



Who do I talk to? Counseling at Cancer CAREpoint

Doctors will be the first to say that each cancer journey is unique. The type of cancer, other health factors and how an individual's body reacts to treatment differ from patient to patient.

The same thing is true with the emotional issues that come with a cancer diagnosis. While every person will experience fear, stress and anxiety to some extent, the non-medical issues that worry a cancer patient are as varied as the disease. When it comes to

providing the help and support needed by cancer patients and their families, there are no cookie cutter solutions.

Counseling with one of our three professional social workers is at the center of Cancer CAREpoint's personalized, one-on-one services.

Objectively focused on the individual

"Talking with a social worker is like pouring all of your feelings and worries into a safe and confidential container," said Brad Leary, LCSW, Director of Patient and Family Services. "We make no judgments and we can be objectively focused on the needs of the clients – something that can be hard to do for family members or friends who have their own emotions involved with the situation."

Together, the cancer patient and social worker identify what that client needs to have a better quality of life during and after treatment. One person might want to know about resources for childcare and transportation while another could benefit from coaching on how to



talk about cancer with co-workers. Others might be feeling angry or guilty about why they are sick, or overwhelmed with fear about the future.

"Each conversation takes on a different tone as the social worker uncovers the client's level of distress and what is of real concern," Brad said, adding that part of the counseling sessions include directing the client to other Cancer CAREpoint programs such as nutrition classes, massage therapy,

support groups, or guided imagery consults that can be especially helpful in reducing stress before surgery or difficult procedures.

The Institute of Medicine recommends that all cancer patients and family members receive psychosocial and practical support in addition to medical services since "psychological and social problems created or exacerbated by cancer can cause additional suffering, weaken adherence to prescribed treatments and threaten patients' return to health."

"While there are excellent resources for medical care in Silicon Valley, not all cancer patients have access to social work support from their healthcare

"I was able to have serious conversations for the first time about the effects of the cancer on my family and me. The social worker put me at ease and I am truly grateful."

Leslie, Cancer CAREpoint client

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Helping to find their inner strength

I recently met David, a four-time cancer survivor who also lost his partner and sister to the disease. Despite that, he is one of the most upbeat, outgoing people I have ever come across – one of those rare individuals who inspire hope and good feelings just by being around him. How did he find the inner strength to move forward and keep so positive?

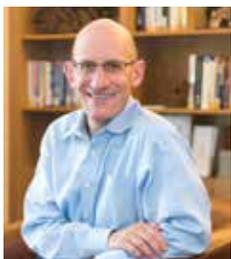


Of course, I realize I was meeting David at one point in time and not during the most difficult moments of what he calls his “cancer odyssey.” Another day and he might have been in a completely different emotional condition.

Every day I meet cancer patients who are confronting their diagnosis with dignity, courage and an amazingly positive attitude. But I also know that these same patients and their family members will at some point need help – emotional, practical, psychological or financial. Cancer patients can often find help from families, friends, neighborhoods or religious/spiritual communities, but the support we offer at Cancer CAREpoint is different.

Many cancer patients feel like they need to put on a positive, courageous, dignified face even if they are feeling exactly the opposite. They don't want to worry their families, they don't want to bother their friends, they don't want to call attention to themselves. Cancer CAREpoint is a place where people don't have to always be positive, courageous and dignified, where they can talk about those things they keep inside, their fears and their hopes, and where they can ultimately find a way to confront cancer with dignity, courage and a positive attitude.

Despite the fact that we are all unique, there are similar ways we deal with a cancer diagnosis. At Cancer CAREpoint we see that every day and we support patients and family members through their own personal “odyssey” so they can find the inner strength to move forward.



As always, please contact me directly at rob@cancercarepoint.org with any comments or if you'd like to come in and see first-hand how Cancer CAREpoint is helping individuals whose lives are touched by cancer.

Rob Tufel, MSW, MPH
Executive Director

Cancer CAREpoint people in the news

Donna Spagna named top volunteer

Donna Spagna, the driving force and chief volunteer for Cancer CAREpoint's Wig Bank, was honored at the 46th annual **Junior League of San Jose Volunteer Recognition Luncheon** in April for her dedication and



Donna Spagna, center, receives the top award from NBC Bay Area's Sam Brock and Laura Garcia-Cannon on the left and Corrine Fabie and Lynsey Georgiades of Junior League on the right.

countless hours of time and energy in helping cancer patients through one of the most difficult aspects of their treatment – hair loss. Twelve local individuals were recognized at the luncheon for their exceptional impact in the community, and Donna was singled out as the top volunteer for the year. Her charity, Cancer CAREpoint, received a \$1,000 grant in her honor.



