Local hospitals affirm support for cancer patients

This summer the CEOs of 11 local hospitals took the unprecedented step of joining with Cancer CAREpoint and the Santa Clara County Medical Association to jointly acknowledge the value of non-medical support services for cancer patients and their families. It was the latest step in the ongoing collaboration between Cancer CAREpoint and the medical community, including joint programs with El Camino Hospital, Palo Alto Medical Foundation, Santa Clara Valley Medical Center and Stanford Health Care.

The value of support services was highlighted by the medical community in the groundbreaking Commission on Cancer's report “Cancer Care for the Whole Patient: Meeting Psychosocial Health.” This report concluded that “it is not possible to delivery good quality cancer care without addressing patients’ psychosocial health needs,” and it recommended that all “patients with cancer and their families should expect and receive cancer care that ensures the provision of appropriate psychosocial health services.” This impressive affirmation was organized by Cancer CAREpoint Founding Director Gay Crawford, who presented the idea to the Hospital Council of Northern and Central California.

Latest research demonstrates support value

The latest research from the National Institutes of Health continues to demonstrate what many other studies have discovered over the past two decades—cancer patients generally do better if they have social support.

Five physicians from the National Institutes of Health in the U.S. and the University of Oxford in U.K. collaborated on a research project to investigate if social support and interactions with other patients affected the likelihood of a cancer patient reaching the five-year survival milestone.

The article in the journal *Network Science* referenced previous studies found that cancer patients with stronger social networks may live longer. In this new study, researchers found there was a correlation among the health outcomes of patients who received chemotherapy alongside others in a hospital setting.

The new research is unique because it focused on social interaction in a hospital setting, whereas previous studies were conducted outside the chemotherapy ward. The results of the new research showed that the connection between a cancer patient and cancer survivor during chemotherapy can positively impact the health outcome of the cancer patient; this has strong implications for maximizing social interactions of patients undergoing chemotherapy to possibly improve survival rates.

“I have witnessed the positive effects of social support during treatment on numerous occasions in my practice as an infusion nurse.”

—Jennifer Landes, BSN, RN, OCN, Oncology Nurse
The Best of Community

Excerpts from remarks at the annual Garden Party

Ask any group of people about cancer—male or female, immigrant or native born, Democrat or Republican, rich or poor, in San Jose or Palo Alto—and you will get the same overwhelming response. Everyone knows someone who has had cancer. The things that divide us fall away in the face of cancer. Cancer is the great equalizer.

We see this every day at Cancer CAREpoint when someone walks through our doors. What matters is not who they are but what they need after being diagnosed with cancer.

Cancer CAREpoint was started by people in this community to serve people in this community. We remain the only community-based organization in Silicon Valley that provides a wide range of support to all cancer patients and their families, no matter the type of cancer, which doctor or hospital provides treatment, or insurance status.

From my perspective, this is a demonstration of community at its best. Despite our differences, all of us are united by a commitment to support cancer patients and their families and a desire to make a difference in their lives. The incredible generosity of this year’s Garden Party guests and hosts Jim and Gretchen Mair—which raised a record-breaking $780,000!—will help us provide thousands of people with the support they need following a cancer diagnosis.

United together. Caring together. Making a difference... together.

Rob Tufel, MSW, MPH
Executive Director

You don’t want to miss these exciting events

BRA Day—Thursday, Oct 12
Join Dr. Kamakshi Zeidler at Hotel Valencia in Santana Row for the 6th annual Breast Reconstruction Awareness (BRA) Day. The educational family event is 6-8 p.m. and will benefit Cancer CAREpoint. It includes new information on breast reconstruction options and the always-fun bra decorating contest judged by Brandi Chastain and Dr. Pamela Munster. To purchase tickets and to enter the bra decorating contest, visit https://cancercarepoint Braday2017.eventbrite.com.

