supported by Cancer CAREpoint at every stage of my treatment,” she said. “The staff knew exactly what I needed. I didn’t have to ask. It is so important to believe you are going to get through this—to be a victor, not a victim.”

Cancer CAREpoint helped to keep me focused on a positive future.”

At age 18, Angelique found a lump in her neck and was diagnosed with Hodgkin’s lymphoma. She underwent both chemotherapy and extensive radiation before being declared cancer-free. For the next 20 years, she was “super healthy.” She graduated from college and started a career in human resources at a major high tech company, got married and had two children. But she never forgot about her cancer experience and “was thankful every day that I was saved.”

That gratitude led her in the fall of 2011 to visit her former oncologist just to tell her how well life was going. She proudly shared photos of her children and thanked the doctor for “being one of your success stories.”

The oncologist mentioned that Angelique’s past cancer put her at higher risk for cardiovascular disease and breast cancer and urged her to keep a close watch on her health. Angelique always had annual check-ups with her OB-GYN but admits she was less than diligent about breast self-exams. She vowed to do it regularly and three months later found the lump that led to a double mastectomy, months of chemotherapy and 30 treatments of radiation.

One year and one month to the day after her diagnosis, more than 2,000 images of CT and PET scans show that she is cancer-free. She strongly believes that the positive state of mind she worked to maintain during treatment had significant impact on her body’s ability to heal and regain strength.

Diet and nutrition were huge factors in countering the many toxins being placed in my body,” she said, explaining that she avoided all sugar, chose megasmoothies and green juices from recipes provided by Cancer CAREpoint nutritionists.

Cynthia McDonald, Ph.D., who provides guided imagery consults to Cancer CAREpoint clients, created a customized tape of positive messages that Angelique could play anytime she felt her mind “spinning out of control with negative thoughts.” During her radiation treatments, Angelique followed the advice of Cancer CAREpoint Patient Services Director Pam Lehman and signed up for Healing Partners energy work.

“My skin was on fire most of the time and I didn’t want anyone near me. I felt so vulnerable,” she said. “But as my partner worked on me, I could feel the burning, prickly sensations being minimized and had a sense of ease and healing. It felt like benefits and became a true belief.”

Angelique wishes that Cancer CAREpoint had been there for her during her first cancer experience. “It would have opened my eyes to what I could do to help myself. I didn’t know what was available.”

“I’ve learned you can’t go in fear or give up hope,” she said. “I’ve been so fortunate that I want to be there for others as a volunteer for Cancer CAREpoint. Every day is a gift and I don’t want to waste it.”

To find out how you can volunteer for Cancer CAREpoint, visit CancerCAREpoint.org/GetInvolved or call (408) 402-6611.

Angelique and family

Dove’s Clubs

The Dove’s Clubs, having lunch in March are, from left, Chelsea Obremski, Linda Diame and Jennifer Croll. The purpose of The Dove’s Club is to introduce local women to local charities and to inspire their involvement through leadership, volunteering and generosity.

Los Gallos restaurants Jennifer Croll, The Maids Quarters and Andrea Blackwell Cosmetics donated 20% of their sales during a Magnolia Garden Party on St. Patrick’s Day to Cancer CAREpoint, raising funds and awareness for the organization.

www.CancerCAREpoint.org
An independent 501 (c) (3) nonprofit organization. Tax ID#27-3029691

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Green for Green
Help Cancer CAREpoint save resources by providing your email address and you could win a $100 gift certificate from Whole Foods. Send your email address to info@CancerCAREpoint.org by June 1, 2013, to be eligible for the drawing. Thank you!

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An Afternoon in the Garden at the Atherton Estate of Carol Bartz and Bill Marr

Sunday, July 14, 2013
4:30-7 p.m.

Mark your calendars now for the very special major fundraising event to support the incredible work of Cancer CAREpoint in providing help & hope to cancer patients, their families and caregivers in our community.

Enjoy fine wines, delicious food, entertainment, and one-of-a-kind auction items. A truly memorable afternoon is being planned by a dedicated committee that includes: Paula Ball, Brookes Brown, Sandi Coniff, Gay Crawford, Lynn Fisher, Sandi Frazer, Bobbe George, Cyndie George, Noelle Henderson, Jackie Hester, Debi Justice, Chelsea Opheim, Phyllis Romine, Allison Jones Thomson, Jan Willoughby and Kamakshi Zeidler, M.D.

Tickets are $200 per person until June 26, 2013, and $250 after that date. A limited number of tickets will be sold.

Information on sponsorship and underwriting opportunities, tribute and business ads in the event program, and auction donations is posted on CancerCAREpoint.org.

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