



cancer CAREpoint

Counseling • Assistance • Resources • Education

HELP AND HOPE FOR CANCER PATIENTS AND THEIR FAMILIES

Spring 2013

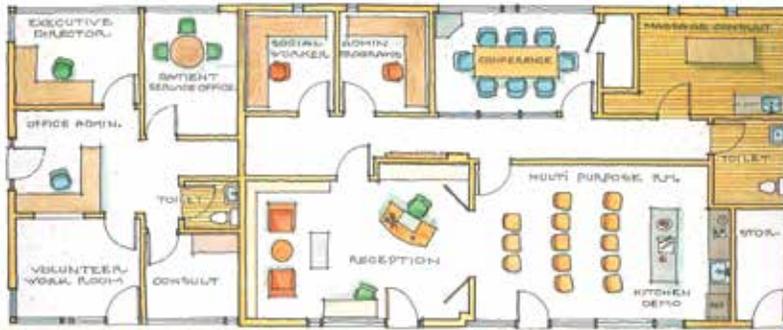
Our Resource Center will soon expand

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!



Rendering courtesy of Rick Guidice

President's Column



Gay Crawford
President, Board of Directors

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. 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

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

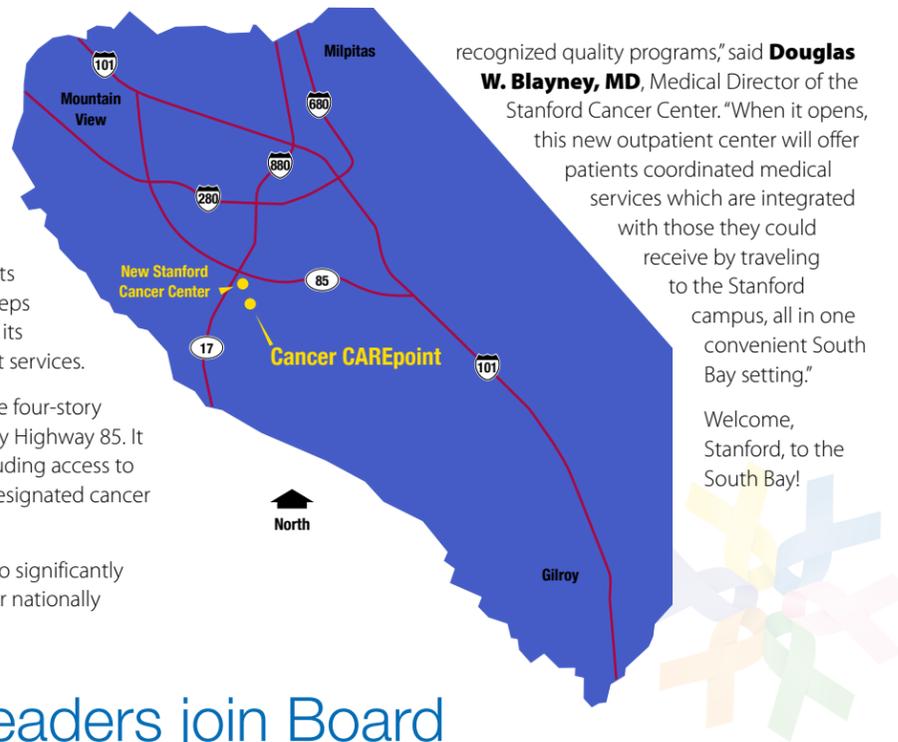
New Stanford Cancer Center will locate close to Cancer CAREpoint

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 6,500 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 Cancer 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 President Gay Crawford. "The community is grateful for their commitment."



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 late stage startups 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.



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.

His most recent start up Dipdive was created by Will.i.Am of Black Eyed Peas fame and co-owned by Universal Music Group. Highly regarded for his earlier digital media/mobile work with the Black Eyed Peas, Steve is frequently in demand as a conference speaker, and has won an Emmy Award, two CLIO Awards and a Global Media Award.



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 (UCSF) where

she graduated at the top of her class. She continued at UCSF, completing both general surgery and plastic surgery training, and was acknowledged with UCSF's Krevan'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.



Ovarian Cancer Support Group begins

Ovarian cancer patients and survivors are invited to attend a support group on the second and fourth Friday mornings at the Cancer CAREpoint Resource Center. For information, please call 408-402-6611 or email Sheryl@CancerCAREpoint.org.

