Caring for Caregivers

When a loved one has been diagnosed with cancer, you may find yourself in a new role in your relationship—a caregiver. Cancer caregivers may be spouses, family members, close friends or loved ones who support a cancer patient during and after cancer treatment. The scope of caregiving often includes providing help with both physical and medical tasks. In turn, a caregiver may be called upon to act as medical advocate for the patient while also taking charge of transportation to and from appointments. This is in addition to providing the emotional and social support that the patient needs during each step of treatment.

Being a cancer caregiver is not a role you plan for, and there is no roadmap that works for everyone. However, many experiences are similar, and getting advice from those who have been there before is often extremely useful and encouraging. Cancer CAREpoint's Laura Crutchlow, LCSW, facilitates the Caregiver Support Group at Cancer CAREpoint. She says that one of the most important things new caregivers can do is start delegating tasks early in the process. Longtime participants in the Caregiver Support Group advise new group members to figure out how to share tasks with other people who are ready to help so the caregiver has enough energy and time to devote to tasks they can't or won't delegate.

“I love my dad, and I don’t resent him or blame him for needing me to help him during his cancer treatment. But I’m scared and anxious about his diagnosis, and I’m worried about how this will affect me at work. If I say something to him, he’ll feel guilty and worry about me when he should be focused on getting better.”

Two Thumbs Up from the Medical Community

In 2017, every CEO of every hospital in Santa Clara County signed a statement affirming the value of Cancer CAREpoint’s services. Now, three years later, our medical partners continue to affirm the value of Cancer CAREpoint’s services to their patients, complementing the medical care received from each institution.

Shyamali Singhal, MD, PhD, Surgical Oncologist and Medical Director at El Camino Health Cancer Program, recently said, “We are very appreciative of our partnership with Cancer CAREpoint. For our cancer patients and survivors, the support and community that Cancer CAREpoint provides help our El Camino Health Cancer Program immensely.”

Rakesh Patel, MD, Program Chair for Breast Cancer Services at Good Samaritan Hospital, writes: We don’t just treat cancer, we treat people. More than ever during this COVID-19 crisis, we need to work together to take a holistic approach to provide optimal care with an intentional focus on outcomes but...
Open for Business: A Message from the Executive Director

Open for Business. These words give hope—that we are coming to grips with the pandemic, for the return to work for so many hurting financially, and for face-to-face connections. Shelter-in-place, while providing safety, has also hurt many individuals, businesses and nonprofits working on behalf of our community.

Thanks to the faithful stewardship of our Board since Cancer CAREpoint’s founding, and the generosity of our donors, Cancer CAREpoint is weathering these challenging times. We have remained open for business during shelter-in-place, all of our staff working from home, and have converted about 95% of our programs and services to online offerings. This conversion has demonstrated the resiliency of the Cancer CAREpoint family: our staff who quickly scrambled to provide the same warm, caring and personalized service in a virtual format; our instructors who eagerly worked with us to convert their in-person classes to online; our clients who adjusted to technology challenges to join in our community; and our donors who continue to support us.

We have learned that community doesn’t just have to be in person—that seeing a smiling face on a Zoom call can still bring joy and comfort. While we yearn to be together in-person, we will continue to bring the virtual community to you until we can be sure that our Resource Center can safely open. We will share with full transparency what we are doing to keep our staff and our clients safe when our physical doors reopen.

One opportunity that has come out of this time is our ability to offer virtual classes. Prior to shelter-in-place, we had many people say that they would like to participate in our programs or classes but were not feeling well enough to drive to the Resource Center, were unable to find transportation, were working during program hours or were unable to battle the traffic. Please know that when our doors reopen, we will continue to use online platforms to reach those unable to come to our Resource Center and to provide support during extended hours.

We are open for business and remain committed to serving those impacted by cancer in our community!

Dawn Hogh
Executive Director

Commitment to Equality

We believe in, and strive for, equality for everyone. Equality in the right of everyone to work and live freely. Equality in the right of everyone to prevent and treat disease.

Cancer is a disease that can affect anyone, but it does not affect everyone equally. Black, Hispanic and Asian communities in particular face obstacles to cancer prevention, treatment and survivorship, not because cancer affects them unequally, but because of systemic racism, cultural disconnection, poverty, lack of access to healthy foods and jobs with inadequate pay. No one should be at a disadvantage in preventing, treating or surviving cancer because of the color of their skin, their cultural background, their economic status or the place where they were born.

