Are Survivors Getting the Support They Need?

In the survey, 71% of cancer patients reported not receiving a Survivorship Care Plan, as was recommended in the IOM report, outlining the guidelines for maintaining and monitoring their health. In addition, during their first year after treatment, 41% of respondents reported receiving zero or only one or two incidences of supportive follow-up care related to ongoing survivorship issues. In fact, a majority of respondents reported receiving support primarily from family and friends.

Both the survey results and the extensive comments of respondents indicate that cancer survivors in Silicon Valley are not getting the support they need once they complete active treatment. Many local survivors are dealing with anxiety, depression, and other psychosocial issues and side effects related to their diagnosis that are disrupting their quality of life. Also, the financial impact of a cancer diagnosis is especially profound in Silicon Valley due to the high cost of living.

Because cancer disproportionately impacts older adults, there will be an even greater burden on those survivors and their caregivers in the future. Approximately 87% of cancer survivors in the United States are age 50 and older. Because Silicon Valley has a growing senior population (over age 60), we can anticipate a similar increase in cancer incidence and survivorship in the coming decades among this population.

Under the status quo, it is apparent that Silicon Valley, a resource-rich region, is neither prepared nor able to handle the influx of cancer survivors. In response, Cancer CAREpoint is expanding efforts to reach and provide support to cancer survivors. To that end, Sheryl Brown, a cancer survivor herself, has been appointed the Cancer Survivorship Project Director. “Our goal is to help survivors honor their cancer experience but not let it take over the rest of their lives,” said Sheryl.

Coalition to Be Formed

In order to focus on developing a comprehensive and cooperative approach, Cancer CAREpoint is launching the “Cancer Survivorship Coalition of Silicon Valley.” This will bring together members of local medical institutions, the Santa Clara County Health Department, community-based organizations and elected officials to address the needs of the...
A Different Perspective: A Message from the Executive Director

Have you seen our recent banner on Highway 85? We have been getting a lot of different reactions! That banner is part of Cancer CAREpoint’s ongoing plan to reach more Silicon Valley cancer patients, survivors and family members to let them know about our support programs.

The idea for the banner came from a conversation I was having with some cancer patients about the traffic congestion in our area and often how difficult it is for them to get to their medical appointments or support services. I am sure you have heard those conversations as well. Traffic, like the cost of housing, is an ongoing topic of discussion in the Bay Area. As we continued to talk, someone said, “Traffic may be bad, but it’s not as bad as cancer!”

The reality is that a cancer diagnosis puts everything else into perspective. What may have seemed important before suddenly takes a back seat. Personally, whenever the little things in life overwhelm me, I think about my own diagnosis 30 years ago, and it immediately changes my viewpoint.

The cancer community has demonstrated incredible creativity and determination in developing ways to raise awareness about the impact of a cancer diagnosis and has often pushed the envelope to get attention. As Cancer CAREpoint increases our outreach with the goal of reaching everyone in Silicon Valley impacted by cancer, we are looking for creative ways to spotlight the support patients, survivors and families need. What would you put on a banner for us? Email me at rob@cancercarepoint.org and let me know. Who knows? The next time you are stuck in traffic, you may just see it on Highway 85.

Rob Tufel, MSW, MPH, Executive Director

Are Survivors Getting the Support They Need? — continued from page 1

growing number of cancer survivors in our community. Raising awareness along with the development of new programs now can help prevent an area-wide crisis. As a national leader in innovation and technology, Silicon Valley has a real opportunity to lead the way in developing model programs that provide effective and high-quality support and address an issue that impacts so many people here and across our nation.

To read the entire report or for more information about our Survivorship Programs, please visit cancercarepoint.org/our-services/survivorship or call our Community Helpline at 408.402.6611.

Making an Impact

Why does someone join a board? For our newest Cancer CAREpoint Board Member, Annette Lorenz-Hamilton, a retired high-tech professional with over 30 years of experience in senior leadership, it is because she enjoys leveraging her professional skills to give back to the community.

Before joining the board, Annette volunteered at Cancer CAREpoint, driving the selection and implementation of a donor management system and identifying new sources of funding through private foundations. Her passion for Cancer CAREpoint has been greatly influenced by close family and friends fighting their courageous battles with cancer. Annette is an exercise enthusiast who enjoys gym workouts, swimming and hikes in Yosemite. She has two children and enjoys spending time with her husband, family and her grandson.

Medical Marijuana?

