



cancer CAREpoint

Counseling • Assistance • Resources • Education



Personalized support services for anyone in Silicon Valley whose life is touched by cancer

Summer 2014

Philanthropic Fun

Innovative ways the community supports Cancer CAREpoint

Yoga, volleyball, bicycling, obstacle courses – not the usual activities that you might associate with cancer. But these fun sports represent some of the innovative ways that people in the community are finding to help support Cancer CAREpoint in its mission to serve patients and families in Silicon Valley.

The **Wipeout Cancer Sports Day** held on July 26 is a good example. This is the second year of the event, the brainchild of Caroline “Liner” Lee, a 2010 winner of the TV physical challenge show “Wipeout” who was diagnosed two years later with Stage IV colon cancer. After surgery and multiple rounds of chemotherapy, she is celebrating her way back to health with a mission: to increase cancer awareness and give back to the community that supported her during her treatment and recovery.

The event featured some of Lee’s favorite physical activities – volleyball tournament, three levels of bike rides, and an obstacle course simplified for kids from what she had to conquer as a TV “Wipeout” champion.



Caroline Lee, founder of Wipeout Cancer Sports Day, celebrates with Maddox, a young competitor

“When I was diagnosed, people around me offered an enormous amount of love, compassion, support and help,” she said. “Cancer was a ‘gift’ in helping me prioritize my life and what is important to me, and that is giving back to others whose lives are touched by cancer. Raising money to help Cancer CAREpoint provide programs meets that goal.”

Pose for a Purpose on Saturday, Sept. 13 at Vasona Lake County Park is another unique event being organized as a fundraiser for Cancer CAREpoint. Lorien Nearing, who teaches yoga classes at Cancer CAREpoint and Breathe Yoga Studio in Los Gatos, is expecting several hundred yoga fans to sign up for lakeside classes on the lawn, on-the-water yoga using stand-up paddleboards, and walking yoga on the trails. Sign up now at pose4apurpose.com.



Photo by Kimberly Saxton-Heinrichs

An outdoor yoga festival on Sept. 13 will raise funds for Cancer CAREpoint programs

When the unexpected happens, Cancer CAREpoint is here to help

Bernice Bajada is a psychotherapist who helps children and adults recover from trauma. She knows how to recognize the symptoms, but when it came to the recent trauma that hit her family – her husband’s devastating multiple myeloma diagnosis – she couldn’t think of what to do.

“A cancer diagnosis is traumatic, for both the patient and the family,” she said. “As a caregiver, you feel powerless and overloaded.”

George says the day the doctor told him about his cancer was “the saddest of my life,” but he was determined to fight back and do whatever he could to keep enjoying life and living to the fullest. “We choose to focus on the positive.”