Cancer CAREpoint cannot be silent. We commit to tangible and lasting change in how we provide equal service to those living with and living beyond cancer in Silicon Valley. The recent events have made us take a hard look at what we’re doing to ensure that everyone affected by cancer in Silicon Valley has the same chance of living with and living beyond cancer, no matter their racial, cultural or economic status.

We must do more to fulfill our mission to transform support for cancer patients, families, caregivers and survivors in Silicon Valley. We commit to thoughtfully examining our current practices and creating a comprehensive action plan to improve equal access to our services. Leading with our values, we will hold ourselves accountable to our community, and we look forward to sharing our plan with you.

If you have comments, feedback or suggestions, please email Executive Director Dawn Hogh at dawn@cancercarepoint.org.
Laura Crutchlow, LCSW. “Laura gives such down to earth advice on things that make sense and that you can jump right into,” says Carla. The first thing Carla tried was the Mindful Awareness Meditation class and now she does that every single Monday. Carla continues to see Laura as needed and knows that she can always call her if something comes up.

What has Carla learned as a caregiver that she would share with other caregivers? “You need help, too,” she said. “You can’t do it alone. It’s just too much. Cancer CAREpoint has been amazing. When I need help, I know I can turn to them.”

Carla Turner has had a wide range of experience in the caregiving department. Her husband, Barry, was diagnosed with multiple myeloma in 2014. He relied on her 100% for everything until, sadly, he passed away in 2018 after being diagnosed with another rare form of cancer. Six months later, Carla learned that her adult daughter had also been diagnosed with multiple myeloma.

“My husband’s diagnosis was shocking,” said Carla. “I think in the beginning, in the first few weeks, I was devastated.” Carla had rushed Barry to the ER and then was told that he wouldn’t come home from the hospital alive. That was before they met his oncologist who was much more positive. In fact, Carla took Barry home and cared for him for nearly five more years.

During her husband’s illness, Carla’s doctor recommended that they check out Cancer CAREpoint. She and her husband attended one Nutrition class, but Barry was not interested in any services, so he didn’t go back. Carla did attend the Caregiver Support Group several times and found it valuable to share and hear how other caregivers were feeling. “Just getting that out and off your chest and being able to cry in a safe situation where you knew you were going to have support, that was just awesome,” said Carla.

Carla’s daughter has handled her diagnosis and treatment much more independently than Carla’s husband did. Her daughter has the support of her husband and is connected with an online support group. Even so, Carla still felt the burden of her daughter’s diagnosis. After initially being very involved in her treatment options, Carla knew she had to step back—she was just too emotional. In the meantime, her daughter knows that Carla will be there when she needs her.

After her husband’s death and her daughter’s diagnosis, Carla understandably found herself feeling anxious, sad and angry. She talked to her doctor who suggested that Carla see someone. That is when she went back to Cancer CAREpoint and had her first counseling appointment with

"You need help, too. You can't do it alone. It's just too much."

Juliann holds a Master of Arts in Counseling Psychology and a certificate in Traumatology from Holy Names University in Oakland. She also has a background in massage therapy. Having observed cancer affect both friends and family, Juliann is excited to be part of the Cancer CAREpoint community to help people grow, connect and thrive. Juliann facilitates our survivorship programs, a program for couples, and the Gynecologic Cancer and “Better Together” support groups. “Better Together” is a new support group in which anyone impacted by cancer can share their coping strategies, connect with others, and learn new ways to find motivation and inspiration.

Paul is a licensed Associate Marriage & Family Therapist, and has a master’s degree in Psychology, along with several years of training and experience in helping individuals, couples and families cope with illness and other major life events. He has worked in a variety of community-based settings and agencies, including hospitals and schools. Paul’s family has been affected by cancer and he is honored to have the opportunity to help others through similar challenges. Paul works part-time and currently co-facilitates the "Better Together" support group with Juliann.
Shadow's Edge—A Tool for Teens

When a parent is diagnosed with cancer, it impacts the whole family. For a child, a parent’s cancer diagnosis is likely to be scary and confusing. Cancer CAREpoint offers the Family CARE program which focuses on communication between parents (one of whom has cancer) and their children—the how, what and when of talking about cancer with kids. Cancer CAREpoint also offers the seminar “How Do I Talk to My Child About Cancer?” for parents.

