The Emotional Impact of Cancer

The results of a recently published study in a leading medical journal (Cancer—Chan, Ng, et al. November 2017) concluded that about 10% of cancer patients in the study had symptoms of Post-Traumatic Stress Disorder (PTSD). Some cancer patients and survivors may have seen headlines about the study, such as “Cancer Survivors Often Living with PTSD,” and thought, “Could I have PTSD?”

PTSD is most often associated with soldiers returning from war and active combat. It is defined as a mental health problem that some people develop after experiencing or witnessing a life-threatening and traumatic event. It has very specific and ongoing symptoms.

This study is not the first to look at whether a diagnosis of cancer may eventually result in PTSD. There has been an ongoing conversation in the cancer community about whether having cancer can lead to a clinical diagnosis of PTSD.

In an article published last year (Lancet Psychiatry—Cordova, Riba, et al. April 2017), coauthored by Dr. David Spiegel, a well-known Bay Area physician who specializes in research on the emotional reactions of cancer patients, it was noted that “PTSD is seen in only a minority of patients with cancer.” Those cancer patients who do get diagnosed with PTSD usually have a history of prior trauma or a preexisting mental health condition which a cancer diagnosis can trigger.

The National Cancer Institute concurs that while cancer patients are facing a stressful situation, “most cancer patients are able to cope and don't develop full PTSD.”

This has been the experience of the professional social workers at Cancer CAREpoint as well. Cancer CAREpoint Social Worker, Laura Crutchlow, LCSW, has worked with people diagnosed with PTSD in other settings. From her observations, she related, “The cancer patients I see at Cancer CAREpoint may experience anxiety, which can share some symptoms of PTSD, but their symptoms do not have the duration, intensity and are not as disabling as those of PTSD.”

"Cancer CAREpoint programs may alleviate the common anxiety symptoms experienced by cancer patients by helping them take control of those things they can control."
Our Commitment 5 Years Later: A Message from the Executive Director

Last week I was driving in my car and the Bill Withers song “Lean on Me” came on the radio. I hadn’t heard that song for years. If you don’t know that song, Google it now! You will be humming it for the rest of the day! Perhaps that was why I suddenly heard it in a new way:

Sometimes in our lives we all have pain  
We all have sorrow  
But if we are wise  
We know that there’s always tomorrow

If there is a load you have to bear  
That you can’t carry  
I’m right up the road  
I’ll share your load

The song “Lean on Me” really sums up what Cancer CAREpoint is all about—we provide a place where cancer patients can find support and caring. And, because asking for help can be hard for people in need, we strive to create an environment where patients, survivors and family members feel comfortable enough to do just that—whether through our programs or by meeting other people going through a similar situation. A place where someone can share their load.

From our early days Cancer CAREpoint has embodied that philosophy of being a place where people can come to find support. As we celebrate the five years since the opening of our expanded Cancer Resource Center and continue our growth to reach even more patients and families, there is one thing that will remain constant: our commitment to be a place where people can come to find support because sometimes cancer patients and their families just need someone to lean on.

Rob Tufel, MSW, MPH  
Executive Director

The Emotional Impact of Cancer — continued from page 1

Did you know that over 62% of cancer survivors have ongoing side effects after completing treatment? That is just one of the findings from the Cancer CAREpoint Survivorship Survey sent to cancer patients in Silicon Valley. As part of our effort to increase support for cancer survivors, Cancer CAREpoint is delighted to announce that Sheryl Brown, the current Director of Patient Programs, will be transitioning to a new position at Cancer CAREpoint as our first-ever Survivorship Project Director.

Sheryl has a unique knowledge of the cancer landscape in Silicon Valley as well as a personal perspective on cancer survivorship. “As a three-time cancer survivor, it really resonates with me that Cancer CAREpoint is increasing its focus on cancer survivorship,” Sheryl said. “During my past six years at Cancer CAREpoint, I have met hundreds of cancer survivors and learned about the common challenges that many of us face post-treatment.”

In this role, Sheryl will lead Cancer CAREpoint’s efforts to develop new programs for cancer patients once they complete treatment. She will also work to raise awareness about the specific needs of cancer survivors in Silicon Valley. Stay tuned for our soon to be released report about cancer survivorship in Silicon Valley. For more information about the Cancer Survivorship Program, contact Sheryl at sheryl@cancercarepoint.org or 408.402.6612.

