Become an Ambassador of CARE

Cancer CAREpoint has launched a new Ambassador Program that will support us in our campaign to reach the approximately 10,000 people diagnosed with cancer in Silicon Valley each year. Cancer CAREpoint Ambassadors are trained volunteers who bring awareness about Cancer CAREpoint’s programs to the community through one-on-one interactions. These volunteers attend community events, patient conferences, and health and wellness fairs, as well as help with fundraising and “friendraising” events.

Loretta is one of our Ambassadors. Even though she finished her own treatment several years ago, you may still see her at Cancer CAREpoint. She was one of the first patients to use our services when we opened our Resource Center in 2012. Loretta still comes by once a month to pick up Chemo CARE bags to deliver to patients at the same hospital where she received her treatment. “I started volunteering right after my radiation,” Loretta said. “In February of 2014, I went back to work, but I still wanted to do something for patients at the hospital. I knew how it felt to sit there waiting for treatment.” Loretta is at the core of what Cancer CAREpoint is all about—giving back to improve our community. Some supporters donate money, some donate time and some do both. In whatever way they choose to give back, their support is one of the things that keeps our organization strong.

Susan is another Ambassador. Since most people diagnosed with cancer are sixty and older, Susan volunteers her services to reach out to the older adult community. “I first heard about Cancer CAREpoint from a friend,” Susan shared. “Understanding what Cancer CAREpoint offers and the number of people I know who have been impacted by cancer, I wanted to get involved. My background is in working with older adults, so reaching out to the senior community was a perfect fit.”

If you are interested in learning about becoming a Cancer CAREpoint Ambassador, join us at one of our upcoming orientation/training sessions at our Resource Center:

- **Wednesday, July 17, 6:00-7:30 p.m.**
- **Wednesday, September 18, 6:00-7:30 p.m.**

2505 Samaritan Dr., Suite 402, San Jose

Contact Cecilia Carranza for more information at cecilia@cancercarepoint.org or 408.402.6287.

Thanks to a generous grant from the Moca Foundation, Cancer CAREpoint will begin offering weekend exercise classes starting on July 13 and expressive writing classes starting in August. Check your email or our website in June for more information.
**Changes on the Horizon**

You may notice a change in this column which is usually written by our Executive Director, Rob Tufel. I am writing this column because Rob has accepted another position to be closer to his home in Oakland so that he can better care for his mother. We will miss Rob but also know that due to his hard work and dedication, he has built a strong organization with a committed board and staff who will continue to carry out our mission of supporting cancer patients and their families. The Cancer CAREpoint Board has formed a search committee to find a new Executive Director. In the meantime, Dawn Hogh, our Deputy Director, will serve as the Interim Executive Director.

As Chair of the Board, I have been amazed at the growth of Cancer CAREpoint over the past six years in both the number of people we serve and the quality of our programs. In fact, at our board retreat in March, we discussed what the next ten years at Cancer CAREpoint might look like. Board Members were challenged to think about our current assumptions regarding cancer care, how these assumptions may change in the future, and how these changes might impact the method and type of support that Cancer CAREpoint provides.

As the Board and Staff of Cancer CAREpoint plan for our new Executive Director, we are simultaneously working to develop our strategic plan, focusing on preparing for our future—a future where cancer patients and their families receive the same quality, personalized care through a convenient and accessible physical or virtual Resource Center. Our foundation is strong and our mission is clear—we will continue to provide personalized services to cancer patients and their families, but how we provide those services will be an exciting part of our future.

Thank you for your continued support of Cancer CAREpoint.

Yours truly,

Corrine Fabie, Board Chair

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**Because It’s Personal**

When Zakiya Norton decided that she wanted to join a nonprofit board, she wanted to find an organization for which she had a passion. Cancer CAREpoint’s mission resonated with her because she has supported close family and friends bravely fighting their battles with cancer. Zakiya is a founding principal and managing partner of the Santa Clara, Beverly Hills and Las Vegas offices of the estate planning law firm Norton Basu LLP. She currently calls the Santa Clara office home and focuses her practice in the areas of estate planning, probate, conservatorships, trust administration and trust litigation. Giving back to the community is important to Zakiya, so she provides pro bono hours for Bay Area Legal Aid and the Queen’s Bench Bar Association, and she participates as a scoring attorney for the Santa Clara County Mock Trial Competition. Welcome, Zakiya!