Is there a big, green elephant in the room when you talk to your doctor? Marijuana, or cannabis, may be of interest to patients, but they don’t always know how to talk to their doctor or what questions to ask. Research and anecdotal information may highlight the potential benefits of using cannabis, but there is still misinformation about how it can and should be used. Since cannabis has become legal in many states, more patients and survivors are interested in using it to relieve symptoms during treatment and for the lasting effects that many survivors experience. However, the use of cannabis should be discussed with a patient’s medical team so that side effects, health hazards, and potential treatment interactions can be assessed and made clear.

Join us on Thursday, November 15 from 6:30-8:30 p.m. at Cancer CAREpoint for a discussion on cannabinoid therapeutics with Eloise Theisen, MSN, RN, AGPCNP-BC. To register, call 408.402.6611 or email info@cancercarepoint.org. Registration is required as we expect a large response for this program.
My Journey with Cancer
The following is an excerpt from Sandra Rasmussen’s moving remarks at the Cancer CAREpoint Garden Party this past August.

My journey started in April of 2010. I received a call from my OB/GYN and he said that my mammogram results came back and that there was a spot that looked suspicious and I needed to see a surgeon as soon as possible. As I was dialing the surgeon’s number, it felt like I was making an appointment for someone else; this could not possibly be for me! But after I hung up, the shock wore off and the fear set in. I was especially scared and panicked because in 2009, my mother and my sister-in-law were both diagnosed with cancer. Now one more family member was pulled into the battle.

My oncologist determined that I had stage 2 breast cancer. After my surgery but prior to my treatment, I felt like something was not right internally. I thought maybe I was overreacting, but I went to my doctor, and she said, “Let’s do a colonoscopy to give you some peace of mind.”

Sadly, after my colonoscopy, I heard my doctor tell my husband, “We found a mass, and I believe it’s rectal cancer.”

DESPAIR is the only word that comes to mind. All hope was gone for me. I thought it’s all over my body, and it’s going to get me. Did I have one cancer that spread, or did I have two separate cancers? The second option being the favorable outcome. When I went to see my doctor, she said I did indeed have two cancers! As strange as it seems, I felt like a glimmer of hope had come back to me! Maybe I did have a chance to beat this. And, after treatment, I did beat it.

Sadly, after my colonoscopy, I heard my doctor tell my husband, “We found a mass, and I believe it’s rectal cancer.”

"Cancer CAREpoint offers something for everyone. It is a place you can go to when you’re scared. It’s a place of belonging."

What’s New?
Evening Programs: Do you have trouble attending Cancer CAREpoint programs during the day? We’ve heard you and we are adding more options.

In fact, there are several evening programs coming up in November: Talking about Keto and Low Carb Diets—An Evening with a Dietitian on November 8, 6:30-8:30 p.m.; and Post-Surgical Pain, a review of current research and strategies to help you advocate for yourself and explore treatment options, November 12, 6:30-8:30 p.m. Registration is required. Additional topics being scheduled for the future include Problem Sleeping?, complementary and integrative medicine, and trends in dietary science. Check our website for the latest programs, dates and times.

New Support Groups: Additional General, Breast and Caregiver support groups are now open. In September, we offered a 4-part Grief and Loss Support Series, and we plan to offer another in early 2019.

Do you have any suggestions or something you would like to see us offer again? Give us a call, or better yet—come visit! We would love to hear from you. Call 408.402.6611 or email Morrigan Bruce, Director of Programs, at morrigan@cancercarepoint.org.

100 Ways You Can Help
Like many Cancer CAREpoint supporters, Paul King has been touched by cancer—his father is a lung cancer survivor and his mother is currently battling leukemia. So, combining his desire to help cancer patients and to accomplish a bucket-list dream, Paul decided to run the 2019 Zion 100-mile Ultra Marathon—100 mountainous trail miles—to raise funds for Cancer CAREpoint. To accomplish that goal, he is asking for $100 sponsorships in honor of someone impacted by cancer, and he will carry the names of the 100 cancer honorees with him to remember their personal challenges —$100 x 100.

To find out more or to support Paul and honor a loved one, go to cancercarepoint.org/paulking. And, if you’d like to create a fundraiser of your own to support Cancer CAREpoint, please contact Ariane Chapple at ariane@cancercarepoint.org or call 408.402.6285.

Like many Cancer CAREpoint supporters, Paul King has been touched by cancer—his father is a lung cancer survivor and his mother is currently battling leukemia. So, combining his desire to help cancer patients and to accomplish a bucket-list dream, Paul decided to run the 2019 Zion 100-mile Ultra Marathon—100 mountainous trail miles—to raise funds for Cancer CAREpoint. To accomplish that goal, he is asking for $100 sponsorships in honor of someone impacted by cancer, and he will carry the names of the 100 cancer honorees with him to remember their personal challenges —$100 x 100.

