Exercise Is Medicine

Did you know that exercise can affect cancer outcomes? A recent study* based on years of data concluded that exercise can positively impact cancer outcomes. Even a small amount of exercise is now associated with improved survival after a cancer diagnosis, and a lower risk of developing cancer. In addition, the study found that there is strong evidence that exercise can help alleviate a variety of cancer-related side effects, such as fatigue, anxiety and depression, and improve quality of life.

Results of the study prompted the American College of Sports Medicine, the American Cancer Society, and 15 other international organizations to come together to issue new exercise guidelines for cancer patients. The new guidelines have been long overdue as guidelines from 2010 simply stated that cancer patients should try to “avoid inactivity.”

The latest guidelines compel oncology clinicians to “prescribe” exercise as part of cancer treatment. The process spelled out for clinicians includes three steps: Assess, Advise and Refer.

<table>
<thead>
<tr>
<th>ASSESS</th>
<th>Ask each patient a set series of questions to assess whether they are safe to exercise without medical supervision.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADVISE</td>
<td>If patient is safe to exercise, prescribe exercise based on current level of activity to increase to:</td>
</tr>
<tr>
<td></td>
<td>• Moderate intensity aerobic exercise (talk but not sing) for up to 30 min., 3x/week.</td>
</tr>
<tr>
<td></td>
<td>• Resistance exercise (such as lifting weights or counter pushups) for 20-30 min., 2x/week.</td>
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<tr>
<td></td>
<td>If patient is not safe to exercise or it is unclear, have patient follow up with outpatient rehabilitation health care professional for further evaluation.</td>
</tr>
<tr>
<td>REFER</td>
<td>To best available community exercise program.</td>
</tr>
<tr>
<td></td>
<td>To outpatient rehabilitation health care professional who will recommend best available program.</td>
</tr>
</tbody>
</table>

Adding Exercise to Your Treatment Plan

Cancer CAREpoint is a good place to start once you have been given the OK to exercise. Numerous types of exercise classes are offered throughout the week; classes are tailored to all levels of ability. Cancer CAREpoint is also a “safe” space for those in or recovering from treatment who may not know what exercise they can do or how to modify exercises based on their physical limitations.

Linda Toeniskoetter, a yoga instructor for Cancer CAREpoint since its beginning, and a breast cancer survivor, says clients often express their appreciation:

• “I like the yoga class because I can move at my own pace.”
• “There are no expectations. Exercising reduces anxiety.”
• “It has opened up incredible support; not only improving my physical well-being but giving me a community.”

Consult with your care team before exercising during or after treatment. Once cleared, get up and move at whatever your level of ability. For information on Cancer CAREpoint exercise programs, visit our website or call 408.402.6611.

* Exercise is medicine in oncology: Engaging clinicians to help patients move through cancer; Kathryn H. Schmitz, PhD, MPH, et al., 10/16/19.
The Cancer CAREpoint Board of Directors is pleased to announce the appointment of **Dawn Hogh** as Executive Director of Cancer CAREpoint. Dawn previously served as Interim Executive Director and Deputy Director.

“Cancer CAREpoint has grown significantly in the last several years, and we are pleased to have Dawn’s leadership and experience in business development and expansion as we continue to grow and provide more services out in our community. Dawn has been a key contributor to our growth over the last few years, and her knowledge of and passion for Cancer CAREpoint coupled with her experience will help us accelerate our ability to reach those impacted by cancer in our community,” said **Noelle Henderson**, Board Chair.

Dawn brings 35 years of experience in high-technology marketing and business development and nonprofit growth and development to Cancer CAREpoint. She spent 25 years in high tech, serving in senior executive business development and marketing positions. After serving on the Board of Rebuilding Together Silicon Valley, first as a member and then as Board Chair, she moved into the nonprofit sector full-time, first as the Sr. Director, Development and Marketing, at Hope Services. She has a B.A. in Economics and M.S. in Industrial and Operations Engineering, both from the University of Michigan.

“I am honored to be leading Cancer CAREpoint as we move into the Next Decade of CARE,” said Dawn. “I look forward to continuing to work with our donors, volunteers, community partners, staff and Board to grow our services to meet the needs of cancer patients and their families in our community.”