We also welcome Morrigan Bruce, MPA, our new Director of Programs. Please stop by our Cancer Resource Center and say hello to Morrigan or email her at morrigan@cancercarepoint.org.

The State of Cancer Survivorship in Silicon Valley: What’s Next?

To make an appointment with a social worker or to learn more about support programs, visit www.cancercarepoint.org or contact us at info@cancercarepoint.org or 408.402.6611.
**Because Cancer Is Personal**

Rocky and Laurie Pimentel first learned about Cancer CAREpoint when they became caregivers for close friend Dan Brodnik during his battle with cancer. There were so many questions—what do you eat, what should you ask your doctors, what resources are available? Family friend Jan Willoughby, a Cancer CAREpoint Founding Board Member, had shared information about Cancer CAREpoint in the past, but the Pimentels had not needed the services. Caring for their friend, they saw the need. “You have to eat right, know who the best doctors are, what to do after chemo,” said Laurie. “There are so many unanswered questions. Cancer CAREpoint is there to help patients, families and caregivers navigate.”

After having experienced firsthand the need for support services for cancer patients, Rocky and Laurie generously offered to host Cancer CAREpoint’s annual Garden Party at their home on **Sunday, August 26**. Laurie said, “We are hoping for more awareness of Cancer CAREpoint and the services it provides.” She said that both she and Rocky also want to help raise funds so that Cancer CAREpoint can continue helping people, like their friend, who are affected by cancer.

As longtime residents, Laurie and Rocky have been active in giving back to the community, supporting their four children’s schools as well as a number of local charitable causes. In 1997, they purchased their current property, formerly owned by Admiral Charles Lockwood, one of the founders of Monte Sereno. Their home and gardens were inspired by the work of nationally known architect Robert A. M. Stern. Their goal was to replicate his classic home designs with casual garden and outdoor feel—a place where they could enjoy the outdoors with kids, dogs and friends—which they achieved beautifully. They have hosted numerous events at their home, including the weddings of two daughters.

“We built our home to be enjoyed,” said Laurie, “and we are happy to be able to share it to benefit such a critical and needed organization like Cancer CAREpoint.”

**Make Your Mark**

You can make a lasting gift to provide support for cancer patients, survivors and their families in our community. If you’d like to learn more about leaving your legacy by including Cancer CAREpoint in your estate planning, please contact Dawn Hogh at dawn@cancercarepoint.org or 408.402.6284.

**Our Apologies**

We incorrectly listed a donation in our 2017 Annual Report. Our thanks to the Jack G. and Shirley B. Fischer Charitable Trust for their generous donation.

**Do You Need to Talk?**

A diagnosis of cancer can be overwhelming for both patients and their loved ones. It is normal to feel distress and important to seek help. Cancer CAREpoint’s professionally trained, Masters level social workers—(pictured left to right) Amy Goldsbury, MSW; Laura Crutchlow, LCSW; and Debbie Chinchiolo, MSW—have extensive experience and knowledge about cancer. They offer compassion and caring as well as information about resources through individual counseling and support groups. To schedule an appointment to meet with a social worker, call our Help Line at 408.402.6611 or email info@cancercarepoint.org. Cancer CAREpoint’s counseling services are offered at no cost; evening appointments are also available.
**Cancerversary: A Reason to Celebrate**

Cami Hanson was looking forward to her daughter’s wedding about five years ago when she was shocked to learn that she had breast cancer after a routine mammogram. She decided to go ahead with a lumpectomy before the wedding and put off radiation until afterwards. At the same time, she was teaching summer school in Morgan Hill. “I didn’t stop,” Cami shared. “I plowed along through my treatment and my job. It wasn’t until the end of the summer, after I finished treatment, that I fell apart.”

It was only then that Cami recalled a Cancer CAREpoint pamphlet she had picked up in the radiation center waiting room. She had read it and tucked it away thinking she didn’t need “that stuff.” Cami recalled, “In September of that year, I was so full of anxiety, crying every day, that I didn’t know what to do or what I needed.” It was at that point that she drove to Cancer CAREpoint and walked into the Resource Center and broke down. Immediately, Social Worker Amy Goldsbury was there, and Cami met with her for the next hour. “It was just such a positive experience from that point out,” Cami said.