To find out more or to support Paul and honor a loved one, go to cancercarepoint.org/paulking. And, if you’d like to create a fundraiser of your own to support Cancer CAREpoint, please contact Ariane Chapple at ariane@cancercarepoint.org or call 408.402.6285.

Like many Cancer CAREpoint supporters, Paul King has been touched by cancer—his father is a lung cancer survivor and his mother is currently battling leukemia. So, combining his desire to help cancer patients and to accomplish a bucket-list dream, Paul decided to run the 2019 Zion 100-mile Ultra Marathon—100 mountainous trail miles—to raise funds for Cancer CAREpoint. To accomplish that goal, he is asking for $100 sponsorships in honor of someone impacted by cancer, and he will carry the names of the 100 cancer honorees with him to remember their personal challenges —$100 x 100.

To find out more or to support Paul and honor a loved one, go to cancercarepoint.org/paulking. And, if you’d like to create a fundraiser of your own to support Cancer CAREpoint, please contact Ariane Chapple at ariane@cancercarepoint.org or call 408.402.6285.
Cancer CAREpoint Raises a Record
$1,000,000 at 2018 Garden Party

The beautiful lawn and gardens of Rocky and Laurie Pimentel’s home were filled with nearly 500 community and business leaders for Cancer CAREpoint’s annual Garden Party to support Cancer CAREpoint’s programs and services, and to celebrate 5 Years of CARE in our Cancer Resource Center. At the end of the day, $1,000,000 was raised to help local cancer patients, survivors, families and caregivers.

Speakers included Lew Wolff, philanthropist, real estate developer, and part owner of the Oakland As and San Jose Earthquakes, Brandi Chastain, World Cup champion and Olympic gold medalist, and cancer survivor Sandra Rasmussen.

This successful event was the culmination of an amazing community effort—the Garden Party Committee, sponsors, donors, guests and staff. Thank you to everyone who supported this year’s Garden Party. Your support ensures that Cancer CAREpoint and its services continue to be available at no cost to anyone in the Silicon Valley impacted by cancer.
Special Thanks to our Garden Party Sponsors & Donors

$50,000+
Jack and Sandi Frazer

$20,000-$49,999
Jon and Paula Ball
Elizabeth and William Cilker, Jr.
Dave and Noelle Henderson
Hugh Stuart Center
Charitable Trust

Norma Navarro, Ralph Borelli

Linda L. Lester
Rocky and Laurie Pimentel
Pine Cone Lumber
Community Partners
Resonance Philanthropies
Steve and Susan Sordello

$10,000-$19,999
Victor and Laura Adint
Janice Berthold, Heffernan
Insurance Brokers
Roy Billings
Borelli Investment Company
Herb and Lynn Brendlen
Brian and Theresa Bumb
The Chambers Family Foundation
Carl and Kathleen Cilker
Jim and Libie Cilker

Steve and Chris Gomo
JBCM Foundation
Rick and Debi Justice
Marlene Kirkorian
Deb Mueller
Dan and Cindy Phillips
John and Sandra Rasmussen
Bob and Jan Scott
Star One Credit Union
SummerHill Homes
Svenson Builders
The Teal Foundation
Euan and Allison Jones Thomson
Don and Julie Tomincasa
Willoughby, Stuart, Bening & Cook
Winterbourne Properties and Investments
The Wolf Family

$5,000-$9,999
Blach Construction Co.
Carol Burnett,
Alain Pinel Realtors, Saratoga
Robert and Ginny Christopher
Darling & Fisher
and Los Gatos Memorial Park EY
Good Samaritan Hospital

Ray and Monica Panek
Mark and Cathleen Petersen
Rosendin Electric
Sainte Claire Custom Homes
Samaritan Medical Center
Charles and Sherry Shepardson
Stanford Health Care
Stella B. Gross Charitable Trust
Mark and Terry Tersini
Kari Wolff
Xilinx
Brendon Zeidler, DDS
and Kamakshi Zeidler, MD

$1,000-$4,999
Gene and Betty Boyd Acronico
Rocco and Margaret Ancona
Argonaut Window & Door, Inc.
Dr. Elizabeth Arias
and Dr. Nathan Standifer
Dan and Mary-Lynne Bainbridge
George and Bernice Bajada
Bay Area Dignity
Memorial Providers
Georgia Bennicas
Dr. R. Laurence
and Maryann Berkowitz
Berliner Cohen LLP
Dr. Carl and Carol Bertelsen