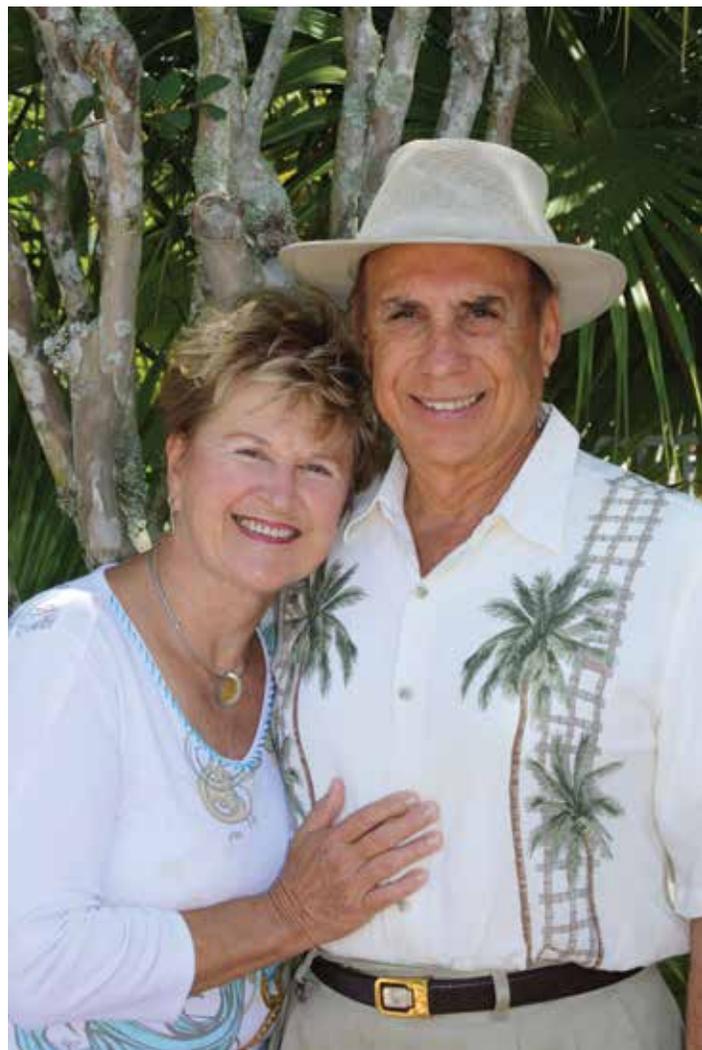
George and Bernice have found that Cancer CAREpoint is helping them keep life balanced and joyful. They have attended programs together, such as nutrition classes and the Health & Healing Speaker Series, and have also taken advantage of services tailored to their individual needs including meditation, massage and counseling.

Serendipitously, the couple was aware of Cancer CAREpoint long before they became clients. A family friend is one of the founders and the Bajadas followed the progress of the organization from concept to its grand opening. Just months before George was diagnosed, they attended a fundraiser for Cancer CAREpoint – never expecting that their generous donation would be helping to fund the services they would soon need.

“From the start we totally believed in the concept of Cancer CAREpoint,” said Bernice. “We appreciate the holistic point of view in treating disease and the power of the human mind.”

George says he is “still trying to put my arms around my cancer,” but adds that he feels blessed to have a wonderful wife and family, and the help of others. “Cancer brings out the goodness in human beings,” he said.

Bernice agrees, especially when it comes to the staff and volunteers of Cancer CAREpoint. “They are just amazing people and we value each one of them. It is a great comfort to me to know they will continue to support us with whatever we need on this journey. It helps to keep us going.”



Bernice and George Bajada

Where have you seen Cancer CAREpoint?

Cancer CAREpoint staff and volunteers are working hard to let cancer patients and their families know about our services. Just in the last few weeks, we’ve been at the Kaiser Cancer Survivor Day, El Camino Hospital Cancer Survivor Day, Jewish Community Center/Good Samaritan Hospital Health Fair, Oncology Nursing Society Chapter meeting, NetApp Lunch and Learn Lecture and Volunteer Day, Saratoga Retirement Community and the Valley Medical Center Patient Orientation.

If you are interested in volunteering to help us get the word out, please contact Sheryl@cancercarepoint.org

Our Community Cares

Thank you to the many individuals, businesses and community groups who are supporting Cancer CAREpoint and making a difference in the lives of cancer patients and their families.



Rico Navarette-Villalba, owner of **Salon NV** in Willow Glen, and his wonderful staff are providing free styling to Cancer CAREpoint patients following their treatment. Rico, a cancer survivor himself, has researched the use of using chemical free products and specifically working with cancer survivors. The next free styling for patients is Monday, Sept. 8. If you are interested contact Cancer CAREpoint.



What does it mean when you are a cancer patient receiving chemotherapy and a stranger hands you a chemocare pack from Cancer CAREpoint? It means a big smile and comfort for the next few hours. It takes some time to put these welcome gift bags together, and we appreciate the help of **Xilinx** employees, led by **Patty Nation**, in assembling chemocare packs for patients at hospitals in Silicon Valley.