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**2019 in Review and the Next Decade of CARE**

**A Message from the Executive Director**

2019 was a year of change and growth for Cancer CAREpoint: new staff, volunteers and community support; increased hours and programs; and record events and attendance, just to name a few. None of this would have been possible without the wonderful support of our donors, community, volunteers, Board Members and staff!

Our Annual Report summary is on pages 4-5, but I’d like to add some additional commentary to the numbers. First, my thanks to you:

- Our amazing donors who once again helped us to fully fund our programs and services in 2019. Your support enabled us to serve over 1,900 people impacted by cancer and move into 2020 with a strong base of financial support.
- The over 81 community groups and organizations who raised funds to support cancer patients and their families and/or spread the word that Cancer CAREpoint is here to help.
- Our dynamic and caring volunteers who gave over 7,800 hours to help: over 260 women in our Wig Bank, in our office, at our fundraising events, and as ambassadors, spreading the word about Cancer CAREpoint.

On the program front, the incredible support we received enabled us to expand our business hours to offer services for the first time on the weekend. We also increased the number of evening programs. In addition, we offered new seminars, addressing important topics or questions—such as Cannabis & Cancer and Evaluating Genetic Risk—and the calendar for 2020 is quickly being populated with many more key topics.

With the continued support of you—our donors, volunteers and community—we are well-positioned to continue innovating to reach more people impacted by cancer in our community! I am excited for the opportunity to partner with all of you as we welcome in the Next Decade of CARE for all those impacted by cancer in our community.

**Dawn Hogh**

Executive Director
Chris Hawkins had been a uterine cancer survivor for eleven years when a routine mammogram showed a lump that led to a breast cancer diagnosis in December 2018. At the same time, she found out she had kidney stones, so before anything else, she had to have a procedure for them. During the procedure, the doctor realized something was not right. This led to an additional diagnosis of endometrial cancer. After months of radiation and chemotherapy, Chris was declared cancer-free. Even so, the side effects from treatment, as well as pain from a torn meniscus, made her feel very negative. She wondered whether she would ever be able to enjoy simple pleasures, like walking on the beach, again.

During one of her visits to her oncologist’s office, Chris read a Cancer CAREpoint newsletter. She thought she might check out Cancer CAREPoint but decided to wait until she had finished treatment. One day, dizzy and struggling with balance, Chris decided to try the Finding Balance class at Cancer CAREpoint. After a few classes, Chris started to feel better, so she added more Cancer CAREpoint exercise classes to her routine—first, Gentle Movement, and then Feldenkrais and Easy Qigong.

“At first I was embarrassed by how little I could do,” said Chris, “but no one said anything to me about that. Knowing there are people in the group who have gone through similar things is comforting. The instructors are accommodating to wherever you are in your ability to exercise.” Chris added, “Cancer CAREpoint has changed my life. I am now more positive. I have progressed to being able to walk without a cane. While before I didn’t think I would ever be able to walk on the beach again, I now have hope.”

A cancer diagnosis often causes people to hit the “pause” button on life. Work, family, friends, hobbies and other activities may be impacted or completely suspended during treatment. When treatment is over, survivors may find that their physical abilities have changed. Fatigue, pain, lack of sensation, memory problems, movement impairment and other lasting side effects can impact the transition back to daily occupations.

Adrienne Marilla, an Occupational Therapy Doctoral Student, reached out to Cancer CAREpoint to volunteer her time to develop a program to help survivors better manage post-treatment effects. The program was to focus on symptom management, adaptive strategies and wellness promotion to improve quality of life by allowing participants to explore new ways to re-engage with life.

After three months of research and study, Adrienne launched “Life Unpaused,” an occupational therapy cancer survivorship series to address symptom self-management, returning to work/school, self-care, home management and other daily activities. After the first week, participants already reported improvement in their daily functioning, and many were sharing what they learned with other clients.

Fatigue is one of the most common concerns among survivors, particularly when faced with the return to a full day of activities. “Life Unpaused” includes some tricks and tips for dealing with fatigue called the Four P’s:

- **Pause:** Before beginning a task—take a few deep breaths to center yourself.
- **Plan:** Plan your day and week in advance. Space tasks out across the week. To reduce stress and save energy, prepare any equipment you will need beforehand.
- **Prioritize:** Pick the most important tasks that need to get done. Avoid depleting your weekly energy bank by not scheduling too many tasks each day.
- **Pace:** Do not rush. Allow yourself ample time to complete tasks. Alternate between higher and lower energy tasks. Take regular breaks. Do not wait until you are tired.

