Living & Thriving with Grace

With the amount of laughter coming from behind the closed doors of “Living & Thriving With Grace,” you might never guess that this is a support group for individuals experiencing a recurrent or metastatic cancer. How can they be so joyful?

It turns out there are many reasons why cancer patients have less to fear if they are among the 20% of people who will be diagnosed with metastatic cancer this year. Patients whose cancer has returned or spread to other parts of their bodies are living longer and with fewer debilitating side effects. A just-released study conducted by the National Cancer Institute, for example, reports there are more than 150,000 women in the U.S. living with metastatic breast cancer—and their median and five-year survival rate is improving.

A more hopeful future

With emerging targeted therapies, drug combination trials, new surgery options and radiation treatments, doctors today can offer cancer patients with metastatic disease a more hopeful future.

Separate from their physical well-being is the very important issue of the psychosocial health of individuals who are experiencing cancer for a second or third time, or whose cancer has spread. With metastatic cancer now being treated as a chronic condition (something to be managed, not cured), these individuals need help to determine how they are going to live as well as possible, for as long as possible.

“Patients are looking for information on how to move forward and live life fully with cancer,” said Amy Goldsbury, MSW, one of Cancer CAREpoint’s social workers who created the “Living & Thriving With Grace” support group in response to requests from patients. “My goal is always to offer a safe space where they can come as they are, share openly and feel supported.”

Research shows real benefits to group support. Two trials conducted at six cancer centers in Canada found that supportive-expressive group therapy helped patients adjust to their illness and enjoy a more positive mood and feelings of self-esteem—core elements of quality of life.

The support group allows patients with recurrent or metastatic cancer to be candid about their fears and negative

— continued on page 2
Changing needs of cancer patients

My grandmother always used to tell me “when you have your health, you have everything.” I thought of this saying when I read the *Annual Report to the Nation on the Status of Cancer for 1975–2014*. This report is probably not on most people’s reading list, so let me sum up why it is so significant.

According to the report, “cancer survival rates for all cancers combined have been improving since 1975”—pretty amazing news. It shows in charts and figures what we have been seeing at Cancer CAREpoint—thanks to new, better treatments, more people are surviving their cancer. Surviving cancer means that patient and family members profoundly understand why having your health means that you have everything.

A call to action

This report is important not just because of the positive news it provides but because it is also a call to action. Being truly healthy means focusing on all aspects of health—all the personal, social, economic, and environmental factors known collectively as “determinants of health.” Along with improved survival times, cancer patients now experience new needs once their treatment is over.

Medical institutions and nonprofit organizations like Cancer CAREpoint must take the lead in developing programs that meet these changing needs. I am proud that Cancer CAREpoint has been at the forefront in creating a special program focused on cancer survivors. We started by pilot-testing the program in our Cancer Resource Center but have since expanded and offered it at leading medical institutions—El Camino Hospital, PAMF, and Stanford Health Care. Over the past two years, more than 150 cancer patients have participated in our unique eight-week program developed right here at Cancer CAREpoint.

This program would have been impossible without the financial support of individuals and businesses in our community, and for that I thank you. Cancer CAREpoint, along with cancer patients and their families in our community, will continue to advocate for care that addresses all aspects of a patient’s health.

Rob Tufel, MSW, MPH
Executive Director

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Living & Thriving with Grace, *continued from page 1*

emotions because they are talking to people in a similar situation who understand what they are thinking and feeling.

“They have the freedom to bring up topics and say things out loud they never have before,” Amy said. “They can speak their truth. Nothing is off the table.”

Amy said she is impressed by how easily group members relate to one another since their paths probably would never have crossed if it weren’t for cancer. Ranging in age from a young mom to grandmothers and “everything in between,” they also vary in ethnicity, gender, backgrounds and life experiences. Some are newly diagnosed with recurrent or metastatic cancer, others having been on maintenance treatments to keep their cancer stable or at bay for years.

“People in the group form strong bonds and friendships,” Amy said, “and it takes some of the burden off of family and friends to provide all of the support.”

Whether the support group session starts with someone sharing good news or bad, the discussion always has an uplifting message and a reason to find humor. “Their laughter is a way to cope and find strength,” Amy said. “I’m inspired every second I’m with them.”

Cancer CAREpoint Helpline

Call us today at 408.402.6611

The Cancer CAREpoint Helpline is a resource for the cancer community to inquire about supportive services in the Bay Area.