More than 2,000 women in California are diagnosed each year with ovarian cancer, according to the American Cancer Society. Cancer CAREpoint is proud to offer help and hope to the women in our community whose lives have been touched by ovarian cancer.

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.



Cynthia McDonald

"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 30 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 Ph.D. 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 alleviated ... 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 faces 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."



Volunteers Nancy Miner, Bobbe George, Carleen Carver, Janet Hebert



Receiving thank you baskets are providers Cindy Gum, Patient Services Director Pam Lehner, Laurie Warfel and Judy Murray.



Volunteers Claudia Farris and Debbie Isaacson

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 volunteer 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.



Board Member Victor Adint and volunteer Kate Rohrbach



Volunteer Bruce Hodgkin and Program Coordinator Sheryl Brown



Volunteers Liz Cilker and Terri Bergandi and Board Member Jan Willoughby



Volunteers Dr. John (DJ) Herman and Paul Gardner



Volunteers Dave Zittlow, Joanne O'Rourke, Maritza Montalvo-Jensen



Social worker Amy Goldsbury, Board Member Jack Frazer and volunteer Paula Ball

Photos courtesy of Paula Ball and Sandi Frazer



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."



Art collage donations welcome

Pretty trinkets and magazines or other publications that contain beautiful photos and graphics are needed for the Collage Art Group. To donate, please call Sheryl at 408-402-6611 or email Sheryl@CancerCAREpoint.org.



Cancer CAREpoint provides art supplies and stacks of magazines and old illustrated books. Participants are encouraged to bring in other materials such as photos, jewelry, shells, leaves or other items that are meaningful to them.

"There is no right or wrong way to make a collage, so participants find it a calming process that reduces the stress that comes with cancer," Amy said.

A new Collage Art Group will begin later this year and those interested in being part of it should place their name on the waiting list as soon as possible by calling Sheryl at 408-402-6611 or email Sheryl@CancerCAREpoint.org.



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 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves of garlic, halved
- ½ bunch fresh flat-leaf parsley

- 1 8-inch strip of kombu [edible seaweed found at Asian markets or health food stores]
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts of cold, unfiltered water
- 1 t sea salt

Rinse all of the vegetables well, including the kombu. Place all ingredients except salt in a 12-quart or larger stockpot and fill the pot with water to 2 inches below the rim. Cover and bring to a boil.

Remove the lid, 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 peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-meshed sieve into a 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

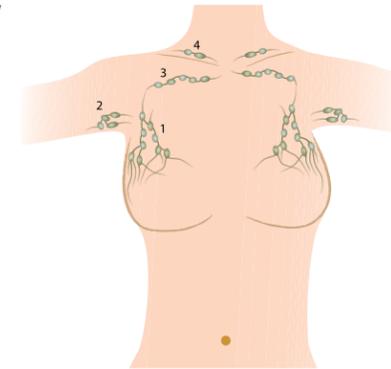
Sereno Group extends donation effort



Participating agents at the Sereno Group Los Gatos extended their generous donation program to a six-month period, October 2012 through March 2013. Each is contributing 1% of their gross commission income during that time period to Cancer CAREpoint. The innovative fundraising program is expected to total more than \$15,000.

Learn about Lymphedema

Lymphedema is a **highly treatable** and **often preventable** condition that can manifest itself after damage to the lymph system from surgery, chemotherapy or radiation. Early identification and intervention makes the treatment much more effective.



swelling (edema). The removal of lymph nodes, such as in breast cancer surgery, can trigger the development of lymphedema. Radiation therapy can also result in lymphedema.

Although there are no cures for lymphedema, there are many ways that the risk of lymphedema can be reduced, such as:

- ▶ Avoid infection through good hygiene and skin care.
- ▶ Protect against sunburn and high heat. Don't use a spa or sauna or heating pad on the affected area.
- ▶ A well-fitted compression sleeve may help prevent swelling, but otherwise avoid tight clothing or jewelry.
- ▶ Use your arm for normal, everyday activity after surgery, but check with your doctor about when to start exercise and what type would be best. Muscle strain may lead to swelling.

More information on lymphedema prevention and treatment is provided at information sessions on the second Friday of each month. Check the Cancer CAREpoint website for the current schedule, or call 408-402-6611.

Daya Fisch, MS, CMT director of The Breast Health Project, conducts monthly information sessions to educate Cancer CAREpoint clients about lymphedema.