Gay Crawford is Woman of Influence

Cancer CAREpoint founder, past president and current Board member **Gay Crawford** was recognized as one of the 100 most

influential women in Silicon Valley at a dinner sponsored by the **Silicon Valley/San Jose Business Journal**. Competition for the honor was fierce, and Gay was selected for her leadership and advocacy in providing programs to cancer patients and their families. Each winner was asked to share her best advice in 10 words or less and Gay advised the standing room only crowd at the Fairmont Hotel to “Make every moment count and count every moment.”

WIPEOUT CANCER

3rd annual Sports Day for Charity



**Benefiting
Cancer CAREpoint
Saturday, July 25**

**San Jose State University
Spartan Stadium East Field
10th Street and East Alma Avenue**

Grass Volleyball

Reverse Coed 4's tournament split into four divisions: Junior Girls, Friendship, Silver and Gold

Cycling

Medium and long routes through the scenic South Bay

Kid's Obstacle Course

Kids ages 4 to 12 test their fitness and coordination abilities

Register now!

Wipeout-cancer.org/sports-day-for-charity



About **Wipeout Cancer**



Wipeout Cancer is 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. Wipeout Cancer Sports Day features some of her favorite physical activities.

Picking up the pieces after a cancer diagnosis

As a director of global ERP change management for Stryker Corporation, **Cara Bilinski** is used to making and following through on detailed plans. So when she started treatment for stage 3 breast cancer it took her a while to realize she had to cede some control and ask for help from others.

“It was overwhelming to try to think about everything into the future,” she said. “I learned to just focus on what is happening now and what is the next step, and not worry beyond that.”



Cara's family and friends were a crucial part of her cancer recovery. Karina, pictured here with Cara who is on the right, came to visit all the way from Puerto Rico.

time through her treatment, taking only a few days off after each surgery and at the end of her chemo regimen. She works both from home and in the office, and has resumed some of her business travel duties.

“It was uncomfortable at first to ask for help from others,” she said, “but people don’t know what to say to you when they find out you’re sick. Having something specific to do while I was in intense treatment like drive me to a doctor’s appointment or do my laundry gave them a way to show they care.”

Cancer CAREpoint staff helped her plug into a website where she could blog health progress reports to friends and her family, many of whom live out of state.

“I’ve made some new friends at Cancer CAREpoint who understand what I am experiencing,” she said. “I am fortunate to have a really good community of support.”

Cara’s dad was her “rock” and traveled from Vermont to stay with her several times during treatment and surgeries. She used an online calendar for people to sign up to provide a meal or be “temporary roommates” who would stay with her during treatment recovery periods when her dad was unable to visit.

Cara has taken advantage of Cancer CAREpoint’s nutrition classes, support groups, lymphedema education programs and counseling services and is looking forward to this summer’s “Picking Up The Pieces” survivorship program. She is also active in Healthy Young Attitude, a support group for young adult cancer patients.

She was able to do this with help from family, friends, co-workers and people she met at Cancer CAREpoint who rallied to support the vibrant young woman as she went through chemotherapy, radiation and 12 surgeries during the past two and a half years.

Amazingly, Cara has continued to work full

Community leaders join Board

Two more well known community leaders have joined the Board of Directors of Cancer CAREpoint.

Theresa Arias Bumb

has been an active community leader for many years, including being a tutor and mentor in several ESL and low-income schools. She currently serves as Vice President of the San Jose Public Library Board and is a volunteer for Catholic Charities. A San Jose native, she graduated from Stanford University and is the mother of five children.



Joseph M. Head

is President of SummerHill Land where he oversees all of the land acquisition for SummerHill Homes. He has worked in development and construction for more than 20 years and previously served on the San Jose City Council from 1989 to 1994. He holds a B.A. from Loyola Marymount University and has four adult children and five grandchildren.



Elfrinks open their hearts and home

Cancer knows no boundaries. It doesn't matter what country you are from, your age, family situation, or what you might have accomplished in your career or personal life -- cancer can touch us all.

Cisco Systems executive and Netherlands native **Wim Elfrink** can attest to this. His first wife was just 33 when she passed away from Hodgkin's disease, leaving him as a young widower with a small child to raise while struggling to build his career. He was still reeling two years later when he met **Kate**, the woman who would become his wife of 25 years. Together they created a new family that helped to heal the loss,



Kate and Wim Elfrink with their son, Max, who just graduated from Archbishop Mitty High School.

Kate Elfrink. "The Netherlands has national health care so these services are covered for everyone."