With the March Family CARE program on hold until shelter-in-place ends, what tools are available at home to help parents talk to their children about a cancer diagnosis or to help children express their emotions? How about a mobile game?

Sheri Sobrato Brisson is a 33-year brain cancer survivor and longtime Cancer CAREpoint supporter. After she completed treatment, she felt compelled to take what she experienced during her diagnosis and treatment and create a way to help others. She wrote Digging Deep: A Journal for Young People Facing Health Challenges, coauthored with Rose Offner. The book led to the development of a mobile game called Shadow’s Edge, based on positive psychology and narrative therapy. Not just for those who have a parent going through cancer, the game may help teens and young adults facing all types of challenges, such as serious illness or depression. The free mobile game provides an opportunity for self-expression through journal writing and creating graffiti. Sheri explained, “The goal is to meet the teens where they are—on their phones, playing games—with intriguing digital content that helps them in their real life, too.” Shadow’s Edge is free and available through the App Store and Google Play.

For parents looking to help their children deal with the emotions that may come out or be expressed through the game or who are looking for communication tools, Cancer CAREpoint’s Laura Crutchlow, LCSW, is available for individual appointments to help parents prepare for these conversations. Laura facilitates both the Family CARE and the “How Do I Talk to My Child About Cancer?” programs. To schedule an appointment or for more information, please leave a message at 408.402.6611 or email info@cancercarepoint.org.

Mindfulness for All

Counselors and other health professionals often suggest practicing mindfulness to deal with anxiety and depression. People often singularly associate meditation with mindfulness. In fact, there are numerous activities that can promote mindfulness in addition to meditation, such as exercise, art, stretching, deep breathing and journaling. Engaging in any mindfulness activity provides a chance to reconnect the mind and body and engage in the moment, which in turn often reduces levels of stress and depression.

Cancer CAREpoint offers a wide variety of programs that can promote mindfulness, such as Notes to Self, Healing through Art, and many exercise classes, including Yoga and Qigong. For some people, focusing on exercise can bring them into the present and give them a similar stress- and depression-reducing experience. Since all Cancer CAREpoint classes and programs are offered at no cost to anyone impacted by cancer, it is a great opportunity to try something new. Check out our online classes offered during shelter-in-place and register by visiting our website at cancercarepoint.org/our-services/ccp-virtual.

Online Programs—en Español!

Cancer CAREpoint se complace en ofrecer una serie de programas en línea en español, incluyendo yoga, clases de alimentación saludable y grabaciones para la autocompasión. Cualquier persona afectada por el cáncer—pacientes, sobrevivientes, cuidadores y familiares—son bienvenidos a probar estos programas.

Cancer CAREpoint is pleased to offer a number of online programs in Spanish, including yoga, healthy eating classes and recordings for self-compassion. Anyone affected by cancer—patients, survivors, caregivers and family members—is welcome to try these programs.

• Yoga—Short classes are available weekly on Facebook and Zoom for anyone with a busy schedule. Just roll out your mat and tune in.
• Nutrition—Tips about choosing foods to nourish and support your body during and after treatment are available online. There are also classes and short videos about how to choose the best options for a healthy plate.
• Mindfulness—Recordings of classes that focus on mindfulness and learning how to be compassionate with yourself are available any time you feel you need some relief from stress.

The full lineup of Cancer CAREpoint’s programs in Spanish is available at cancercarepoint.org/our-services/espanol.
Cancer CAREpoint’s Annual Garden Party has been transplanted from the beautiful home of John and Melinda DiNapoli to a virtual party. The live online event will take place on the same day as originally scheduled, Sunday, August 23, 2020. There is no ticket required. Attendance is free and all are welcome to attend.

The Garden Party is instrumental in providing the crucial funding needed for our support services, enabling us to continue to expand our services as well as extend our outreach to underserved communities. Due to the challenges of COVID-19, our clients need us now more than ever.

The party will look and feel different than our previous Garden Parties but will still contain critical elements of what you have come to love: a celebration of our work and the generosity of our community through client stories and familiar faces. This is the schedule for the event:

5:30–6:00 p.m. Pre-Party
- Grab a festive drink and join the party!
- Enjoy a trip down memory lane with a photo montage from past parties.
- Learn tips and tricks to online auction bidding.
- Search for your must-have Silent Auction items.