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**Looking for Relief**

At some point in life, most people will experience pain due to injury or illness. However, for cancer patients, pain can also come on as a side effect of cancer treatment. Surgery, radiation, chemotherapy and hormone therapy can result in both short- and long-term pain. In a recent seminar, “Striking a Balance—Effective Pain Management,” Christine Miaskowski, RN, PhD, FAAN, discussed how cancer patients can communicate their pain to their medical teams and what techniques, other than medication, might be helpful for those experiencing pain and/or peripheral neuropathy.

Key takeaways for participants in the seminar include communicating to their medical team the quality, type or level of pain. Is the pain sharp? Electric? Dull and aching? Burning? Describing more details about the pain can help the medical team determine the best course of treatment.

A recent research study has shown that treatment of pain is important because unrelieved pain can increase anxiety, depression and fatigue already associated with cancer. Other points to communicate about pain include what makes it better, what makes it worse and how it impacts your life.

If you’d like to view the entire seminar, please visit cancercarepoint.org and click on “Articles and Videos” under the “Our Services” tab.
Supporters from the Beginning

Pamela and Stanford Atwood are long-time supporters of Cancer CAREpoint. In fact, they were among the first donors when Cancer CAREpoint was just a vision. This year, the Atwoods have generously offered to host Cancer CAREpoint’s annual Garden Party at their beautiful home, Winterbourne, in Monte Sereno.

“When I had breast cancer in 2003, there was nothing like the support system that Cancer CAREpoint provides,” said Pamela. “One location that you could come to for help and support.” Pamela and Stan were dedicated supporters of Cancer CAREpoint’s mission from its inception.

Winterbourne will provide a gorgeous backdrop for guests to enjoy Cancer CAREpoint’s popular Garden Party. Last year more than 400 guests gathered and raised a record one million dollars. “Being a supporter from the very beginning, it seemed like a natural decision to offer our home for the party,” said Pamela.

Pamela and Stan are traditionalists and designed Winterbourne, from the home to the gardens, to be a peaceful escape from the stresses of everyday life. Nestled in 5.6 acres, Winterbourne was custom built in the style of 19th century architect Edwin Lutyens. The estate grounds feature a bass pond with a Japanese tea house, waterfall and bridge as well as an English greenhouse and camellia, rose and vegetable gardens. There is also an orchard and a yew tree maze. Sponsors will be invited inside to experience Winterbourne firsthand and enjoy the Atwood’s amazing art collection during the Sponsor Reception.

Pamela and Stan have lived in the Los Gatos/Monte Sereno area for over fifty years. In addition to Cancer CAREpoint, they are involved with the Grand View League and the American Cancer Society, the Circle of Red, and Cristo Rey Jesuit High School in San Jose.

1 of 10,000 Supporters—A Challenge

Every year, about 10,000 people are diagnosed with cancer in Silicon Valley. In honor of the 10,000, a generous cancer survivor has pledged $10,000 if Cancer CAREpoint can reach its goal of 10,000 donors. Help us reach that goal by becoming one of our 10,000 supporters of people diagnosed with cancer.

Here’s how you can help:

- Donate at cancercarepoint.org (all donations of $5 or more count).
- Tell your friends and encourage them to join you. If every person recruits 10 of their friends to join them, we’ll reach our goal!

Won’t you help us spread the word so that people impacted by cancer know that there is a community resource like Cancer CAREpoint available? Join us!

Can’t Sleep? There’s Support for That!

It’s three o’clock in the morning and you can’t sleep because your upcoming tests are weighing heavily on your mind. Sound familiar? One of our goals here at Cancer CAREpoint is to help patients and family members prepare for anxiety-producing events, such as waiting for test results or medical procedures. We provide a range of free options for patients who need support: Guided Imagery, Meditation, Yoga, Art Therapy, Therapeutic Massage, and Counseling and Support Groups. Unfortunately, until recently, those classes were only available Monday through Friday, 9-5.

Now, thanks to a grant from the 1440 Foundation, Cancer CAREpoint has developed a series of unique guided imagery podcasts, written by Cynthia McDonald, PhD. Patients and family members can access these podcasts whenever they feel the need for help with issues such as sleeplessness, managing the side effects of chemo, reducing anxiety about cancer treatment or screening, and preparing for medical procedures. To listen, visit cancercarepoint.org and click on “Mind-body Skills” under the “Our Services” tab. If you would like to make an appointment with Dr. McDonald for a Guided Imagery Consultation, please email info@cancercarepoint.org or call 408.402.6611.