The Elfrink's personal experience with cancer and their belief that they have a moral commitment to give back to the community led to their decision to open their mountaintop Los Gatos home, with its spectacular views of Silicon

Valley and its eclectic collection of art and items accumulated during their years of world travel, for Cancer CAREpoint's annual Garden Party on August 16. (See page 8 for more details.)

"I'm very impressed with the comprehensiveness of Cancer

CAREpoint, especially that services are available for patients with all types of cancer, even ones that are rare," she said, adding that she also appreciates how the community has been so generous in raising money to make these services available to anyone who needs them.

The Elfrinks moved to the U.S. in 2000 and then lived in Bangalore, India for five years when Wim led globalization initiatives for Cisco. They returned to America and purchased the Los Gatos home in 2012.

"Our life experiences -- where we grew up, where we have lived, and where we live now -- give us a different perspective," Kate said. "We believe that you are born into an ecosystem that will determine how successful you will be in life, but as they say, with great power comes great responsibility."

During her years in India, Kate was very involved with Karunashrya, a cancer hospice for the poor. During the last couple of years, she has been an active member of the Bella Vista League's Wonderful Witchy Women, the American Heart Association's Circle of Red, and the Board of Regents for Archbishop Mitty High School.

"I hope that people who come to the Garden Party will enjoy our home and have a good time," Kate said, "because it is so important that Cancer CAREpoint's services be there to help keep some sanity when cancer happens to you."

but neither forgot how important it is to have support services when cancer is in your life.

"It shocked me to my core when we came to the United States and I found out that the programs and services provided by Cancer CAREpoint are not automatically part of a patient's cancer care," said

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provider, and those services may be cut off once patients complete treatment and are discharged from the medical center," Brad explained.

"That is why Cancer CAREpoint is so needed and appreciated," he said. "We are available for everyone in our community, no matter what type of cancer, where they are receiving treatment, or their insurance status. Our doors are open for those who just received a cancer diagnosis, those

who are in treatment, survivors, and family and caregivers who need emotional support."

Cancer CAREpoint's social worker program includes one-on-one, couples and family counseling, support groups, phone consults and information and referral. Learn more about our

professional social worker staff on cancercarepoint.org or call 408.402.6611 to schedule an appointment.



"No matter how strong you think you are, cancer makes you emotionally vulnerable," said Brad. "Our social workers provide an opportunity to acknowledge all of the layers of feelings and concerns. We are a safe place that is here for you."

Pose For A Purpose Yoga Festival

Benefiting Cancer CAREpoint

Saturday, September 12

Lake Vasona Park, Los Gatos



Unique outdoor yoga classes throughout the day taught by local yoga teachers



Collaboration Yoga
Trail Yoga
Family Yoga
Meditation



Yoga classes on the lake



Health-related Vendors
Gourmet Food Trucks



And just for fun, Bubble Ball soccer!

POSE FOR A PURPOSE



PARTICIPATING YOGA STUDIOS

Breathe Los Gatos
Vibe Yoga
Worlds Yoga
Yoga Belly

East West Yoga
Yoga @ Cindy's
Shakti Yoga Shala
Downtown Yoga Shala

Mind Body Zone
Yoga of Los Altos
Willow Glen Yoga
Almaden Yoga

Be the Change
Yoga is Youthfulness
Balance Yoga Center
Just Breathe @ Rivermark

Samyama Yoga Center
Ocean Bliss Yoga

Register now! pose4apurpose.com

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.

More than 350 bunco fans crowded The Glass House in downtown San Jose on April 26 for **Shake, Rock and Roll**, an afternoon of dice, food, cocktails, music and fun organized by **KBAY** and **KEZR** radio stations to raise funds for Cancer CAREpoint. In addition to proceeds from the event, Cancer CAREpoint was mentioned in more than 200 radio spots, raising awareness of our services. Thank you **Lissa Kreisler** for suggesting Cancer CAREpoint as the beneficiary.



KBAY radio personality Sam Van Zandt served as emcee.

Thank you for remembering Cancer CAREpoint in memorial donations for loved ones and as honorary donations for birthdays and other milestone celebrations. We also appreciate those who have been able to double their donations to Cancer CAREpoint through their company's employee matching programs.



Thanks, once again, to the **Santa Teresa Golf Tournament** for selecting Cancer CAREpoint as its charity for the third consecutive year, raising almost \$4,000 to support our services. The event is organized by **Cathy Priest** and involves more than 50 golfers.

Thanks to a \$10,000 matching grant from the **1440 Foundation** and the generosity of many individuals, Cancer CAREpoint raised \$40,475 during the 24-hour **Silicon Valley Gives Day** in May, organized by the **Silicon Valley Community Foundation**. It is especially meaningful that over half of the donations came from Cancer CAREpoint clients.