For the second year, the **Santa Teresa Golf Tournament** has designated Cancer CAREpoint as the charity for its fundraiser. Organized by **Cathy Priest**, the event involved 52 golfers and 12 additional donors, resulting in the most money raised in its eight-year history.



Cancer CAREpoint is proud to be the recipient of our first-ever grant from **St. Andrew's Episcopal Church** in Saratoga. Thank you!

The **McKesson Foundation** supports employee community involvement efforts and improving the health of patients and its special focus is cancer. Not only did the Foundation provide a generous grant to Cancer CAREpoint, two foundation staff members, **Elizabeth Howland** and **Valerie Aubel**, gave a presentation to our Social Worker Oncology Network about the wonderful Giving Comfort Program (givingcomfort.org) that provides cancer patients with the comfort items they need during treatment. Thank you to **Carrie Varoquiers**, president of the McKesson Foundation, for this very generous support.

It was a nice surprise to receive a call from **San Jose Councilmember Sam Liccardo's** office letting us know that Cancer CAREpoint was the recipient of a grant from his office. We also appreciate his listing of our events in his monthly e-news.

Did Silicon Valley give? Yes it did! The inaugural **Silicon Valley Gives** day organized by the **Silicon Valley Community Foundation** was a big success. Cancer CAREpoint received contributions from 38 very generous donors totaling more than \$15,000 and we received matching donations as well. These results placed Cancer CAREpoint as the 109th top recipient (out of all 674 organizations) and the 16th top recipient among health organization.

Thank you to **Sam Van Zandt** and **Lissa Kreisler** at **KBAY Radio** for interviewing Caroline Lee and Cancer CAREpoint Executive Director Rob Tufel about Wipeout Cancer Sports Day.

Did you know that there are 14 million cancer survivors in the U.S. and 10,000+ people are diagnosed with cancer every year in Silicon Valley? Cancer CAREpoint Executive Director Rob Tufel presented this and other information to the **Rotary Club of Los Gatos** and was the recipient of a very generous donation as well. Thank you to the Rotary Club for its support for our programs.



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Mission Statement

Cancer CAREpoint is dedicated to transforming support for cancer patients, families and caregivers in Silicon Valley through personalized, one-on-one Counseling, Assistance, Resources and Education.

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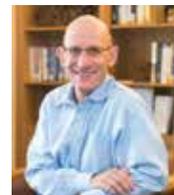
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Cancer CAREpoint defines community

Community is a word that we use a lot. Despite meaning different things to different people, we all recognize that at its core “community” means being a part of something.

That is certainly true when we talk about community at Cancer CAREpoint. There is the geographic community of our location: Silicon Valley. There is the common interest community we serve: individuals and families whose lives are touched by cancer. And there is the shared value community that supports us: donors and volunteers who believe in our mission.

All of these communities intersect at the Cancer CAREpoint Resource Center where each month patients, survivors and caregivers receive the counseling, assistance, resources and education they so desperately need. As you can see in this month’s newsletter, community is what makes Cancer CAREpoint such a vital resource -- no matter how you define your community.



Rob Tufel, MSW, MPH
Executive Director



Clinical Trials

Thursday, Sept. 11, 7 p.m.

George Fisher, M.D., Ph.D. of Stanford Hospital and Clinics and Thomas T. Chen, M.D., Ph.D. of Southbay

Health & Healing Speaker Series

Oncology Hematology Partners talk about what clinical trials entail and why and when they should be considered by patients.

Pain Management

Thursday, Oct. 30, 7 p.m.

Neal E. Slatkin, M.D., DABPM, Chief Medical Officer and Neurologist for Hospice of the Valley describes how experts work with cancer patients to reduce or eliminate pain.

Radiation 101

Thursday, Nov. 13, 7 p.m.

Nam K. Cho, M.D., Radiation Oncologist for Santa Clara Valley Medical Center explains how radiation therapy works and what patients can expect.

Register in advance to Sheryl@cancercarepoint.org or call 408.402.6611.