Veggielution Community Harvest Celebration—Saturday, Oct. 21
Visit the Cancer CAREpoint information table and cooking demonstration during this family event, 9 a.m.-5 p.m. at the Veggielution Community Farm, 647 E. King Rd., San Jose.

Closet Cleaning for Cancer CAREpoint—Saturday, Nov. 4
Get ready for the holidays by cleaning out your closets and donating clothes, household goods, toys and sporting equipment to Cancer CAREpoint. Drop off your donations between 10 a.m. and 1 p.m. Watch the Cancer CAREpoint Facebook page and website for more information.

Hockey Fights Cancer Night—Saturday, Nov. 18
Join the National Hockey League and San Jose Sharks to raise awareness and funds for Cancer CAREpoint through ticket sales and the silent auction of autographed custom Sharks’ jerseys. Visit Cancer CAREpoint’s website to find out more and to purchase tickets.
Cancer patients often describe their diagnosis as turning their life upside down. That was certainly the case for the Saul family when Kevin Saul was suddenly diagnosed with a rare, aggressive form of cancer that would take his life in just 15 months. Throughout this time, Cancer CAREpoint was a source of strength for the entire family—Kevin, his wife Shari, and their three children Bode, Jack and Megan.

“We lived in a state of limbo,” said Shari. “Our lives revolved around chemo schedules, blood and platelet counts and what the next scan might show. Kevin was focused on getting better, and I had to juggle the kids and house and work very hard to make sure our children’s lives remained as normal as possible. This is not a way for anyone, let alone a young family, to live. Cancer CAREpoint was a source of support for the entire family.”

Kevin found solace in talking with the staff at Cancer CAREpoint because he felt they, more than anyone, understood what he was feeling. It was the only “cancer” place he would go, according to Shari. Toward the end of his life, the Healing Touch appointments at Cancer CAREpoint were the only time he would leave the house.

Shari relied on Cancer CAREpoint for support in her demanding role of caregiver. “I have amazing family and friends that dropped everything and were there for us,” she said. “Still, none of them could truly understand the toll the cancer journey takes on the patient, the family and the caregiver. At Cancer CAREpoint, I could be sad, I could be exhausted, and I could let down my guard.”

The Saul children also found comfort at the Cancer CAREpoint support group for children and teens. Since Kevin’s death, the children have honored his memory by volunteering at fundraising events to raise money for Cancer CAREpoint programs, and Shari and daughter Megan shared their family’s story at this year’s Garden Party.

“Cancer CAREpoint played, and continues to play, an integral part in helping our family to heal,” Shari said. “Cancer CAREpoint is truly an amazing organization that fills a desperate need for cancer patients and their families. Cancer is not a club we would have chosen to join, but through it—with Cancer CAREpoint’s help—we have grown more resilient and realized the strength we each possess. This new normal has become our new reality. We are thriving despite the unthinkable.”

More ways to move and get active

Because of the growing popularity of Cancer CAREpoint’s physical activity programs, we have added nine more class sessions each month.

Yoga is now available Wednesdays and Thursdays at 8:45 a.m., Gentle Movement is offered Wednesdays at 10:30 a.m. and 12 noon, and the Finding Balance is now scheduled twice a month on Thursday at 11 a.m. Qigong continues to be presented on Wednesdays at 3:30 p.m.

For more information or to register for any of these classes, call 408.402.6611 or email info@cancercarepoint.org.

Do you live at The Villages?

A General Support Group for cancer patients and survivors begins Oct. 5 at The Villages in San Jose. It will meet the first Thursday of every month, 10-11:30 a.m. For information or to register, call 408.402.6611 or email info@cancercarepoint.org.
The garden of Gretchen and Jim Mair’s historic Saratoga home was filled with almost 400 community and business leaders who came to the annual Garden Party to support the programs and services of Cancer CAREpoint. And support they did! A record-shattering $780,000 was raised on one August afternoon to help local cancer patients and their families.

Speakers at the pre-party included Presenting Sponsor Linda Lester of Lester Square in Los Gatos and Dr. Kamakshi Zeidler, a Cancer CAREpoint Board Member.