The 2019 Garden Party will take place on Sunday, August 25. Tickets and sponsorships are now available. If you are interested, visit cancercarepoint.org/events/gardenparty or call 408.402.6285 for more information.
Whether called a "Survivor," a "Thriver" or "a person who has completed Chemo/Radiation," we know that there are ongoing issues that patients face once they have completed active treatment for cancer. Cancer CAREpoint’s report, “Cancer Survivors in Silicon Valley: Still Lost in Transition,” was the first to examine the struggles for cancer survivors in Silicon Valley and whether their trials are unique to our community. Visit our website to read the entire report.

This report led to Cancer CAREpoint’s new initiative, the “Cancer Survivorship Coalition of Silicon Valley,” to raise awareness about gaps in care for cancer survivors and to develop solutions on a community level. The goal of the coalition is “to educate and empower people living with and beyond cancer, their families and the health care community and to advocate for cancer patients’ unique needs to ensure optimal long-term health.” Participants in the coalition include patient advocates and representatives from:

- Kaiser Santa Clara
- Good Samaritan Hospital
- Stanford Health Care
- El Camino Hospital
- Palo Alto Medical Foundation
- UCSF Washington Cancer Center
- Bay Area Cancer Connections
- New Hope Chinese Cancer Foundation
- Latinas Contra Cancer
- American Cancer Society
- National Coalition for Cancer Survivorship
- The Health Trust
- California Department of Public Health (Dialogue on Cancer)
- Supervisor Cindy Chavez’s Office

Coalition participants are working together to develop a community-wide resource list for cancer patients as well as plans to educate both elected officials and public health officials about the growing population of cancer survivors and the needs of this community. Meetings are held six times per year, hosted by Blach Construction in San Jose. For more information, please contact Morrigan Bruce, Director of Programs, at morrigan@cancercarepoint.org.

Maximize Your Impact

No matter where you turn today, there are “fees”—on airline tickets, hotel stays, and concert or sports tickets, to name a few! One of the biggest “fees” of all is the capital gains tax. When you’re leaving a legacy for the causes that you care about, such as Cancer CAREpoint, you likely want to make as big an impact as possible.

That’s why donating appreciated stock instead of selling it is a great option. When you give Cancer CAREpoint appreciated securities that you’ve owned for more than one year, you may receive two tax benefits:

1. Exemption from paying capital gains taxes on any increase in value that you would pay if you sold the stock.
2. Entitlement to a federal income tax charitable deduction based on the current fair market value of the securities, regardless of their lower original cost.

If you’d like to donate your appreciated securities to Cancer CAREpoint, please contact Dawn Hogh, Interim Executive Director, at 408.402.6284 or dawn@cancercarepoint.org.
Golfing for Good

Cancer CAREpoint’s 5th Annual Golf Tournament, held at Cinnabar Hills Golf Club, was another great example of the community coming together on and off the course to raise funds to support Cancer CAREpoint. Special thanks to tournament chairs, Paul and Charmain Gardner, honoring their son, Mike, who lost his battle to cancer, and our committee members Mike Culcasi, Dan Kennedy, Gary Olimpia and Randy Walden. Gary Scott Thomas, one of the KRTY morning show hosts, once again emceed the evening festivities.

Thank you to our sponsors, golfers, auction donors and donors—you are on top of the leaderboard for enabling support for those impacted by cancer in our community!

Many Thanks
to the Generous Sponsors of the 5th Annual Golf Tournament!

Bear Scaffold and Services
Black Bear Builders
The Brandenburg Family Foundation
Jack and Lorrie Cuthbert
Glenrock Development
Harold & Patricia Hester Charitable Foundation
Mike Harvey
Houston Group
Hugh Stuart Center Charitable Trust
Alan & Lori Kessler
Los Gatos Swim & Racquet Club
Morgan Stanley Wealth Management
Petrinovich, Pugh and Co
Pfahnl and Hunt Accountancy Corporation
Samaritan Medical Center
The Toeniskoetter Family Foundation

Special Thanks
Joseph George Wines
The Gary Olimpia Family
Terry and Trudy Rose
Teel’s Jewelry
Survivorship and Government: Members of the American Cancer Society Cancer Action Network Maryam Azizi, Gay Crawford (Cancer CAREpoint Founding Director), and Jim Murphy presented Senator Jim Beall (center) with the Cancer CAREpoint Survivorship paper and discussed key cancer issues.

