

So That No One Faces Cancer Alone

MARCH 2021



Hello CSCP Friends!

How about some good news for a change? In January 2021, an American Cancer Society (ACS) report announced that cancer-related deaths have been declining continuously from 1991 through 2018 (a 31% decrease), including record drops

in 2017 and 2018. Decreased smoking rates, improved screenings, and more effective treatments for certain types of cancer have contributed to this encouraging news.

How will the COVID-19 pandemic affect this positive trend? Well, we know that the number of routine cancer screenings plummeted in 2020, especially in the early months of the pandemic. While screening rates are rebounding, medical experts remain concerned. "It is strongly expected that disruptions of care in 2020 that continue into this year will increase diagnosis of advanced stage disease and cancer mortality," says Rebecca Siegal, lead author of the ACS report.

To that end, CSCP is continuing to educate the greater community about the importance of preventive screenings. Rachel Koonse, CSCP Program Director, recently authored an article on this issue entitled *The Power of Being Patient Active*. You can find it at www.cscpasadena.org/blog.

Even before the pandemic, screening rates were lower and mortality rates were higher for some cancers in the Black

and Latino communities. We know that Black people are 13% more likely to die from cancer than white individuals. "People who are African American are not only diagnosed at a later stage for almost every cancer type, but even within each stage of diagnosis their survival is lower. This is largely because of reduced access to care," explains Siegal.

Here at CSCP, we have ambitious plans in 2021 to try to make a meaningful difference in addressing cancer disparities in the Black community. In addition to increasing Black leadership on our Board of Directors and forming a Diversity, Equity, and Inclusion Committee, CSCP recently held our first-ever virtual information evening for the Black community. Also, in April, thanks to a grant from the Pasadena Community Foundation, we will launch a virtual weekly support group for Black cancer patients.

Finally, although our work is focused on a serious topic - cancer - we do like to have fun, too! We hope you will join us for an exciting trip **Around the World** on May 15th and will attend our second *virtual* Angel Gala! You can read more about this highly anticipated event inside this newsletter.

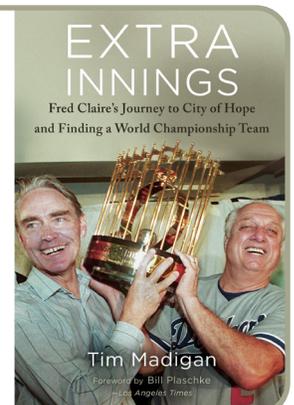
Together, with your support, CSCP will continue to grow, adapt, and address the pressing needs of the day. Thank you! *Stay healthy, stay happy, and stay with us.*

Patricia V. Ostiller, JD, CFRE
Executive Director

Dodger Great Shares Cancer Journey with CSCP

Fred Claire, who assembled the storied 1988 World Series Champion Dodgers team as its General Manager and Executive Vice President, visited CSCP via Zoom on March 1. A packed online crowd heard Claire talk about his life, his instrumental role in the Dodgers success, and his personal cancer experience.

The recently released *Extra Innings: Fred Claire's Journey to City of Hope and Finding a World Championship Team*, written by Tim Madigan, chronicles Claire's incredible baseball career, cancer diagnosis, and treatment at City of Hope. The fighting spirit intrinsic to Claire's professional victories served him well in his bout with cancer and is an inspiration for all those facing the disease.





Cancer and the COVID-19 Vaccine - What to Know

If you or a loved one has cancer or is a recent survivor, you might be wondering whether it is safe to be vaccinated against COVID-19.

The American Cancer Society (ACS) recommends asking your physician(s) before taking any vaccine, because each patient's course of treatment is different.

Although there is a consensus that COVID-19 vaccines are safe for most cancer patients, according to the ACS and others in the medical community, clarity about whether they will be effective for those with cancer is still unknown. However, because cancer patients and survivors are at higher risk for severe effects from COVID-19 infection, getting vaccinated can be considered, if one's unique situation allows for it ([newsnetwork.mayoclinic.org/discussion/safety-of-covid-19-vaccines-for-patients-with-cancer-and-cancer-survivors/](https://www.mayoclinic.org/discussion/safety-of-covid-19-vaccines-for-patients-with-cancer-and-cancer-survivors/)).

Please visit CSCP's resource page on our website at www.cscpasadena.org/covid-news for more information about cancer and COVID-19.