Our skilled and caring professional social workers are ready to talk to you.
Join us for the Garden Party of the year!

Gretchen and Jim Mair have invested a lot of time and energy in transforming their 1870s Los Gatos home, including its 2.5 acre yard, since they moved there 40 years ago.

The stunning garden and poolside courtyard will be the site of Cancer CAREpoint’s annual Garden Party on Sunday, Aug. 27, when more than 300 community and business leaders come together to help cancer patients and their families.

“So many of our friends and loved ones have had an experience with cancer, we wanted to support an organization we both truly believe in—Cancer CAREpoint,” said Gretchen.

The Mairs met at University of the Pacific and married after college. Both attended graduate school—Jim at Santa Clara University and Gretchen at San Jose State University. She taught school until her two daughters arrived when she became a full time mom and community volunteer. Jim built an impressive career in industrial and commercial real estate, culminating with the launch of his own company, South Bay Construction and Development. The company split into two divisions and he now runs South Bay Development. This year he was selected for the NAIOP Silicon Valley Developer Hall of Fame.

“We have been very fortunate and like to give back to the community,” Gretchen said. “I’m looking forward to an afternoon of reconnecting with old friends and making new ones while supporting the work of Cancer CAREpoint.”

Tickets and Sponsorships

Tickets and sponsorships are now available for the annual Garden Party. If you are interested, visit cancercarepoint.org and click on “events” for details. The 2016 Garden Party was a sell-out, so act fast!

5th Annual Sports Day for Charity
Benefiting CancerCAREPoint

Saturday, July 29
Grass Volleyball • Kids Obstacle Course • Bike Rides for All Levels
Cabrillo Middle School • 2550 Cabrillo Ave. • Santa Clara
Register Now at wipeout-cancer.org
Serving more cancer patients in East San Jose

Cancer CAREpoint is continuing to expand its bilingual services to residents of East San Jose through collaborations with community and faith organizations.

After piloting nutrition classes in English and Spanish at St. John Vianney Catholic Church last year, Cancer CAREpoint returned to the eastside to offer a nutrition class in Spanish at Our Lady of Guadalupe Church that drew 35 participants. The event was so well received, parishioners requested that Cancer CAREpoint return every month for an educational presentation of interest to cancer patients and their caregivers. Cancer CAREpoint also presented a nutrition session to English as a Second Language students at Grail Family Services and held a Wig Bank at Santa Clara Valley Medical Center to provide two dozen cancer patients with free wigs.

Maria attended one of the nutrition programs with her mother, Consuelo, an 86-year-old widow and lung cancer survivor. Although she is cancer-free now, Consuelo is still concerned about recurrence and her family wants her to stay healthy and strong.

“The typical Mexican diet is loaded with simple carbohydrates and unhealthy fats, with minimal focus on healthy vegetables,” Maria said. “It is challenging to change eating habits steeped in culture since eating those foods provides comfort and familiarity.”

“The cultural relevance of examples of foods and scenarios used in the class made it meaningful and enjoyable for her. Thanks so much for bringing this wonderful service to the community,” she said.

Participants in the Spanish language nutrition programs take home budget friendly recipes that are tasty and nutritious for the whole family. They also receive gift cards donated by Safeway, and “veggie vouchers” that can be used to obtain organic fruits and vegetables grown by Veggielution at Emma Prusch Farm Park on King Road.

For more information on Cancer CAREpoint’s services in East San Jose, contact Cecilia Carranza, Client Care Manager, at Cecilia@cancercarepoint.org or 408.402.6287.

“Five to Thrive” nutrition series debuts this summer

Five to Thrive,” a five-part nutrition series focused on five healing nutrition strategies, starts this summer at Cancer CAREpoint and repeats through August. The series consists of 1) Cancer Healing Diet—The Basics, 2) Strengthen Digestion and Improve Elimination, 3) Balance Blood Sugar, 4) Boost and Balance the Immune System, and 5) Manage Fear and Anxiety—Get Better Sleep. Classes are held Monday from 12 noon to 1:30 pm. For specific program information, please visit our website, cancercarepoint.org. Advance registration is requested by calling 408.402.6611.

Two other nutrition classes also take place on Mondays. “Nutrition Tips to Stay Strong During and After Treatment” is offered 2–3 p.m. and a special topics nutrition class is available 3:30–4:30 p.m. For specific program information, please visit our website, cancercarepoint.org. Advance registration is requested by calling 408.402.6611 or email info@cancercarepoint.org.