The success of the event is a tribute to everyone involved—the Garden Party Committee, sponsors, donors, guests and staff. Thank you to everyone for recognizing the difference Cancer CAREpoint is making in this community and helping to ensure our services will continue to be available to anyone who needs them.
There is an art to medicine as well as science. Warmth, sympathy and understanding may outweigh the surgeon’s knife or the chemist’s drug. It forms the foundation of how I approach patients as a plastic surgeon, and it is the reason why I am so grateful that Cancer CAREpoint exists and why I support this amazing organization year after year.

—Kamakshi Zeider, MD
Garden Party sponsors & donors, continued

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“Our success in caring for cancer patients and their families is due to the generosity of our community. Thank you!!”

— Board Chair Allison Jones Thomson

A special thanks to local hospitals for their support!

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El Camino Hospital
Kaiser Permanente
O’Connor Hospital
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Stanford Health Care
Valley Medical Center Foundation

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Elvis is in the house:
Executive Director Rob Tufel

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Making the right choice for you
My Breasts, My Choices presentation on Oct. 30

“Should I get breast reconstruction surgery?”
“Will reconstruction interfere with treatment?”
“What are the pros and cons of doing it the same time as my surgery?”*

Cancer CAREpoint often has inquiries about whether a woman should pursue breast reconstruction post cancer treatment. This program, “My Breasts, My Choices” on Monday, Oct. 30, is designed to provide information on a variety of options and questions to consider before making the right decision for you.

The presentation will be made by Dr. Vera Packard, Director of the Lazarex Cancer Foundation, and Marita Trobough, owner of The Next Step Boutique. It is scheduled for Monday, Oct. 30, 6:30 p.m. at the Cancer CAREpoint Resource Center.

Topics will include questions to ask your doctor about reconstruction, such as timing (how long your body needs to heal), scarring, lack of sensation, complications from surgery, length of recovery and pain. Alternatives to reconstruction—using prosthesis or form, going flat—will also be covered.

Products for women who are dealing with breast cancer surgery will be showcased, including different kinds of breast forms, prostheses, bras, camisoles, swimsuits, etc.

Space is limited and advance registration is required. Call 408.402.6611 or email denise@cancercarepoint.org to reserve your space.

* Questions developed by the American Cancer Society. For additional questions visit their website, www.cancer.org.

Give joy and give back with a gift to Cancer CAREpoint

Experience the joy of the holiday season by supporting Cancer CAREpoint with a year-end gift to help people in our community whose lives are impacted by cancer. There are many ways to contribute, and all will provide support to people in need.

Tribute Donations/Honorariums
The holidays are a wonderful time to make someone feel special by making a gift in their name to Cancer CAREpoint. Go to CancerCAREpoint.org/donate and click the Donate button on the left to donate online through our secure portal. We will send a note to the person you designate, acknowledging your special donation in honor or memory of a friend or loved one.

Shopping
Glassybaby: Glassybaby donates 10% of your purchase price of the “Hugs” votive to Cancer CAREpoint. Visit their store in the Stanford Mall in Palo Alto or go to Glassybaby.com/hugs.

Donate Stock
A contribution of stock or securities is an excellent way to support Cancer CAREpoint and receive significant tax benefits. To notify us of your donation, please contact Dawn Hogh at 408.402.6284 or dawn@cancercarepoint.org.

Planned Giving
Make Cancer CAREpoint a part of your plans for the future. For more information, please contact Dawn Hogh at 408.402.6284 or dawn@cancercarepoint.org.

Vehicle Donation
Donate your used car, truck, boat, RV or motor cycle. Running or not, it’s tax deductible. Visit www.cancercarepoint.org/donate or call 1.888.686.4483.