Black Information Night a Success

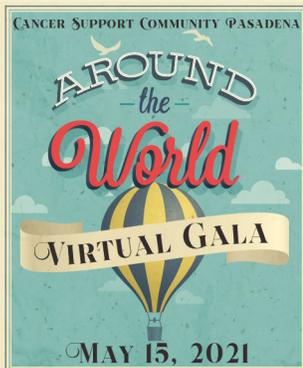
As part of CSCP's commitment to connect more deeply with the diverse populations we serve, CSCP held its first-ever Information Night for the Black Community on February 22. Natalie Smalley, one of CSCP's newest board members,

facilitated the discussion, sharing how her own cancer journey brought her to CSCP and how our programs and support empowered her. The additional obstacles that members of the Black community confront were also explored, such as lack of access to affordable healthcare and higher incidence rates for lung and prostate cancer. Attendees enthusiastically participated in the conversation and provided important insights.

Aiming to reach more Black individuals and mitigate some of those challenges is also why CSCP is offering a Black support group. Our new *Black Support Circle* is free and begins April 1, and it will be facilitated by Christine Rodriguez, MSW, a social worker at City of Hope. The virtual group, which is partially underwritten by a grant from the Pasadena Community Foundation, runs from 6 p.m. - 7:30 p.m. on Thursdays. For more information, call CSCP at 626-796-1083 or email Rachel Koonse, Program Director, at r.koonse@cscpasadena.org.

Additionally, CSCP recently established a Diversity, Equity, and Inclusion Committee to help guide our outreach and form a clear vision for how to better engage those cancer patients from communities of color.

We also continue to offer Armenian programming and Spanish-language support groups and educational workshops, including our first Spanish-language *Return to Wellness* program, which helps breast cancer survivors, to be offered later this year in partnership with City of Hope.



CSCP's Angel Gala Set to Take You Around the World

While CSCP's highly anticipated virtual Angel Gala on May 15th will have viewers watching from the comfort of their own homes, guests will join us on a trip *Around the World*, visiting exotic

locales and faraway places - sure to feed that pandemic wanderlust.

We're proud to honor Melissa Alcorn, a longtime CSCP board member, and Anderson & Murison as this year's recipients of our Angel Award. Their tireless generosity and passion for our mission is inspirational to say the least. Together, their dedication to CSCP helps provide invaluable resources and enhances our ability to serve those confronting cancer in our community.

Thank you to our Angel Gala **Co-Chairs Rita Gooch, Ruben Marquez, and Stephanie Poole**. Kudos, as well, to their fabulous committee of dedicated CSCP Guild members, who are working tirelessly to plan this exciting virtual event.

We look forward to seeing you online on **Saturday, May 15th, at 7 p.m.**, for an unforgettable journey *Around the World*...so that no one faces cancer alone.

For questions, or to sponsor or donate, please contact Kim Ferreira, Director of Events & Marketing, at k.ferreira@cscpasadena.org or 916.505.3444.

VOLUNTEER

We Need YOU!

If you're tech savvy, and/or if you speak Spanish, we're looking for volunteer help with our virtual efforts. For details, please contact Rachel Koonse, Program Director, at r.koonse@cscpasadena.org. Thanks!

¡Lo necesitamos a usted!

Si usted tiene conocimiento en tecnología y experiencia con la plataforma Zoom, y/o si usted habla español, solicitamos su ayuda con nuestros esfuerzos en el mundo virtual. Para detalles, por favor comuníquese con Rachel Koonse, nuestra Directora de Programas, al r.koonse@cscpasadena.org. ¡Muchas gracias!

Board Reunion and Legacy of Hope Celebration

On Thursday, January 28, CSCP held its annual Board Reunion and Legacy of Hope Society Celebration - this time virtually! Not even a pandemic could stop us from recognizing the wonderful individuals who have so generously supported and helped to shape this organization.

Attendees got to "mingle" Zoom-style, catching up with each other, before being entertained by Jason Love, CSCP's go-to comedian who put on a terrific show (as he does regularly, and free of charge, for cancer patients across numerous CSC affiliates).

After the laughs, the audience heard from our Executive Director, Patricia Ostiller, about how CSCP navigated 2020 amazingly well, despite the impact of COVID-19 on our members and on our operations. The many exciting programs set for 2021, some of which are already underway, were also outlined by Rachel Koonse, our Program Director.

The evening's highlight was, as always, the moment when we formally acknowledge those friends who have so thoughtfully named CSCP as a beneficiary in their estate plans. The Legacy of Hope Society ensures that CSCP thrives now and long into the future. (You can learn more about our Legacy of Hope Society and the many ways to assist CSCP, while also achieving your financial goals, at www.cscpasadena.org/plannedgiving.)

Those Legacy of Hope Society members who were present and celebrated included: Melissa Alcorn, Rosemary Annear, Kal Antoun, Loren Brodhead, Tom Daly, Suzanne Gilman, Michael Healy, Anne Kennedy and Dr. Peter Kennedy, Vicki Laidig, Marguerite Marsh, PhD, Patricia Ostiller, Peggy Smith, Charlotte Streng, Meg Symes, and Laura Wending.

