



# Feeling stressed and anxious?

## Guided imagery programs help cancer patients during tough times

The first side effect of cancer is often experienced immediately after diagnosis – overwhelming feelings of fear, stress and dread. Those negative emotions intensify as cancer patients worry about pain and other side effects they expect to feel during treatment.

According to the Cleveland Clinic, anxiety stemming from the fear of pain can actually intensify pain as well as prolong recovery time and lower the immune system. But more than 200 research studies at medical institutions throughout the U.S. over the past three decades have also found that mind-body techniques such as guided imagery can counteract these feelings of panic, loss of control and uncertainty.

Guided imagery is focused relaxation that helps prepare patients for treatment and surgery. Patients are shown how to use their imagination to create calm, peaceful images in their mind that are beneficial in multiple ways.

Cancer CAREpoint has provided guided imagery one-on-one consultations and group classes led by **Cynthia McDonald, Ph.D.** since 2012. The evaluation comments by our clients mirror what research has found. Patients report that guided imagery has helped them:

- Decrease stress and anxiety
- Be more relaxed
- Better handle pain
- Reduce negative thoughts
- Sleep better
- Feel more energized
- Enjoy an enhanced quality of life
- Maintain a positive outlook about the future

“The fear of cancer is a natural and reflexive response,” said Dr. McDonald. “This program’s greatest impact is helping people shift their perspective. Even the slightest shift can have a huge difference in an individual’s quality of life.”



Cynthia McDonald, Ph.D. uses a Tibetan “singing bowl” to create a harmonic sound that helps the mind and body relax.

### Positive state of mind

Some clients believe that guided imagery has helped them control or reduce nausea and vomiting after chemotherapy and there is evidence that it can lower blood pressure.

“I absolutely believe that the positive state of mind I worked hard to maintain during treatment by using guided imagery techniques had significant impact on my body’s ability to heal and regain strength,” said one Cancer CAREpoint client. “I would play my customized tape of positive messages any time I felt my mind spinning out of control with negative thoughts – I even asked the surgeon to have it playing in the operating room.”

Guided imagery and meditation, like other psycho-social support services offered at Cancer CAREpoint, are complementary therapies to medical cancer treatments. It is considered safe especially under the guidance of a trained health professional.

# The astounding success of Cancer CAREpoint

It's easy to be dazzled by numbers when you're talking about a Garden Party raising an astounding \$550,000 in one afternoon to support the work of Cancer CAREpoint. For any organization, let alone one as young as we are, it is an amazing achievement.

But what is even more impressive is the impact these dollars have on people in our community – our families, our friends, our neighbors, our co-workers – who will have access to the support services they so crucially need after receiving a cancer diagnosis.

Every month we see more new cancer patients and their families who take advantage, in different ways, of the array of Counseling, Assistance, Resources and Education we have to offer.

Ann goes to nutrition classes to find out how to stay nourished when treatment destroys her appetite. Ron uses guided imagery sessions to control the overwhelming anxiety he feels before each radiation appointment. Nate comes to our teen support group to talk with other kids his age about having a parent with cancer. Van is so happy with the wig from our Wig Bank that helped her feel pretty again after losing her hair during chemotherapy.

With more than 1,000 clients coming through our door this year, there are a thousand touching stories about how Cancer CAREpoint is making a difference in their healing and quality of life. We are continuously grateful for the generosity of this community in supporting our work.

Any way you look at it, by the numbers or by the personal stories, Cancer CAREpoint's success reflects the passionate commitment of this community to help take care of anyone among us whose life is touched by cancer. And that is what is truly dazzling.



Rob Tufel, MSW, MPH  
Executive Director

## Support for parents with cancer

### Family CARE program is launched

A new four-week program to facilitate healthy communication in families when a parent is diagnosed with cancer was launched in October by Cancer CAREpoint.

The Family CARE program uses curriculum adapted from the CLIMB® (Children's Lives Include Moments of Bravery) Program developed by the Children's Treehouse Foundation. On four consecutive Tuesday evenings, families met at Cancer CAREpoint for dinner and support services. Parents learned tools to communicate with their children, and youngsters had the opportunity to talk with other kids their own age about having a parent with cancer.

For information on dates of the next Family CARE program, contact Brad Leary at 408-402-6287 or [brad@cancercarepoint.org](mailto:brad@cancercarepoint.org).

## Welcome new Board members

Two community leaders with a passion for helping cancer patients have joined the Board of Directors of Cancer CAREpoint.



**Corrine Fabie** is First Vice President, Wealth Advisor for Morgan Stanley. In addition to her professional career in financial planning, she has been extremely active as a volunteer in the nonprofit community especially with the Junior League of San Jose where she is a Past President. She also serves on the Community Advisory Board of Good Karma Bikes and is a Director of the Farrington Historical Foundation.