6:00–6:45 p.m. Live Virtual Party Line Up
- Welcome by your Emcees
  - Dawn Hogh, Executive Director
  - Lissa Kreisler, KCAT host, former KBAY Morning Show Host, and member of the Bay Area Radio Hall of Fame
- What Cancer CAREpoint means to those impacted by cancer
- Funding the Next Decade of CARE
- Special Guest Messages
- Live Auction Update
- RAFFLE drawings throughout the show
- Closing

Attending the Garden Party
On the evening of the event, simply go to our party website, www.CancerCarePointLive.com, and enter your email address and the password: gardenparty. No tickets necessary. Make sure to enter a few minutes early so you don’t miss any of the fun. And, please do share the link with others—we want to spread the word that Cancer CAREpoint is here for our community so that no one has to face cancer alone.

Supporting the Garden Party
Visit cancercarepoint.org/gardenparty for the most complete information about each of the following:

- Sponsorship—Various sponsorship levels are available. This year, in addition to past benefits, all sponsors will receive a special “Secret Garden Party Basket.”
- Silent Auction—The Silent Auction website will go live on August 20. A separate link for the auction website will be on the Garden Party webpage. New bidders will be able to register to bid on the auction website or you can email Ariane Chapple to register at ariane@cancercarepoint.org. Silent auction bidding will close Monday, August 24 at 2:00 p.m.
- Raffle Tickets—Purchase raffle tickets starting now for $100 each for an opportunity to win prizes, including the grand prize, which is a spectacular piece of jewelry. You need not be present to win raffle prizes.
- Direct Donations—Donations to the Garden Party can be made any time on the Garden Party webpage or on the silent auction platform.

More Information about the Garden Party
Please visit cancercarepoint.org/gardenparty or contact Ariane Chapple at ariane@cancercarepoint.org or 408.402.6285. Thank you in advance for your continued support during these ever-changing times.

We look forward to “seeing” you on Sunday, August 23!
It is not unusual for caregivers to try and do everything, feeling that they need to manage all the tasks so that the patient can focus on cancer treatment, but this can lead to exhaustion, frustration, depression and anxiety.1 “I tell caregivers to remember the rule about flying in an airplane. You need to put on your own mask before you help someone else with their mask,” says Laura. Research indicates that the health of caregivers is reflected in the health of the cancer patient, so caregivers need to invest in their own wellness if they truly want to be supportive to the patient or survivor. “If you exhaust yourself, you won’t be able to support your loved one when they need it most,” advises Laura.

Some caregivers say taking time to exercise allows them to feel good because they know that they are taking care of themselves, and that will allow them to be healthy and strong enough to take care of their loved one. Other caregivers find that practicing mindfulness by taking time to focus on something they enjoy, like gardening or taking a walk or meditating, allows them to take a short break from the things that are causing stress or anxiety.2

Support Is Available

Cancer CAREpoint’s exercise and mindfulness classes are open to all clients, caregivers included, and these classes are a good place to experiment and find what works. There are multiple options throughout the week to fit different schedules.

It can be hard for caregivers to acknowledge that they need to focus on themselves. Laura suggests that new caregivers try the Caregivers Support Group. “You might not even want to talk at first. That’s okay,” says Laura. “Just listen to the advice and experience of other caregivers and know that you’re with other people that get it.” Caregivers in the group with more experience frequently tell newcomers that they are smart for starting to find support early. They often add that they wish they had found the support and advice earlier to help them realize how important it is to practice self-care. Timelines can change, what was a 6-month treatment plan can be extended, and if the caregiver burns out the patient can suffer.

“My feelings about being a caregiver for my wife are complicated. I love her, I want to help and I’m here to support her, but I’m tired and scared. I don’t want to say anything to her that would make her feel bad.”

For many caregivers, remembering that their health is directly connected to the health of the patient or survivor is the biggest incentive to start learning how to take time for themselves. If you are interested in more information about the Caregivers Support Group or have any other questions, email Laura Crutchlow at laura@cancercarepoint.org.


2 cancer.net/coping-with-cancer/managing-emotions/managing-stress

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Two Thumbs Up — continued from page 1

also quality of life. Our collaboration with Cancer CAREpoint affords many of these essential services to Silicon Valley cancer patients, survivors, families and caregivers to promote the healing and recovery process.