Amy suggested that Cami attend a Cancer CAREpoint breast cancer support group. Although skeptical, Cami decided to try it. She heard other people’s stories and shared her own. Cami finally realized that this was exactly what she needed. After that, Cami took full advantage of the many programs Cancer CAREpoint has to offer—nutrition, yoga, guided imagery and massage. Cami admitted, “It was a long battle to get over my anxiety, but Cancer CAREpoint made me feel so comfortable.” Cami related that the one program that made her feel that “she was good now” was the Survivorship Workshop led by Amy. “Through that program, I began to understand what I was going to do with my life now that I am a changed person.”

As a five-year survivor, Cami wanted to do something to give back to Cancer CAREpoint and to all those friends who had helped her through the past five years. She decided to throw her own perfect pink “Cancerversary” party. She asked everyone who came to wear pink and to bring a monetary donation or a hat or a scarf, and she donated the proceeds to Cancer CAREpoint. Asked why she wanted to do this for Cancer CAREpoint, Cami answered, “Cancer changed me, but I am a different person because Cancer CAREpoint’s services changed me for the better.”

**VMC Wig Bank Pop-Up**

We are especially proud of our partnership with Valley Medical Center (VMC) where we work together with staff and volunteers to provide a Wig Bank on-site at the Sobrato Cancer Center. We extend a big thanks to Barbara French, RN; Claudia Colindres; Dr. Nam Cho; and all the VMC cancer staff for their dedication and compassionate care of patients and their families. Thank you!

One of the first questions patients ask before they begin their treatment is “What about my hair?” Hair loss, in fact, is one of the biggest concerns for cancer patients. Fortunately, Cancer CAREpoint offers wigs, scarves and hats as part of our Wig Bank. Trained volunteers and staff provide caring support to help patients select a wig that best suits your look.

To schedule an appointment for a wig, or for more information about volunteering at the Wig Bank, please contact Cecilia Carranza, Outreach Manager, at cecilia@cancercarepoint.org or 408.402.6287.

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**But What About my Hair?**

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When Below Par Is Good

Cancer CAREpoint’s 4th Annual Golf Tournament scored below par—a resounding success! The Boulder Ridge Golf Club once again was the backdrop for a wonderful day of golf and community coming together to raise funds for Cancer CAREpoint. This year’s tournament raised more than $100,000 to support cancer patients and survivors and their families in our community. Special thanks to Paul and Charmain Gardner who continue to chair the event created to honor their son who lost his battle to cancer. The volunteer committee once again created a fun and seamless event: Elaine Aviles, Mike Culcasi, Sandy and Jack Frazer, Sally Jones, Dan Kennedy, Gary Olimpia and Randy Walden. And a special thanks to Gary Scott Thomas, KRTY morning show host, who once again served as our emcee.

The event would not have been possible without our generous participants and donors—no matter what the scorecard said, you each hit a Hole in One with cancer patients, survivors and their families!

Pose 4 A PURPOSE

Join us this fall for Pose 4 A PURPOSE, a special weekend yoga event benefiting Cancer CAREpoint. During the weekend of September 15-16, a number of local yoga studios will be hosting classes and special activities to help raise funds to support Cancer CAREpoint. Keep checking the studio websites or pose4apurpose.org as the weekend draws nearer for more information:

Be The Change Yoga & Wellness wwwbtcwellness.org
Breathe Together wwwbreathetogatheryoga.com
Om Fairy Yoga wwwomfairy.com
Yoga@Cindy’s wwwyogaatcindys.com
Willow Glen Yoga wwwwillowglenyoga.com
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.

Community Partnerships—Our Outreach Manager, Cecilia Carranza, met with members of the Compassionate Services Society to explore partnerships to bring services to additional Eastside communities.

Where’s Qigong? Cancer CAREpoint now offers our Qigong class at Breathe Together, 14107-H Winchester Blvd, Los Gatos, to accommodate more participants. Classes are held every Wednesday at 3:00 pm. Thanks to Jennifer Prugh, Breathe Together owner, for providing space and supporting cancer patients.