Executive Director Rob Tufel,
Deputy Director Dawn Hogh

Art and Noreen Christopher
Claudia Cilker
Karyn Cilker and Justin Warner
Richard and Vicki Clark
Coldwell Banker
Sandi and Richard Conniff
Mike and Erin Craig
Roy and Gay Crawford
Vince and Linda Marie D’Arpino
Mark and Tammy De Mattei
El Camino Hospital Cancer Center
ELREPCO
Sydney and Mike Ereno
Essex & Drake
Fundraising Counsel
Tom Evan
Rod and Corrine Fabie
Patricia Falconer
Sam and Sarah Farb
Jeff and Peggy Fischer
Scott and Charice Fischer
Brian Friss & Julie Lin-Friss
Samir Gharib
and Stephanie Abuyaghi Gharib
Bruce and Jayne Goldberg
Tom Hamilton
and Annette Lorenz-Hamilton
W. Donald Head, Ph.D.
Old Grandview Ranch
Robert and Janet Higgins
Jack and Polly Hillis
Hoge, Fenton, Jones & Appel
Chris and Dawn Hogh
Hopkins Carley Law Firm
Hospice of the Valley, a Division of Sutter Care at Home
Andrea Ivarsson
and Jerry Houston
Dennis Jarrett
Dr. Richard and Susan Levy
Jim and Susan Lewis
John and Maureen Machado
Dr. Brian and Kristin Maxwell
Chris and Marilyn Nolet
NorthMarq Capital
Helen and Eddie Owen
& Chris and Lisa Marchese
Palo Alto Medical Foundation

Helen & Eddie Owen, Kristin & Dr. Brian Maxwell

David and Megan Bianco
Black Bear Builders
Robert and Brenda Bodnar
BPM
Noah and Lisa Brendlen
Bridge Bank
Thomas Burniece, Ill
and Valerie Norwood Burniece
Fidella Butt, MD
James and Barbara Cilker
and Stephanie Abuyaghi Gharib
Bruce and Jayne Goldberg
Tom Hamilton
and Annette Lorenz-Hamilton
W. Donald Head, Ph.D.
Old Grandview Ranch
Robert and Janet Higgins
Jack and Polly Hillis
Hoge, Fenton, Jones & Appel
Chris and Dawn Hogh
Hopkins Carley Law Firm
Hospice of the Valley, a Division of Sutter Care at Home
Andrea Ivarsson
and Jerry Houston
Dennis Jarrett
Dr. Richard and Susan Levy
Jim and Susan Lewis
John and Maureen Machado
Dr. Brian and Kristin Maxwell
Chris and Marilyn Nolet
NorthMarq Capital
Helen and Eddie Owen
& Chris and Lisa Marchese
Palo Alto Medical Foundation

— continued on page 6
Ray and Stephanie Lane
Bill and Judy Lanfri
Mark LeBlanc
Caroline Lee
Dr. Vincent and Maggi Lepore
LMA Law, LLP
Kelly Lo
Dave & Bette Loomis
Amy McCafferty and Ed Hofer
Merrill Lynch
Mill Creek Residential Trust, LLC
Tom and Becky Moore
O’Connor Hospital
Marcelo & Cristiana Oliveira
John and Cheri O’Neill
Caterina and Don Peterson
Bryan and Anne Polster
Archana Rao
Chuck and Paula Reed
Marianna and Wil Samson
San Jose Water Company
The Schoennauer Co.
Bryon and Andrea Sheets
Larry and Cheri Silveira
Cathy Smith
Donna and Fulvio Spagna

Vince and Dina Sunzeri
Tech CU
James Thomas
Rob Tufel and Michael Sasso
Maya Tussing
VMC Foundation
Randy and LuAnn Walden

Danny Alaniz and Paul Gentille
Diane and Peter Geschke
Amra Hadzic
John and Michelle Hansen
Larry and Jackie Hester
Scott and Meg Holt
Andrea Ivarsson
and Dr. Bryan Kolozsi
Susan Karlins
Jim and Sylvia Katzman
Dan and Denise Kennedy
Khachik and Adrienne Khachatouryan
DeeDee and Kurt Kiesow
Nanette Kinkade
Dr. Harvey and Elaine Knoernschild
Glynn Lewis
Matteoni, O’Laughlin & Hechtman
Bill and Sarah McCollam
Tim McNeil
Kathleen Meade

William and Kathryn Walker
Western National Properties
Randi and Jan Willoughby
Fred and Ida Wool
Lourdes and Frank Yashar
Philip and Tessie Young