All donations stay local and provide support for people in our community.
Our Community Cares

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

About 900 children and adults participated in the 5th annual **Wipeout Cancer Sports Day for Charity** in July, benefiting Cancer CAREpoint and Wipeout’s Sports Day for Kids Living with Cancer event. Special guests were **Dave “The Godfather” Campbell** and **Alex “American Ninja Nerdier” Krumland** from the TV show American Ninja Warriors. There were volleyball teams, bicycle rides and a fun obstacle course for children ages 4 to 12. Thank you, **Caroline Lee**, for using your personal cancer story as the launch pad for this tremendous community activity.

**Agnes Gregorian** learned about Cancer CAREpoint services at the June Summit League Luncheon and quickly organized two **Women Dancing for Women** for Cancer CAREpoint events in July. Thank you, ladies, for kicking up your heels in support of Cancer CAREpoint!

**GRANTS!** A big thank you to the organizations that recently awarded grants to Cancer CAREpoint: **Stanford Cancer Center** for our survivorship program; **El Camino Hospital** for our nutrition program; **McKesson Foundation** for outreach and our support programs in East San Jose; and the **Episcopal Church Women of St. Andrew’s** for our Family CARE program.

Cancer CAREpoint on the radio! Listen to **Executive Director Rob Tufel** talk about cancer on **KQED Radio** at **www.cancercarepoint.org/announcements**
The 60th anniversary celebration of the Summit League, one of Santa Clara Valley’s oldest and most prestigious women’s philanthropic organizations, raised $130,000 to support Cancer CAREpoint. “It is so gratifying to know that the generosity of our members and guests will help this important organization continue to provide much-needed services,” said Tricia Niederauer, President of the Summit League.

Representatives of the Intero Foundation visited the Cancer CAREpoint Resource Center to present a $15,000 grant in support of the Family CARE program. This unique program is designed for families with children when a parent has been diagnosed with cancer. It helps young children and teens—and their parents—better cope with the emotional trauma of a cancer diagnosis.

Yoga instructor Lindsey Kolb raised funds for Cancer CAREpoint through the workshop she led to complete 500 hours of yoga training. The title of the workshop was “No Mud, No Lotus—Finding Your Compassionate Practice.”

Volunteer Paul Gardner and Executive Director Rob Tufel helped get the word out about Cancer CAREpoint services at the El Camino Hospital Men’s Health Fair, a special community event providing education and resources for men.

Representatives of Sports Basement presented a check for $2,295 to Cancer CAREpoint for being a Basementeer Charity Partner. Sports Basement funded the donation based on 10% of the profits form purchases made by Basementeer customers who designated Cancer CAREpoint as their favorite nonprofit.

Take Note!

- If you’d like to have Cancer CAREpoint speak to your organization or group about our services, please contact Dawn Hogh at 408.402.6284 or dawn@cancercarepoint.org.
- If you’d like to organize an event to fundraise for Cancer CAREpoint, please contact Ariane Chapple at 408.402.6285 or ariane@cancercarepoint.org.
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Cancer CAREpoint Resource Center
2505 Samaritan Dr., Bldg. 400, Suite 402
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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.

www.cancercarepoint.org

Local hospitals affirm support for cancer patients

The following hospitals and organizations join with Cancer CAREpoint in recognizing the value of non-medical support services for cancer patients and their families.

- El Camino Hospital
  - Dan Woods
  - CEO
- Good Samaritan Hospital
  - Joseph DeSchryver
  - CEO
- KUPPERMANTE, San Jose
  - Irene Chavez
  - Sr. Vice-President
- KUPPERMANTE, Santa Clara
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- Regional Medical Center
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- Santa Clara County Medical Association
  - William Parrish
  - CEO
- St. Louise Regional Hospital
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  - CEO
- STANFORD HEALTH CARE
  - David Entwistle
  - CEO

Our services
- Private Counseling
- Nutrition Classes
- Therapeutic Massage
- Yoga/Exercise
- Guided Imagery/Meditation
- Support Groups
- Wig Bank
- Healing Touch
- Family CARE Program
- Survivorship Program
- Resources and Referrals