UC Berkeley Haas School of Business and Cancer CAREpoint worked together to provide graduate students Xisha Zhang and Sandra Tamer exposure to the workings of a nonprofit organization as part of UC Berkeley’s Board Fellows Program. This is the second year Cancer CAREpoint has participated in this unique program.

Outreach to Seniors—Our Social Worker, Debbie Chinchiolo, hosted a booth at The Villages Health Fair to get the word out about Cancer CAREpoint to older adults in our community.

Reaching Out to Teens—Students from Homestead High School’s Cancer Society invited Survivorship Project Director Sheryl Brown to share information about Cancer CAREpoint’s services and her perspective as a cancer survivor.

Faith and Support—The Saratoga Ministerial Association invited Deputy Director Dawn Hogh to speak to its members about Cancer CAREpoint’s services.

Breaking News! Cancer CAREpoint partnered with O’Connor Hospital on May 22 to offer our Wig Bank on-site for O’Connor’s first “Beauty without Boundaries” event. Patients received a wig and a hat or scarf, a makeover and a makeup kit to take home, and glamour shots with their new wigs and makeup. Many thanks to Mary Turcios and Petra Luna-Naumann from O’Connor Hospital for organizing the event and arranging for the makeup artists and hair stylist volunteers, Shea Homes for the makeup kits and photography, and Cancer CAREpoint’s amazing Wig Bank volunteers for creating an amazing experience for cancer patients.

Racing Ahead for Cancer CAREpoint—Many thanks to Ralph Borelli for showing his support and raising awareness of Cancer CAREpoint by adding the Cancer CAREpoint logo to his race car, highlighted at the Crab CHP’pino Feed Fundraiser for the 11-99 Foundation at Club Auto Sport.
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 and survivors and their families.

Grant Support

- The Safeway Foundation for providing funding for nutrition programs.
- The Sobrato Family Foundation and our generous donors for enabling us to meet the Sobrato Family Foundation Matching Grant for an additional $15,000 for 2018!

Community Support

Maxim Integrated team members purchased supplies and assembled them into Chemo Care bags, including blankets made by employees from Lexus Stevens Creek. The Chemo Care bags are given to cancer patients undergoing infusion treatments.

The Santa Teresa Women’s Golf Club held its annual tournament again this year to benefit Cancer CAREpoint. Over the past six years, members have raised $28,000 for cancer patients and their families in our community. Thanks to Cathy Priest for once again organizing this event.

Cancer CAREpoint’s Paul Gardner was recognized by the Junior League of San Jose at their Volunteer Recognition Luncheon for his extraordinary volunteer efforts since Cancer CAREpoint’s inception. Paul is pictured with his wife, Charmain Gardner, also a Cancer CAREpoint volunteer, and Founding Board Member Gay Crawford.

Closets Got Cleaned! Thanks to all community members who cleaned out their closets and brought donations to Cancer CAREpoint for our annual Spring Closet Cleaning Event. Almost $1,000 was raised, plus many people in our community learned about Cancer CAREpoint for the first time. Thank you to Corrine Fabie, Cancer CAREpoint Board Chair, Toni Tuccori, Jim Karres, and Ruth Slynstad and the Boys Team Charity for their assistance once again!

Leaving a Legacy

Cancer CAREpoint’s updated Donor Wall was unveiled on April 26 to recognize those donors who have made a substantial investment in serving cancer patients and their families since our founding. Please come to our Resource Center for a tour and to view the updated Donor Wall.
A Party with a View—Sunday, August 26

Come join us for a beautiful afternoon at Cancer CAREpoint’s annual Garden Party fundraiser on Sunday, August 26. Meet and mingle with Silicon Valley health care, business and community leaders at the Monte Sereno home of Rocky and Laurie Pimentel. All proceeds support cancer patients and survivors and their families in our community.

Sponsors are also invited to a VIP reception to meet and hear a talk by Harris Barton, former San Francisco 49er and three-time Super Bowl Champion. Barton’s connection to cancer is personal as he lost both of his parents to brain cancer. For sponsorship and ticket information, visit canercarepoint.org/events/gardenparty or contact Ariane Chapple at ariane@cancercarepoint.org or 408.402.6285.

Help Spread the Word
Anyone can help get the word out about Cancer CAREpoint! Please contact Cecilia Carranza at cecilia@cancercarepoint.org to find out how you can, too! Woof!