Patrick Swift, MD, Stanford Cancer Center South Bay (CCSB) Medical Director, recounts, “Over the past 7 years, Cancer CAREpoint has been and continues to be a strong collaborator and community partner with Stanford Medicine physicians and CCSB patients, families and caregivers throughout the cancer care continuum. From helping to develop CCSB’s patient centered facility design and impactful programs to delivering patient education and survivorship programs together, the staff and volunteers at Cancer CAREpoint have been an integral part of our team. We are very grateful for Cancer CAREpoint’s services which allow us to increase the level of support and reach to cancer patients in the communities we serve.”

As an organization providing support to a vulnerable population, Cancer CAREpoint takes great care to offer programs that are impactful and responsible. “We were pleased to hear that our services continue to receive ‘two thumbs up’ from leaders in our health care community, and we look forward to continuing to work together for those impacted by cancer,” said Dawn Hogh, Cancer CAREpoint Executive Director.
Grant Support
We are extremely grateful to the following organizations for their generous grants supporting Cancer CAREpoint:

- **Rotary Club of Los Gatos** for funding supplies for the Wig Bank.
- **Silicon Valley Community Foundation** for funding our tech equipment and platform to provide our online services.

Twice Blessed: Katya Grineva, Steinway artist, Carnegie Hall pianist and Cancer CAREpoint supporter, graciously performed two concerts for the Cancer CAREpoint community online. The recording from her second concert is available for your listening pleasure on Cancer CAREpoint’s website cancercarepoint.org/events/katya-grineva.

Expert Opinion: Thanks to Cancer CAREpoint Board Member Kamakshi Zeidler, MD, for providing the “Ask the Expert: Breast Reconstruction” seminar. Dr. Zeidler is not only a thought leader but also an innovator in the field of breast reconstruction, having personally led research to bring new technologies to this special group of patients.

Hats Off: Much appreciation to Julie Lin-Friss for knitting beautiful hats for our Wig Bank clients and recruiting her Facebook friends to help.

Shout Out: The Los Gatos Chamber of Commerce, Alex Hult of Flights Restaurant, #FeedTheNeedBayArea and Soturi Kitchen provided free meals to those in need in our community. Several Cancer CAREpoint clients in need received nutritious meals at no cost during the first few months of shelter-in-place. Second Harvest Food Bank has also provided nutritious food and delivery to those unable to leave their homes.

Golf Tournament Fundraiser *sans Golf*: Shelter-in-place did not stop the amazing ladies from the *Santa Teresa Women’s Golf Club* from raising funds for Cancer CAREpoint. Special thanks to Cathy Priest for once again organizing this fundraiser.

Facebook Friends: A big thank you to Barbara Caltagirone, April Dedin, Laurie Jones, Mark Rotner and Maureen Standifer for raising awareness and funds for Cancer CAREpoint through Facebook.

Day at the Movies: Thanks to The Fund for Sustainable Tomorrows for generously allowing Cancer CAREpoint to show Phil’s Camino, an inspirational film about Phil’s resiliency and hope while living with a Stage IV cancer diagnosis.

Partners in Support: Cancer CAREpoint is thankful for the many organizations we are working with to develop ideas and ways to better support our community: Latinas Contra Cancer, Asian American Cancer Support Network and Well with Cancer.
Cancer CAREpoint Resource Center
2505 Samaritan Dr., Bldg. 400, Suite 402
San Jose, CA 95124
408.402.6611

An independent 501(c)(3) nonprofit organization
Tax ID #27-3029691

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.

Swinging for a Cause
Cancer CAREpoint Golf Tournament
September 28

Join us on Monday, September 28th for the 6th Annual Cancer CAREpoint Golf Tournament at the award-winning Cinnabar Hills Golf Club in San Jose. There’s still time to become a sponsor or sign up for golf! All golfers receive a Cancer CAREpoint windbreaker, complimentary margarita bar, BBQ lunch and steak dinner with hosted bar. There is also a dinner-only option.

Grab your clubs and come out for a fun event that raises awareness and funds to support cancer patients and their families in our community. For more information, go to cancercarepoint.org/golf.

Pose 4 A Purpose—Virtually
Please reserve September 12 & 13 on your calendar for our annual Pose 4 A Purpose, with a virtual twist! Join your favorite yoga teachers for classes throughout the two days, raising awareness and funds for Cancer CAREpoint’s support services. Each class registration of $25 will be matched with a $25 donation, up to $5,000. Watch for more information coming soon on our website.

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

cancercarepoint.org