**Marcelo Oliveira** is Director, Product Management, Marketing and Business Development, for the Collaboration Technology Group of Cisco Systems, Inc. Prior to joining Cisco in 2006, he held key software architect and engineering positions with Siemens Communication Networks. He holds a B.S. in Electronic Engineering from the Universidade Tecnica Federal do Parana in Brazil and an MBA from the Haas School of Business at U.C. Berkeley.



# Record \$550,000 raised at 3rd annual Cancer CAREpoint Garden Party

The beautiful Los Gatos home of Kate and Wim Elfrink was the site of the 2015 Cancer CAREpoint Garden Party in August. Close to 300 guests enjoyed a spectacular view of Silicon Valley along with premium wines, gourmet food, live music and the opportunity to support individuals and families in our community whose lives are touched by cancer.



Cancer CAREpoint Executive Director Rob Tufel, Board Chair Allison Jones Thomson, John Chambers, Executive Chair of the Board at Cisco, and Kate and Wim Elfrink, hosts of the Cancer CAREpoint Garden Party.



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*"I am a firm believer that we all have an obligation to give back in whatever way we can, and I encourage people in the community to donate to Cancer CAREpoint. Cancer impacts all of us – patient and family alike – and Cancer CAREpoint does so much to help people with cancer and their families in our community."*

John Chambers, Executive Chair, Board of Directors, Cisco Systems, Inc.

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# Every cancer journey is unique

Cancer CAREpoint clients find personalized services right for them



***“When I was diagnosed my reaction was that I could not afford to have cancer. It was such a relief to walk into Cancer CAREpoint and be presented a menu of services at no cost. I know that whatever I need I can get it here or the Cancer CAREpoint team will help me find it.”***

It's never convenient to receive a cancer diagnosis, but the timing could not have been worse for Vicky. In the middle of a long contentious divorce, minimal health insurance, forced to move to a cheaper home, trying to stay strong for her two daughters – she learned she had breast cancer.

At Cancer CAREpoint she found support services at a price tag that fit her budget –free! She is a regular at weekly nutrition and movement classes and has used counseling and the collage workshop to help reduce her stress.



When Ann Marie read a Cancer CAREpoint brochure in a waiting room, the need for support services rang true. She was not yet officially diagnosed with breast cancer but all signs pointed in that direction. She was as worried over how to tell her two sons about her illness as much as she was dreading the surgery, chemotherapy and radiation.

Cancer CAREpoint provided her with books on how to talk to kids about cancer and learned from one-on-one counseling sessions to be open and honest, without overwhelming her kids with too much information.

Both boys found the teen support group helpful and have accompanied their mom to movement, nutrition and art therapy programs so they would feel involved in her healing.

***“I never thought cancer could make our family closer than we already were, but it did. I didn't want to scare my children or have my illness hold them back. Cancer CAREpoint helped all of us stay strong and positive so that we could get through this together. And we have.”***



***“Friends will ask how you are feeling physically, but they can't understand the emotional side of cancer. It's like men trying to discuss childbirth with women. You can be sympathetic, but not empathetic. At Cancer CAREpoint I talk with people who know exactly what I am going through and that helps tremendously.”***

Greg expected physical pain during his cancer treatment – although maybe not as severe as what he experienced with the aggressive chemo and radiation regimen that was prescribed for his stage 4 carcinoma -- but the emotional jolt of living with cancer was a surprise.

His oncologist referred him to Cancer CAREpoint for help in dealing with the emotional side of cancer. He has participated in several programs and one of his favorites is Healing Touch, where he can relax and not worry about the next PET scan.



In 2013, Barbara retired from a rewarding career as a preschool teacher and director and started to consider the next stage of her life. Having cancer was NOT on her bucket list, but a diagnosis after a routine mammogram led to a lumpectomy and 16 rounds of radiation.

Since being introduced to Cancer CAREpoint, she has taken advantage of almost every service available from support groups to meditation to the Health & Healing Speaker Series and more.

She is an enthusiastic volunteer at health fairs to spread the word about how Cancer CAREpoint benefits are available to everyone.

***“When treatment is over and the medical team says ‘see you in six months,’ you feel like you're swimming with no land in sight. Cancer CAREpoint is so warm and safe, you don't feel alone as you work through fears and uncertainties and decide how you want to live the rest of your life.”***

**All of the services mentioned by these clients and many other programs and services are available to all cancer patients and their families no matter what type of cancer, where you are being treated, or your insurance status. For a complete listing of programs and services, visit [cancercarepoint.org](http://cancercarepoint.org).**

# Our Community Cares

## Toasting for Teal



**Angela Moran** organized a lovely reception at **Nature Gallery** in Los Altos during September's Ovarian Cancer Awareness Month to raise funds for ovarian cancer research as well as Cancer CAREpoint support services.