$500-$999
Phil and Victoria Adams
Mary Sue Albanese
Karla Albright and Chris Burkhart
Terry and Carol Austen
Erin Baxter
Paul and Peggy Bowen
Michael and Sharon Braden
Patrick Bumb
Meredith Cilker
and Jason Bordona
Faustine and Curt Comstock
Ray Cosyn and Paula Cappello
Scott and Sue Cozzo
Dave and Jean Davis
Alexandra Duran
Stephen and Lynn Fisher
Shari and Jim Dorrian
Mike and Pam Foley
Cathy Galusha

Nivisha and Manish Mehta
Michael Messinger
Dave and Lynn Mitchell
Cindy and John Monroe
Jeff and Heather Morse
James and Sue Murphy
Gary and Nancy Olimpia
Nathan Opheim
Richard and Carol Peske
Katie Pimentel
Michael and Carol Pliner
Teresa Powell
Ali and Adriana Raissinia
Vandana Rao
Bill and Karen Ries
Jay and Julie Ross
Dan and Debbie Rubnitz
Judy Schebetta
Steve Smith and MarySue Penza
Ervie Smith
Norman and Laurel Snyder
John and Anne Souza
Jake and Heather St. John
Ed Stahl
Rich and Lori Teel
James and Donna Toothman
Angel Vossough

Nicholas and Kendall Welbenbach
Elisabeth Whitney
Jon and Marsha Witkin
Cynthia Worrell

$50-$499
Amanda Altman
Andrew Altman
Mabelle Artz
Richard and Joan Arzino
Geary and Ann Marie Auer
Kelly Avila
Susan Barker
Jim and Dru Barth
Bill and Mary Benson
Pamela and Chris Blackwell
Joan Bose
Sandra Bracke
Lina Broydo
Morrigan and Colin Bruce
Jeffrey and Betsy Bryant
Sally Bryant
Kirt and Brenda Burns
County Supervisor Cindy Chavez
Ed and Judy Chirco
Brian and Jennifer Cilker
Graham and Peggy Crow
Councilmember Devora Davis
Dr. Arthur and Sherri Douville
Celeste Drake
Drummond Peterson Events, LLP
Travis and Barbara Duder
Michelle Edwards

Mike & Margie Blach
Rachel Freeman
Daniel Furtado
Paul and Charmain Gardner
Rebecca Geshuri
Brian and Aletta Godden
Garden Party Sponsors & Donors — continued

Jan & Randy Willoughby

Eric and Melinda Gonzales
Edgar and Barbara Grant
Cindy Gum
George and Georgeanna Hargrove
Kerry and Stacey Harris
Greg and Christie Henderson
Julia Jaroshenko
Sally Jones
Brian Kelly
Councilmember Johnny Khamis
Karen King
King Wealth Planning
Janikke Klem
Des and Susan Knuckey
Michael Kowitz

David and Rocki Kramer
Kira Kruglikova
Linda Lampe
Alan and Ann Lefkof
Luis and Amanda Leon
Nazila Malekpour
J. T. Maximoff
Wade and Janelle Maxwell
Jeff and Sharon McMullen
Raymond and Ann Mirizzi
Josh Moss and Wilson Aguilar
Judy Murray
Thomas Bettencourt
and Heather Murray

Larry Silveira,
Event Chair Sandi Frazer,
Jack Frazer, Cheri Silveira

Joseph & Nicki Parisi,
Pamela & Stan Atwood
Barbara and Bob Namian
Woody Nedom
JoAnne Nelson
Julie Ott
Joseph and Nicki Parisi
Judy Peckler
Julia and Chris Prodis-Sulek
Jeff and Cathy Raice
Krishna Ramachandran
and Riya Sridhar
Chauncey Rasmussen
Bob and Marilyn Reid
Hugh and Kathleen Roberts
Keith and Janine Rocha
Jared and Ami Russell

Eliy Miller, Garrett Wolff Rossi,
Lew Wolff, Kari Wolff

Garden Party Committee

Sandi Frazer, Event Chair
Paula Ball, Auction Chair

Elaine Aviles • Erin Baxter • Barbara Caltagirone
Tricia Casey • Joanne Chambers • Karyn Cilker
Libie Cilker • Erin Craig • Gay Crawford
Corrine Fabie • Lynn Fisher • Paul Gardner
Bobbe George • Donna Gewant • Andrea Ivarsson
Sally Jones • Susan Lewis • Amy McCafferty
Kathleen Meade • Nivisha Mehta • Heather Simmons
Ruth Slynstad • Laurel Snyder
Allison Jones Thomson • Jan Willoughby