We are sincerely grateful for the following grants:

- Resonance Philanthropies for their very generous grant for our Survivorship programs.
- The Moca Foundation for funding to launch weekend programming for exercise classes and a journaling class.
- The Saratoga Rotary Charitable Foundation for funds to upgrade and expand our Resource Center seating capability.

Community Leadership: Board Chair Corrine Fabie was named the San Jose Junior League’s Pat Gustke Award winner. The honor, which included a cash stipend for Cancer CAREpoint, recognizes a Sustainer from the Junior League of San Jose who has contributed significantly to the community and embodies the mission of the league to serve the community.

Founder Recognition: Gay Crawford was awarded the Bishop’s School Rosamond Larmour Loomis Alumni Service Award in La Jolla for her work in founding Cancer CAREpoint and advocacy for cancer patients and issues for over 45 years.

Volunteer Recognition: KNTV Anchors Marcus Washington and Laura Garcia congratulate Caroline Lee for her support of Cancer CAREpoint. Caroline was recognized at the Junior League of San Jose Volunteer Recognition Luncheon and was presented with one of the coveted Tiffany bowls and a stipend for Cancer CAREpoint. Joining the congratulations on stage is Junior League of San Jose President, Kimberly LeDeaux (far right).

Faith and Support: Executive Director Rob Tufel spoke to the San Jose Buddhist Church about addressing the needs of cancer patients, their families and caregivers in our community.

Shopping for a Cause: Thank you to Kendra Scott at Santana Row for hosting “Sip & Shop” and to all those who shopped to benefit Cancer CAREpoint.
A Hole in One! The Santa Teresa Women’s Golf Club held its sixth fundraiser benefiting Cancer CAREpoint and once again exceeded the previous year’s result. This amazing group of 72 women raised over $6,000 for cancer patients, survivors and family members. We are so thankful for the leadership of Cathy Priest who has continued to drive this fundraiser on our behalf.

He Did What? Paul King completed 80 miles of the 2019 Zion 100-mile Ultra Marathon and accomplished his goals: to fulfill a bucket list item and raise over $10,000 for Cancer CAREpoint, carrying the names of people impacted by cancer suggested by his donors. Thank you to all who donated in honor of loved ones, and to Paul for his courageous run!

College Students Helping Cancer CAREpoint: UC Berkeley MPH students Brian Villa (far left), Sarah Ferrell (middle) and Chris Rubbo (far right) met with Cancer CAREpoint staff to help develop procedures for our HelpLine. Go Bears!

Caring for our Community—Starting Young: Lucia Perea and Devika Bhattacharjya, two members of Mrs. Stone’s 5th grade class at Farnham Elementary School in San Jose, dropped off encouraging notes for cancer patients that the class wrote as a project.

The Intersection of Tai Chi and Qigong: Many thanks to Ellen Blumenfeld and Breathe Together Yoga for holding a fundraiser on behalf of Cancer CAREpoint in honor of World Tai Chi and Qigong Day.

Corporate Community: Thank you to Maxim Integrated’s Shawna Harvel, executive assistants and members of the CFO group who made no-sew blankets for our Chemo CARE bags for cancer patients.

Walk or Run for Cancer CAREpoint: Homestead High School Cancer Society hosted a 5K Walk and Run to benefit Cancer CAREpoint. Pictured: Muriel Von-Stein (Advisor), Adiel Zaghi (Activities Director), Alyssa Liang (Treasurer), Veronica Luu (Secretary), Joanne Liu (President), Josephine Yen (Vice President), and Cancer CAREpoint’s Development Manager, Ariane Chapple.
Save the Month!
Watch for dates in October when Pose 4 a Purpose will take place for the entire month! Visit pose4apurpose.org for more information.

Grow the Future of CARE—Sunday, August 25
Join us Sunday afternoon, August 25, at the amazing Winterbourne Estate for Cancer CAREpoint’s annual Garden Party. Enjoy delicious food, beautiful surroundings, and the company of Silicon Valley health care, business and community leaders at the amazing Monte Sereno estate of Pamela and Stanford Atwood. All proceeds from the Garden Party will support cancer patients, survivors and their families in our community.

Sponsors are invited to a VIP reception inside the Atwood’s home to enjoy their amazing art collection, music and a talk by Richard Levy, PhD, former CEO and Board Chair of Varian Medical Systems and 48-year health care industry veteran. For sponsorship and ticket information, or if you’d like to donate an item to our auction, please visit cancercarepoint.org/events/gardenparty or contact Ariane Chapple at ariane@cancercarepoint.org or 408.402.6285.