## Foundation Funding

Thank you to several generous foundations that have recently donated to Cancer CAREpoint including **Hospira Foundation, El Camino Hospital Community Benefit Program, Symington Foundation, Los Gatos Rotary Charity Foundation, and St. Andrew's Episcopal Church Women.**

## Benefit concert is Nov. 13

World class pianist **Katya Grineva** will perform a benefit concert for Cancer CAREpoint on Friday, Nov. 13 at the Le Petit Trianon Theatre 72 N. 5th St., San Jose. Wine at 7 p.m. and "Enchanting Evening of Romantic Music" concert at 7:30 p.m. Tickets are \$48.47 and can be purchased online at [cancercarepoint.org](http://cancercarepoint.org)

## Here, There and Everywhere

Cancer CAREpoint has been busy participating in community and corporate health fairs and other events where we have been able to talk to cancer patients, caregivers and health care professionals about our services. Thank you to these groups for inviting us: **Good Samaritan Hospital, In-Home Support Services, Kaiser, KLA-Tencor, Mountain View Women's Club, Palo Alto Medical Foundation, Pancreatic Cancer Action Network, Saratoga Presbyterian Church, Stanford Health Care and Sunnyvale Rotary.**

## Wig Bank Celebration

A big thank you to **Donna Spagna, Libie Cilker** and **Cristal Hernandez** for organizing a very fun evening celebrating our amazing Wig Bank and thanking the many volunteers who have made it a success. Also special thanks to **Marita Trobough**, owner of The Next Step boutique, for the generous donations of wigs appealing to different ethnicities and to NBC Bay Area news anchor **Sam Brock** for being part of the festivities.



## Good Samaritan Hospital is a Cancer CAREpoint Premium Hospital Partner

Somewhere, oncologists are using advanced techniques to save lives.

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To learn more visit [GoodSamCancerCenter.com](http://GoodSamCancerCenter.com) or call 855-422-2472.



Donate your vehicle to Cancer CAREpoint



You get a tax write-off and we receive much-needed funds to support programs for people in our community whose lives are touched by cancer. Cars, trucks, vans, motorcycles, RVs, boats – most vehicles accepted whether they run or not. High mileage OK. Call 1-888-686-4483 or donate online at [cancercarepoint.org/donate](http://cancercarepoint.org/donate)

## SEND SOME HUGS!



Cancer CAREpoint is teaming up with **glassybaby** so you can give "hugs" to your loved ones. Purchase a beautiful, hand-blown glassybaby candleholder named "hugs" and 10% of your purchase will be donated to Cancer CAREpoint. You can buy "hugs" at the glassybaby store in the Stanford Shopping Center or online at [glassybaby.com](http://glassybaby.com). What a wonderful way to let someone know you care about them while supporting Cancer CAREpoint services for cancer patients and their families.



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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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[www.cancercarepoint.org](http://www.cancercarepoint.org)



**Struggling with intimacy?**

The Health & Healing Speaker Series presents “Keeping Intimacy Alive: Practical Solutions for You and Your Partner” on Wednesday, Nov. 11, 6:30 - 8 p.m. at the Cancer CAREpoint Resource Center. The speaker will be **Mary Buxton, LCSW**. For information or to register, call 408-402-6611 or email [brad@cancercarepoint.org](mailto:brad@cancercarepoint.org).

# Hundreds enjoy unique events to benefit Cancer CAREpoint

Two unique outdoor events this summer brought together hundreds of community members to enjoy fun activities while raising money to support Cancer CAREpoint programs.

The third annual **Wipeout Cancer Sports Day** at the Spartan Stadium East Field in July, organized by **Caroline Lee** and more than 100 volunteers, generated \$23,000 for Cancer CAREpoint. Participants enjoyed bike rides, grass volleyball (75 teams competed), and an obstacle course that challenged 120 youngsters.

Top sponsors of this incredible event were **New Source Technology, AVP, Portola Valley Training Center, USA Productions, Mikes Bikes, Tempo Bicycles and Health Logic.**

In September, Vasona Lake County Park was the venue for the second annual **Pose For A Purpose Yoga Festival** that featured yoga classes on the lawn, trail and lake. The event was organized by **Lorien Neargarder**



Caroline Lee with two enthusiastic participants

of **Breathe Los Gatos** and included yoga instructors from 18 local yoga studios. More than \$9,000 was raised for Cancer CAREpoint.

Special thanks go to **Bonnie Addario, John Berg and Samyama Yoga Center, Jeff and Whitney Spagnola, Breathe Los Gatos and Dr. Carole Cook** for helping to make the Yoga Festival a success.



photo by: Masha Kitaigorodsky