Special Thanks

Bobbe George
Bert George, Joseph George Wines
Stephen Guruwaiya, Publisher, Best Version Media
Sal Pizarro, The Mercury News
Jack Rose Libation House
Silicon Valley Business Journal
Boys Team Charity, Los Gatos League

Emily Ruvalcaba
Carol Sandman
Shari Saul
Elizabeth Semichy
Jean Shimoguchi
Seth and Daniela Silverstein
Heather Simmons
Jessica Simmons
Terri Simpson-Tucker
Marlon Smith
Chelsey Souza
Larry and Carmen Stone
Tammy Trapani
Lucy Wedemeyer

Nathan Opheim, Winsor & Nanette Kincade, Cathy Smith

Dr. Fidelia Butt, Kelly Lo, Mayor Sam Liccardo,
Jessica Garcia-Kohl, Caroline Lee, Mabelle Artz
Thanks to our Annual Garden Party Auction Donors

Adriana’s Hair Studio
Aesthetx / Kamakshi R. Zeidler, MD / R. Laurence Berkowitz, MD / Amelia K. Hausauer, MD
Arbonne / Sylvia Judkins
Jon & Paula Ball
Erin Baxter / Rodan & Fields
Big Basin Burger Bar
Big Basin Vineyards
Ralph Borelli
Breathe Together Yoga
Byington Vineyards
The Bywater
Café Sparrow
Café Stritch
Jim & Barbara Caltagirone
Chardonnay Sailing Charters
Charles Krug Winery
Bill Christopher / Christopher Ranch
Craig Cilker & Claudia Cilker
Jim & Libbie Cilker
Karyn Cilker
Cinnabar Hills Golf Club
Classic Car Wash
Cliff Family Winery
Cline Cellars
Clos LaChance
Gay Crawford
Croix
Delight Hair Salon
Direct Travel
Disneyland
Frank & Marilyn Dorsa
Duckhorn Vineyards
Enoteca La Storia
Epicurean Exchange
Equinox / Barry Jackson
Corrine Fabie
Fairmont San Jose
Far Niente
Lynn Fisher
Flight’s Restaurant / Alex Hult
Forbes Mill Steak House
Russ Foster
Four Seasons Resort Maui
Sandi Frazer
Bobbe George
Paul Gentille
Joan Giampaolo / Fifth Avenue Collection Jewelry
Golden State Warriors
The Golf Club at Boulder Ridge
Grill 57 Bar and Restaurant
Katya Grineva
Hahn Family Wines
Stacey Harris
Joe & Yvonne Head
Edna Herman
Ed Hofer & Amy McCafferty
Hong’s Gourmet
Honig Winery
Robert & Gale Houck
I Gatti Restaurant
Inn at Playa del Rey
Inn of Los Gatos
Jacuzzi Family Vineyards
Joseph Phelps Vineyards
Rick & Debi Justice
JP Impressions
Kendra Scott
Dr. Harvey & Elaine Knoernschild
KRTY Radio / Nate Deaton
La Quinta Resort & Club and PGA West
La Rusticana Vineyards
Le Papillon
Loma Prieta Winery
Chef Roger Lu
Colleen Lund
Maker’s Mark Distillery
The Maids Quarters
Manresa Restaurant
Manuels Mexican Restaurant
Margaritaville
Mauna Kea Beach Hotel
Melissa’s Nails
Millbrook Stone
Montalvo Arts Center
Monterey Peninsula Foundation
Monterey Plaza Hotel & Spa
Moore Buick GMC
Judy Murray, CMT
Napa Valley Wine Train
Anne & Rob Naragon
Nick’s Next Door
O’Neill Yacht Charters
Palapas Restaurant & Cantina
The Palms
Palo Alto Hills
Golf & Country Club
Porterhouse Steak House
David Ray HOD
Renata’s Skin Care
Azadeh Riazi
Riva Fish House
Salvestrin Winery
San Francisco Giants
San Jose Police Department
Saratoga Country Club
Saturday Night Live
Brenton L. Saunders
Scott’s Seafood
Pam & John Schaefer
Seascape Golf Club
Severino’s Bar & Grill
Shadowbrook & Crow’s Nest
Silicon Valley Capital Club
Silver Creek Valley Country Club
Sharks Organization
Skin Spirit
Bob & Lisa Skubis / Belgian Diamonds
Soquel Vineyards
Sorelle Italian Bistro
Southwest Airlines
David Stonesifer
Summit Bicycles
John Tagliaferri
Team O’Neill Catamaran
Teel’s Jewelry
Terraniums Uncorked
Euan & Allison Jones Thomson
Tiffany & Co.
Total Wine & More
Traditional Travels
Travel Advisors of Los Gatos
USA Nails & Spa Skin Care
Venge Vineyards
Lynne Wagner
Westin Hapuna Beach Hotel
John Young
End the Year Magnanimously!