"Our lymphatic system is the network that keeps tissue clean and the immune system working at an optimum level. It is often called the garbage collector of the body," she explained. "A high functioning lymphatic system is important in cleansing toxins from the system. Studies have shown that when breast cancer cells are put in a healthy environment, the cancer cells are recognized and killed by the immune system. Many of the new cancer drugs are actually immune stimulants. The lymphatic system is vital to cancer prevention."

Lymphedema is caused by a blockage of the lymphatic system that prevents lymph fluid from draining and the fluid builds up, causing

NEWSBRIEFS

Earlier this year, Cancer CAREpoint was presented with a check for \$1,042.16 from students at **Branham High School** in San Jose who raised money through a variety of activities during "Dig Pink Week" in October. They sold spirit wear, collected donations at a "color run" and through donation boxes at a football game. Thank you to the students of Branham for caring about those in our community whose lives are touched by cancer.



Retired teacher **Carolyn Buehner** has been busy! She single-handedly has created 100 "Snuggle Bundles" for cancer patients undergoing chemotherapy. Each bundle includes a fleece blanket and covers for two 6x13 inch pillows, the perfect size to rest a head and forearm while in treatment that can last for several hours. We are grateful to Carolyn and all of the community volunteers who have donated more than 665 to date for local cancer patients.



An amazing three and a half minute video describing the services of Cancer CAREpoint and the impact we are having on people's lives was created by **Sean O'Kane** and a crew from **Cadence**. If you haven't seen it yet, it is posted on the home page of CancerCAREpoint.org. Thank you, Sean and Cadence, for telling our story so well.

Thank you to the donors who make Cancer CAREpoint a thriving organization

100% of all donations to

Cancer CAREpoint stay in this community!

\$100,000 and up

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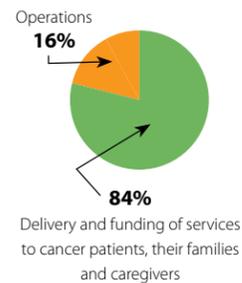
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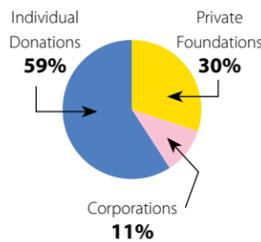
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A complete list of cash and in-kind donors is posted on CancerCAREpoint.org

This list includes donors as of April 24, 2013. Every effort has been made to be accurate and complete. For corrections and information on making a donation, please call (408) 402-6611.



Cancer CAREpoint has been designated as the special beneficiary of the ParTeE Classic, a golf tournament in July sponsored by Silicon Valley Cares. Founder Kelly Regnier Dippel lost her mother to cancer in 2012. For information visit SiliconValleyCares.org.

Cancer patient credits positive actions for helping her recovery

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 consults, Healing Partners, guided imagery, lymphedema education, a breast cancer support group for young patients, and personalized one-one-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 duper 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 alive."

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."



Angelique and her family

The oncologist mentioned that Angelique's past cancer put her at higher risk for cardio-vascular 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 hard 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 and made mega-smoothies 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 Lehner and signed up for Healing Partners energy work.

"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."

"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 I had a sense of ease and healing. I felt the benefits and became a true believer."

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 give in to 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."

Community supports Cancer CAREpoint with fundraising efforts



Doves Club members, from left, Chelsea Opheim, Linda Daane and Jennifer Croll.

Doves Club and Los Gatos stores

The **Doves Club** Spring Luncheon in March at Nick's Next Door in Los Gatos raised more than \$5,000 for CancerCAREpoint. The event was organized by **Jennifer Croll, Chelsea Opheim and Linda Daane**. The purpose of The Doves Club is to introduce local women to local charities and to inspire their involvement through leadership, volunteerism and giving.

Los Gatos retailers 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.

Santa Teresa Women's Golf Tournament

The 89 members of the **Santa Teresa Women's Golf Club** voted to have their annual tournament in April benefit Cancer CAREpoint. Over the last six years, the club has raised more than \$17,000, supporting Susan G. Komen Rally for the Cure. "This year we wanted to benefit our own community so we chose Cancer CAREpoint. We are all touched by this disease, especially breast cancer, so we are delighted to be involved and support Cancer CAREpoint," said **Cathy Priest**, tournament director.



Gina Gordon, club captain, Cathy Priest, tournament director, and Gay Crawford, President of Cancer CAREpoint



**cancer
CAREpoint**
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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!



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 Conniff, 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.