A virtual toast was given and the event ended, but CSCP's gratitude remains. Immediately after the event, Ellen Driscoll, a current CSCP board member, generously chose to become a member of the Legacy of Hope Society. Thanks to Ellen and all!



CSCP Offers Varied New Programs in 2021

CSCP hit the ground running in 2021 with several new virtual program offerings. In pursuit of providing more inclusive and creative programming, CSCP is filling its calendar with an array of program options from which members can choose this year.

Educational offerings include Cancer Awareness Month presentations in collaboration with City of Hope, engaging workshops facilitated by members of CSCP's Professional Advisory Network, survivorship education for our *Return to Wellness* series, and a well-attended Information Night for the Black Community.

Within the healthy lifestyle realm, CSCP is offering new nutrition and mental health education classes to our Spanish-speaking members and adding a new yoga and strength training class. We also recently completed a popular and informative nutrition series (and we aim to bring it back again later this year).

Children, Teen, and Family programs also have expanded to include monthly educational offerings, such as a Pet Therapy workshop and a Mindful Slime event, which were highly interactive and fun for our younger members. (The second part of the Pet Therapy program will take place on March 15. If you wish to attend, please register at cscpa.gnosishosting.net/Events/Calendar.)

More **social events** have been added to the calendar as well. *Sing-Along Night* and a recurring *Coffee Club*, at which members can informally meet to chat, are just a few examples. On the horizon are also new support groups, including our *Black Support Circle* to begin in April and other new groups to be launched in May.

CSCP hopes to serve the community more meaningfully by providing new opportunities for members to participate in programs that are most helpful to them during their cancer journey.

Upcoming CSCP-City of Hope Virtual Workshops

CSCP and City of Hope's year-long collaboration on Cancer Awareness Month programming continues! Please mark your calendars for the following informative workshops:

APRIL
20
6 P.M.

Human Papillomavirus (HPV) workshop, as it relates to head and neck cancers, presented by Dr. Jekwon Yeh.

MAY
4
6 P.M.

Melanoma and skin cancer workshop, presented by Dr. Farah Abdula.

JUNE
15
6 P.M.

National Cancer Survivor Month workshop, presented by Karla Wilson, RN MSN FNP-C CPON.

CANCER SUPPORT COMMUNITY PASADENA BENEFACTORS SOCIETY 2021



While many people are tiring of Zoom meetings and events, CSCP's 3rd annual (and 1st virtual) **Appreciation Dinner** on February 25th for our Benefactors and Patrons was an engaging, fun-filled, and heartwarming event. Even though these special donors couldn't gather in person for this annual dinner, our Bistro45 tradition continued! Delicious French cuisine entrees and wine were instead delivered to our donors' homes for their enjoyment.

CSCP was honored to have one of its new Patron members, Chris Mitchell, speak about the great value CSCP offered both him and his late wife, Laurie, as they faced her cancer journey together. *"We're pretty resilient and self-reliant people, but when you're facing cancer, you need 'booster fuel' and that's what CSCP gave us. We both benefitted so much from CSCP,"* remarked Chris.

Patron members Ann and Mike Malone also spoke about why they are continuing their membership. *"As a cancer survivor who utilized CSCP's programs, it was a place where I could say things I didn't want to say to my family (because I didn't want to worry them). And it's such a well-run organization that continuing our support was an easy decision for us,"* said Ann.

CSCP has produced a new video for people interested in joining the 2021 Benefactors Society. If you would like to see this video and explore membership, please contact CSCP Board Director Brad Talt at batalt575@gmail.com or Executive Director Patricia Ostiller at p.ostiller@scpasadena.org. We hope you'll join us!

BENEFACTORS (\$20,000+):

Ellen and Harvey Knell, Lead Foundation Benefactors*
Terri and Jerry Kohl*
Lee and Mickey Segal

PATRONS (\$10,000 - \$19,999):

LeAnn and Michael Healy, Lead Patrons	Chris Mitchell
Melissa Alcorn/Anderson & Murison	Dana and Mike Naples
Karen and Frank Beardsley	Julie and Scott Nesbit*
Terry Beyer	Patricia and Steve Ostiller
Bonnie and John DeWitt	Sue and Steve Ralph
The Havner Family Foundation	Sue and Steve Silk
Ann and Michael Malone	Susie and Brad Talt

*Founding Benefactors**



Getting Started at CSCP

If you know someone who could benefit from one of our online support groups - whether in a patient, caregiver, survivor, or bereavement group - please let them know that CSCP is continuing to welcome individuals and families virtually. For more information, visit www.cscpasadena.org/gettingstarted.

The mission of CSCP is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

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