Local artists **Noreen Christopher, Jeannette Turkus** and **Julia Watson** highlighted Cancer CAREpoint at the Silicon Valley Open Studios weekend in May and donated a percentage of their profits as well.



A visitor to Jeannette Turkus art studio learns about Cancer CAREpoint from Pam Lehner.

Inaugural Cancer CAREpoint Golf Tournament a big success

More than five dozen golfers enjoyed a beautiful afternoon on the challenging Golf Club at Boulder Ridge in June to support Cancer CAREpoint. The tournament, dinner and auction that followed with 90 guests raised more than \$15,000.



Tom Sons, Sean O'Kane and Dennis Jarrett were among the 60+ golfers having fun at Boulder Ridge.

"The event was a big success," said **Paul Gardner** who organized the event with his wife, **Charmain**, who dedicated the tournament to their son who died from a brain tumor a few years ago. "We are already beginning to plan the second annual tournament for 2016."

and **Landon Thomas**. The second place team included **Greg Gardner, Paul Gardner, Camron Mashayekh** and **John McSorley**. Coming in third were **Ray Beshoff, Darin Devincenzi, Dean Devincenzi** and



Charmain and Paul Gardner, organizers of the tournament.

The top foursome was **Greg Henderson, Alex Hult, Scott Ramsey**

Scot Strotman while the fourth place winners were **Lane Liroff, Greg Martin, Robert Parker** and **Ed Pelles**.

Longest drive records were scored by **Sharon Beene** for the women and **Jerry Vignato**. Closest to the pin was achieved by **Ray Beshoff**.



Pamela Hammer, Barbara Gustafson and Roy Gustafson enjoyed the post tournament dinner.

Thanks to our emcee, **Lee Hammer**, and the **Golf Club at Boulder Ridge** for a great day!



Tempo Bicycles and **The Table** in Willow Glen teamed up in June to host a great fundraiser for Cancer CAREpoint. Guests had the opportunity to test ride Tempo's pedal assist technology, ideal for commuting by bike, while enjoying a sweet and savory brunch.

June is the month to celebrate cancer survivors and several local hospitals held special health fair events in their honor. Cancer CAREpoint was happy to participate in health fairs at **Palo Alto Medical Foundation, Kaiser Permanente Santa Clara Medical Center** and **El Camino Hospital** in Mountain View where social worker Amy Goldsbury was a featured speaker on how to cope with emotional and physical changes after cancer treatment ends.



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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

Welcome, Brad!



Brad Leary, LCSW, has joined Cancer CAREpoint as the Director of Patient and Family Services. Brad has 18 years of experience in home health, hospice and long term care. He previously served as Director of Social Services and Counseling at Hospice of the Valley.

Garden Party Extraordinaire

What do you get when you put together a magnificent garden, sweeping views of Silicon Valley, gourmet food, a blues and jazz band plus a unique silent and live auction? A very fun afternoon benefiting Cancer CAREpoint! Join us on Sunday, August 16, at the beautiful Los Gatos hilltop home of **Wim and Kate Elfrink** for our annual summer Garden Party.

Auction items focus on one-of-a-kind experiences such as a behind-the-scenes tour of National Geographic Magazine, lunch with San Jose Mayor Sam Liccardo, a private piano concert by world renowned Carnegie Hall pianist Katya Grineva and a block party at History San Jose Park.

New this year is the “Golden Paddle,” a special bidder paddle representing \$5,000 in value that will be awarded to one of the first 100 people purchasing a \$100 ticket for a drawing. The paddle can be used for live auction items including a stay at a luxury home in Cabo San Lucas, a three-night vacation at the Four Seasons in Hawaii, a personalized backstage tour of the Broadway show “Book of Mormon,” and many other unusual travel, entertainment and unique experiences.



Event sponsors and guests can also purchase premium tickets for an exclusive Pre-Party Reception in the Elfrink home to hear Cisco Systems Executive Chairman **John Chambers** talk about his personal and professional commitment to making quality health care available to anyone who needs it.

Honorary Committee members include: **Carol Bartz** and **Bill Marr;** **Barbara** and **Mark Beck;** **Marthin** and **Karin De Beer;** **Joseph George Family;** **Carl** and **Leslee Guardino;** **Rick** and **Debi Justice;** **Linda L. Lester;** **San Jose Mayor Sam Liccardo;** **Klaus Porzig, MD;** **Ken** and **Linda Raasch;** and **Kari Wolff.**

Purchase tickets online at www.cancercarepoint.org or contact Megan Kennedy at megan@cancercarepoint.org. Tickets are limited and the price increases after July 30. Proceeds from the Garden Party support Cancer CAREpoint’s programs for cancer patients and family members in our community.