As we head into the holiday season, we would like to share the many ways that you can be magnanimous, or generous, in providing support to local cancer patients, survivors, families and caregivers.

Make an IRA Charitable Withdrawal
Annual withdrawals from IRAs are required after age 70½, and normal distributions are taxable as income. However, you can avoid income tax on your required withdrawal by donating your distribution directly to Cancer CAREpoint. Ask your tax advisor about the advantages of direct giving from your IRA.

Request a Corporate Match
Contact your Human Resources Department to discover what programs your employer offers to match your contributions so that your gift makes an even greater impact.

Leave a Legacy
Remembering Cancer CAREpoint in your will, trust or other estate plans will provide continuing funding for personalized support services for cancer patients, survivors and their families in the future.

Donate Stock
A contribution of stock or securities is an excellent way to support Cancer CAREpoint and receive significant tax benefits.

Celebrate a Loved One
Looking for a perfect holiday gift? Make a donation in honor or in memory of a loved one. Go to cancercarepoint.org and click on the orange "Donate" tab to make a donation 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.

Gift a Vehicle
We accept vehicle donations (car, truck, boat, RV or motorcycle). Visit cancercarepoint.org and click on the orange "Donate" tab or call 1.888.686.4483 to arrange your donation and indicate Cancer CAREpoint as the beneficiary.

Questions?
If you wish to discuss your donation options or have any questions, please contact Dawn Hogh, Deputy Director, at 408.402.6284 or dawn@cancercarepoint.org.

Jump-Start Your Taste Buds

For some people, nutrition has been a lifelong passion. For others, nutrition didn’t become important until cancer entered the picture. Cancer CAREpoint’s nutrition classes are specifically focused on topics that may arise as you deal with the physical impact of cancer and cancer treatment. Our nutritionist, Nancy Birang, BS, MT (ASCP), NC, is also available outside of class to help with whatever questions arise. Even better, you don’t have to wait weeks for an appointment—she’s here every Monday!

Check the calendar on our website for current nutrition topics—they change every month—and send us your ideas for new topics! Come by the Resource Center for our Nutrition Q&A on Mondays from 11:30 a.m.—12:30 p.m. or watch online—check our Facebook page for information about our next livestreaming event.

Sexual Intimacy and Cancer

One of our most popular programs was held in September when Dr. Bryna Barsky, Ph.D., gave an informative and uplifting presentation on sexual intimacy and cancer. As a licensed clinical psychologist, sex therapist and couples therapist, Dr. Barsky works with people who have found that they, like many others, need support dealing with the physical and emotional aspects of cancer and the impact of cancer treatment on their intimate relationships. It is often difficult for patients to discuss this with their loved ones and doctors, and they may not know where to turn for support.

According to Dr. Barsky, sexual issues for cancer patients can be caused by both the physical impact of cancer, such as lack of estrogen and testosterone, as well as psychological issues such as anxiety, depression, body image, fear of rejection and self-esteem. Patients and their partners may need time to get used to and take into account the changes that have happened because of cancer. Communication is key.

While this can be a difficult topic for patients and their loved ones to bring up, there is a wide body of literature on sexual intimacy and cancer. In addition, a therapist can help by offering very specific and practical techniques to improve both communication and sexual intimacy.

If you’re interested in attending another workshop on the topic of sexual intimacy and cancer, or if an Intimacy Support Group sounds like something you would like to join, let us know by sending an email to info@cancercarepoint.org or call 408.402.6611.
Cancer CAREpoint in the Community

Cancer CAREpoint strives to bring services into the community as well as to raise awareness so that more patients can participate no matter where they live. If you know of a group that would like to learn more about Cancer CAREpoint, contact Cecilia Carranza at cecilia@cancercarepoint.org or 408.402.6287.

Services for Seniors—Deputy Director Dawn Hogh and Program Director Morrigan Bruce participated in the Santa Clara Senior Health Fair on May 18.

Volunteer Susan Lewis represented Cancer CAREpoint at the Milpitas Senior Health Fair.