If you’re interested in learning more about ways to improve your daily functioning, please contact Cancer CAREpoint’s counselors for the resources provided by Adrienne at the end of the “Life Unpaused” series.
10,118 Hours of Programs and Services—30% increase over 2018

6,017 Hours of Classes
1,857 Hours of Support Groups
1,447 Hours of One-on-One Counseling Services
797 Additional One-on-One Services
642 ChemoCARE Bags provided to patients undergoing treatment
695 Wigs and Head Coverings

Outcomes

98% of our clients report less stress & anxiety after using our services.
94% of our clients say they experience less pain after using our services.
99% of our clients would recommend Cancer CAREpoint.

Engaging Our Community

7,800 Volunteer Hours
$156,155 In-Kind Donations
31 Fundraising Events sponsored by local businesses, community groups and individuals
51 Outreach Events attended by Cancer CAREpoint

"Cancer CAREpoint’s Wig Bank volunteers were fun and helpful—they helped me to laugh, and were supportive and caring at this crucial moment."

"Yoga greatly reduced my age-related pain (arthritis, back pain), decreased my anxiety and stress, and helped me be more positive and appreciative of life."

"Having all things dear to me included in my customized Guided Imagery brought a great deal of emotion and relaxation."

"When I walk into Cancer CAREpoint, it feels like home. The atmosphere is warm and welcoming, and I know I am in a place that is safe and caring."
Reaching Our Community

1,938 Cancer Patients, Survivors, Family Members and Caregivers—10% increase over 2018

Where they live
San Francisco Bay Area and Santa Cruz County:

- Santa Clara: 94%
- Santa Cruz: 1%
- San Mateo: 2%
- Alameda: 3%

Additional Counties: Stanislaus, Santa Barbara, Monterey, Merced, Siskiyou, San Joaquin, San Francisco, San Benito, Nevada, LA Counties

Additional States: Maine, Oregon, Texas

Supporting Our Community

Income – $1,702,597

- Cancer CAREpoint Events and Appeals – $1,306,569 (76%)
- Foundations & Grants – $188,302 (11%)
- Community Events – $128,252 (8%)
- Tributes, Matching Gifts, General Gifts – $79,474 (5%)

Expenses – $1,614,778

- Programs and Services – $1,226,602 (76%*)
- General & Administrative – $388,176 (24%)

* 76% of Income Devoted to Programs and Services

"The counseling was great to get ‘things’ out. I’m not alone!!! Thank you!"

"I feel very listened to here and cared for in my counseling session. It was very comforting for me."

"The exercise classes are a ‘safe’ place to get better and recover. Thank you!"

"After attending the seminar, it’s nice to see that what I’m experiencing makes sense."
Cancer CAREpoint in the Community

**Grant Support**

We are extremely grateful to the following organizations for their generous grants supporting Cancer CAREpoint’s infrastructure and programs and services:

- **Mission City Community Foundation**: New flooring in the multi-purpose room
- **Tech CU**: Funding for grocery gift cards for outreach as well as new flooring in our lobby

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**Spreading the Word**

Cancer CAREpoint Ambassadors and staff attended the following community events to raise awareness that Cancer CAREpoint is here to help those impacted by cancer:

- **Binational Health Week** 2019 Kick-Off Event at the Eastridge Mall in San Jose
- **Breast Cancer Awareness Fair** at Valley Medical Center
- **County of Santa Clara** Healthy Aging and Wellness Expo at San Jose City Hall
- **San Jose District 8** Day in the Park – Fall Family Festival at Lake Cunningham Park
- **Santa Clara University** “Mission to Wellness” Employee Expo
- **St. Elizabeth Catholic Church** Health Fair in Milpitas
- **Valley Medical Center** “Heroes Run” at the Cupertino Civic Center
- **Wesley United Methodist Church** community presentation
- **Willow Glen Community & Senior Center** community presentation
- **Xilinx** “Be Prepared Life Happens” Employee Information Fair
- **Health Resource Fair** at **Barbara Lee Senior Center** in Milpitas
- **Silicon Valley Business Journal** Corporate Philanthropy Day

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**BRA Day**: A big thank you to Cancer CAREpoint Board Member Dr. Kamakshi Zeidler for donating proceeds from **BRA (Breast Reconstruction Awareness) Day**, sponsored by **Aesthetx**, to Cancer CAREpoint.