The emphasis in all of Cancer CAREpoint’s nutrition classes is on giving cancer patients and caregivers understandable information, practical tips, recipes and encouragement. Each session is interactive with plenty of time for questions.
Boulder Ridge Golf Club was the setting for the 3rd Annual Cancer CAREpoint Golf Tournament on May 8 when 104 golfers teed off to raise funds for Cancer CAREpoint services. The tournament raised more than $80,000, exceeding the committee’s goal.

Special thanks to Paul and Charmain Gardner who created and chaired the event in honor of their son who they lost to cancer. We also want to acknowledge the hard work of committee members Gary Olimpia, Randy Walden, Dan Kennedy, Sally Jones, Mike Culcasi, and Sandi and Jack Frazer to create a fantastic experience for the participants and a great outcome for Cancer CAREpoint. Thank you to Gary Scott Thomas, KRTY morning show host, who served as our emcee, and to our many wonderful volunteers and supporters.

A hole-in-one for Cancer CAREpoint—new record set!

3rd Annual Cancer CAREpoint Golf Tournament

Sponsors
Jack and Lorrie Cuthbert
Darling-Fischer Family Mortuaries
Fix Auto
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Thank you from

Gary Olimpia, Barry Ludwig, Kyle Olimpia, and Terry Rose
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.

Board member Theresa Bumb and her husband, Brian Bumb, hosted a “friendraiser” for Cancer CAREpoint at their home featuring a concert by Carnegie Hall pianist Katya Grineva. Katya has donated her musical talents many times to events that support Cancer CAREpoint during her visits to Silicon Valley, including her annual “Champagne, Chopin and Chocolate” concert in May organized by Gay Crawford, Cancer CAREpoint Founding Director.

The San Jose Earthquakes showed their support of Cancer CAREpoint big time when they displayed a donation on the Jumbotron during the April 8 game. Fans also had access to information about Cancer CAREpoint services.

Students from the Homestead High School Cancer Society presented a $600 check to Cancer CAREpoint Executive Director Rob Tufel, the results of two events, a cancer walk and yoga night, held on campus.

With deep appreciation, we thank the following entities for their support of people in our community whose lives are touched by cancer:

- Adobe Systems, for its grant to support our nutrition education programs
- The 1440 Foundation, for its grant for programs
- Santa Clara County Medical Association, for its support of Guided Imagery

The Los Gatos chapter of Boys Team Charity, a volunteer service organization to involve young men in philanthropic projects in their community, sold pink tie-dyed socks to raise money to purchase scarves for the Cancer CAREpoint Wig Bank. The young men selected the scarves that they purchased with their fundraising and delivered them to Cancer CAREpoint.
The Santa Teresa Women’s Golf Club did it again! The members raised $5,500 to support Cancer CAREpoint services at its annual tournament. Special thanks to Cathy Priest for her leadership and organization of another successful event.

A charity shopping day at Talbot’s at Westfield Valley Fair generated more than $200 for Cancer CAREpoint.

You made the match! Thank you to our awesome supporters who matched the Sobrato Family Foundation grant. Through your generosity, Cancer CAREpoint will receive $15,000 from the Sobrato Family Foundation.

Every day 28 people are diagnosed with cancer in Silicon Valley.

Thank you to the CFO team of Maxim Integrated who spent a day at Cancer CAREpoint making chemo blankets for cancer patients to help them be comfortable during long hours of treatment.

Thank you to Jack Saul who generously donated his Bar Mitzvah money gifts to Cancer CAREpoint. With him are his mom, Shari, and sister Megan who will be speaking at this year’s Garden Party on Aug. 27.

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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.

Making a difference in our community
One of Santa Clara Valley’s oldest and most prestigious women’s philanthropic organizations, Summit League, celebrated its 60th anniversary with “A Day in the Garden with Friends,” a luncheon to benefit Cancer CAREpoint.

More than 300 guests enjoyed a beautiful afternoon at the Los Gatos home of Lynn and James O’Brien and a program that featured NBC Bay Area news anchor Laura Garcia-Cannon as the emcee and Terry Curtin, Director of Global Marketing for DreamWorks Animation as the keynote speaker. Many thanks to event co-chairs Chris Gomo and Jemma Jack, cancer survivor Ann Marie Bongiorno for her moving and inspirational speech, Summit League President Tricia Niederauer, and all of the Summit League members and friends for their outstanding support. A Day in the Garden with Friends was a fabulous success, raising significant funds to support Cancer CAREpoint programs.