Reaching Out to Nurses—Cancer CAREpoint Board Member and oncology nurse Paula Reed, RN, talks about our programs with a group of oncology nurses at the Silicon Valley Oncology Nursing Society Conference.

Woman of Influence—Board Member Dr. Kamakshi Zeidler was honored by the Silicon Valley Business Journal as a Woman of Influence on June 1, 2018.

Founder Honored—Cancer CAREpoint Founding Board Member Gay Crawford was selected from a nationwide pool of applicants as one of two recipients of the 2018 Ellen L. Stovall Award for Innovation in Patient-Centered Cancer Care. The Stovall Award is named for longtime CEO of the National Coalition for Cancer Survivorship, Ellen Stovall, who died in 2016. The Stovall Award is given annually to individuals, organizations or other entities that have played an important role in improving cancer care. Gay will be recognized at the Stovall Award Reception on November 14 in Washington, D.C.

Cancer CAREpoint at Home?

Would you like to attend one of our classes or groups at Cancer CAREpoint but can’t seem to get here for one reason or another? You will be happy to know that we are expanding our online offerings.

Join us on Mondays when we will be livestreaming our Nutrition Q&A from 11:30 a.m.–12:30 p.m. You’ll be able to see and interact with our nutritionist, Nancy Birang, BS, MT (ASCP), NC, and those attending in person. Check our Facebook page for more information! We’ll also be livestreaming some of our seminars and other classes so that you can join remotely. If you can’t tune in, send us an email and we’ll send you the link so that you can see what you missed.

And, don’t forget, our Social Workers are available for phone consultations if you can’t get here to see them. For more information on any of the above, contact us at info@cancercarepoint.org or call 408.402.6611.
Our Community Cares

Thank you to our donors and the many individuals, businesses and community groups who support Cancer CAREpoint and make a difference in the lives of cancer patients, survivors and their families.

Grant Support

- Supervisor Cindy Chavez and the Santa Clara County Board of Supervisors provided funding for both Cancer CAREpoint’s Wig Bank at Valley Medical Center and education and outreach for Cancer CAREpoint’s services to East San Jose.
- The Kaiser Permanente Northern California Community Benefit Programs provided a grant for our mind-body and exercise programs.
- El Camino Hospital, the Heffernan Foundation and the Safeway Foundation provided grants supporting our Nutrition Programs.
- The Santa Clara County Medical Association Foundation provided a grant supporting massage therapy.
- The Stephen J. Flores Memorial Foundation provided a general support grant.

Community Support

Many thanks to the employees of Berliner Cohen for their employee fundraiser benefiting Cancer CAREpoint.

Girl Scout Troop 60562 made Chemo Care bags to deliver to cancer patients undergoing infusion treatment. Pictured here are troop members Amanda Arias, Iona Robinson and Audrey Barbieri.

Many thanks to the generous sponsors of our 4th Annual Golf Tournament:

Black Bear Builders
Jack and Lorrie Cuthbert
Darling & Fischer Family Mortuaries
Glenrock Development
Hensel Phelps
Harold & Patricia Hester Charitable Foundation
Hugh Stuart Center Charitable Trust
Alan & Lori Kessler

Los Gatos Swim & Racquet Club
B.T. Mancini Co., Inc.
Morgan Stanley Wealth Management
Petrinovich, Pugh and Co.
Pfahnl and Hunt Accountancy Corporation
Samaritan Medical Center
Sierra Lumber & Fence
The Toeniskoetters

A big thank you to Lindsey Kolb, Courtney Krishnamurthy and Dana Rysavy for their leadership in organizing Pose 4 a Purpose 2018. And, a special thank you to the following studios that participated: Be the Change Yoga & Wellness, Breathe Together, Om Fairy, Willow Glen Yoga and Yoga @ Cindy’s.
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.

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

cancercarepoint.org

The Sharks Fight Cancer—You Can Too!
What do the San Jose Sharks and Cancer CAREpoint have in common? They are teaming up for Hockey Fights Cancer™ on Saturday, November 17, when the Sharks face the St. Louis Blues. Cancer CAREpoint is selling a limited number of tickets for $100 each. (First come, first served!) Visit cancercarepoint.org and click on "Upcoming Events" for more information and to purchase your tickets. If you attend the game, you will have the opportunity to participate in the silent auction for signed Hockey Fights Cancer™ jerseys worn by the players during practice.

Come out and cheer with Cancer CAREpoint. All proceeds go to support cancer patients, survivors and families in our community!

More Cancer CAREpoint!
Check out the articles in the orange boxes on pages 3 and 10 for more information on new evening and remote access programs.

A local Sharks fan