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**Founding Board Member** Gay Crawford, pictured (left to right) with Nazila Malekpour and Angela Voss, presented at an annual private breast cancer awareness luncheon for 180 Silicon Valley-based Iranian women.

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Cancer CAREpoint Outreach Manager Cecilia Carranza and Ambassadors Bea Reilly and Barbara Goldstein (left to right) provided information at the **Saratoga Senior Community Center Health Fair**.

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Another Hole-in-One: The Almaden Golf & Country Club raised another record-breaking amount at their seventh annual golf tournament benefiting Cancer CAREpoint. Barbara Caltagirone, Cancer CAREpoint volunteer, led the effort once again.

Something to Cheer About: The Leigh High School Cheer and Spirit Booster Club organized a cheer clinic benefiting Cancer CAREpoint.

Community Service: Mountain View Firefighters Random Acts of Kindness and the Mountain View Police Officer Association once again raised awareness and funds to support those impacted by cancer in our community. Thanks to Jodie Pierce and Mike Quan for their support.

Chemotherapy CARE: Togetherhood Community Service Program volunteers from the South Valley Family YMCA made blankets and assembled Chemo CARE bags to benefit cancer patients in treatment. Pictured are members of the Togetherhood Steering Committee along with some of their children.

Back at You! Dr. Brad Mouroux, Mouroux Chiropractic and On Point Wellness raised funds for Cancer CAREpoint by offering complimentary care in exchange for making a donation. Pictured are Joanna, Dr. Brad, Roseanna and Cancer CAREpoint Interim Executive Director Dawn Hogh.

A Three-Point Play! Homestead High School Basketball held their annual Pink Night to support those impacted by cancer. Cancer CAREpoint Interim Executive Director Dawn Hogh was invited to speak. Homestead Girls Basketball coaching staff is pictured.

Pose 4 a Purpose: Thank you to Lindsey Kolb, Courtney Krishnamurthy and Dana Rysavy for organizing the annual Pose 4 a Purpose to raise funds for Cancer CAREpoint. A special thank you to the participating studios: Breathe Together, Om Fairy and Willow Glen Yoga. Pictured is Bridget Puchalsky at Breathe Together’s Community Acupuncture & Meditation class.

Touchdown! San Francisco 49ers players Fred Warner and Levine Toilolo decorated their cleats for Week 14 with Cancer CAREpoint’s logo and name to show their support and raise awareness of Cancer CAREpoint through the NFL program My Cleats My Cause.

Patches of Sunlight! The Sunnyvale Department of Public Safety sold pink patches to benefit Cancer CAREpoint.
**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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**COVID-19 Update**
When we first started preparing this newsletter for publication, there was little awareness of COVID-19. Now many communities are under Shelter-in-Place restrictions. At Cancer CAREpoint, our top priority is the health and safety of our clients, volunteers and staff. In compliance with the current CDC and County Health guidelines, our Resource Center is temporarily closed and will remain closed until we feel it is safe to reopen.

During this time, our staff is working remotely so that we may continue to serve those impacted by cancer. We know this is a frightening time for everyone, and especially for those who have weakened immune systems. We are offering phone counseling appointments as well as online support groups and are exploring other ways to offer information and support during this time. Visit our website for the latest information and to register for programs. In addition, check Facebook, or email us with your questions.

It is during these challenging times that we need to come together as a community. At Cancer CAREpoint, we are thankful for the many ways that this amazing community supports one another and enables us to support those impacted by cancer. We look forward to seeing you again soon.

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**The 2020 Cancer CAREpoint Garden Party** will be held on **Sunday, August 23, 2020.** Become a sponsor now to secure your tickets for this annually sold out event. Visit cancercarepoint.org/gardenparty or call Ariane Chapple at 408.402.6285 for more information.

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**Our 6th Annual Cancer CAREpoint Golf Tournament** originally scheduled for April 27th has been postponed to **Monday, September 28.** More details to come.