



**CANCER SUPPORT  
COMMUNITY**  
VALLEY/VENTURA/SANTA BARBARA  
Formerly The Wellness Community Valley/Ventura

# News



Spring/Summer 2014

23 years of providing free cancer support, education and hope

Cancer Support Community  
Valley/Ventura/Santa Barbara

530 Hampshire Road  
Westlake Village, CA 91361  
805.379.4777

www.CancerSupportVvsb.org  
info@CancerSupportVvsb.org

CscVvsb ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

## BOARD CHAIR'S MESSAGE: Lisa Allison, CPA

For the past seventeen years that I have been involved with the Cancer Support Community Valley/Ventura/Santa Barbara, I have been inspired by the hope, strength, courage and commitment demonstrated by the participants, dedicated staff and volunteers of this important organization. This year, we will honor four champions of hope and inspiration at the Evening of Hope Gala on May 2nd. We will present the Celebration of Excellence award to Mai Brooks, MD, Celebration of Hope to Lynn Buchanan, Celebration of Life to Gail Lemberger and Celebration of Philanthropy to Amgen Inc. These well deserved awards honor the passion and commitment these honorees have for assisting those affected by cancer; even when those affected by cancer include themselves. I hope you will join us at the Gala as we celebrate these honorees.



The mission of the Cancer Support Community is to ensure that adults and children impacted by cancer are empowered by knowledge, strengthened by action, and supported by community. If you would like to be a champion of hope for those fighting cancer and their families, here is your opportunity to help. Our organization needs volunteers who want to donate their time and energies to our various activities. Another way to help is through financial contributions that enable us to offer support, education, and hope, free of charge to our participants and their families. We encourage you to learn more about the programs we offer and how you can become involved with our community.

*Join us and become a champion to these amazing individuals who fight cancer with grace and courage.*

## A COMMUNITY OF HOPE AT CscVvsb:

Gail Lemberger, Participant, Volunteer, 2014 Celebration of Hope Honoree

*"They have helped me learn how to cope with having Stage IV cancer. They have shown me that I do have the strength to deal with this on a daily basis. Once you walk in the door you know that you are loved and supported and no one judges you."*

By volunteering to lighten the burden of our staff, Gail Lemberger has helped lighten the burden of thousands of participants who come through our doors seeking solace during their cancer journey.

For the past six years, Gail has diligently completed hours of behind-the-scenes office work at CscVvsb – and expects absolutely nothing in return. "Being of service is something I was always taught to do," says Gail. "My mother showed me how important it is to give back, not by preaching to me but in the way she lived her life."



Gail's family has also been a huge support during the cancer experience. "My husband Steve has been amazing, and I wouldn't be here without him," she says. Before her passing in 2009, Gail's mother was always available for a supportive phone call, and she sent encouraging cards in the mail each week. "I saved every card and it's a huge stack – something like 90 cards," says Gail. Her son Matthew is "her cheerleader" – always saying, "you can do this, Mom," during the very tough times. Gail's two corgis, which she calls her therapy dogs, keep her smiling and make sure she gets outside for a walk every day, rain or shine.

Gail chose to volunteer for CscVvsb because it was a source of hope during her eight-year journey of cancer diagnosis, surgery, and aggressive treatment.

**Thank you, Gail, for giving back to the Cancer Support Community in so many ways.**

## Thank You to Our Program Sponsors!

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## 23 Years of Providing Hope

GROUP SUPPORT. STRESS MANAGEMENT. EDUCATION. INDIVIDUAL COUNSELING. SOCIAL EVENTS.

### The Power of COMMUNITY



What is the Cancer Support Community philosophy and purpose all about, and most importantly, how can it enrich people's lives?

The word "community" has several meanings: society, a group of people, a neighborhood; and kinship, unity, cooperation and spirit. At CscVvsb our efforts are aimed at encompassing all aspects of community. We are honored to help our participants expand their existing communities and make new ones, too. Our goal is to strengthen the intersection of all communities: families, friends, school, work, spiritual and social.

CscVvsb offers several access points for people with cancer, their families and friends to participate in "community". In addition to support groups for people with cancer, we offer groups designed to support the "family" community, including evening and daytime family member groups, a group specifically for men supporting a loved one with cancer, groups for children and teens who have a family member affected by cancer or who have cancer, and our new support group for parents of children with cancer.

Community is about connecting, in many different ways. CscVvsb participants and staff are energized by our frequent community gatherings: community lunches and dinners, karaoke night, comedy night, knitting club, walking club, and watercolor class, just to name a few. And by participating in activities such as yoga, guided relaxation and qi gong, we can explore the mind-body connection within each of us, while in community with others.



We are so pleased to connect with our community at large for several events throughout the year, including our upcoming National Survivors Day Picnic on May 31st.

With our CscVvsb Community and Connection, we are strengthened to move forward, inspired to create fulfilling moments each day, and comforted by the knowledge that we never have to face our challenges alone.



~ Jody Tompkins, MA, LMFT, VP of Programs

### "Dear Cancer, It's Me..."



On March 13, CscVvsb hosted its 2nd Annual "Dear Cancer, It's Me" Teen Essay and Photo Contest Awards Ceremony. CscVvsb reached out to 100 regional high schools asking students to "talk back" to cancer, through a written essay or a photo collection.

We were absolutely blown away by the strength displayed by all of the participants. It is our privilege to share the finalists' essays with you. For the complete stories, please visit our blog at : [CancerSupportVvsb.wordpress.com](http://CancerSupportVvsb.wordpress.com)



# 23 Years of Giving Hope

## MULTIPLY the Power of Your Donation!



Join team “**Cancer Support Community Valley/Ventura/Santa Barbara**” on Saturday, May 10th at Revlon Run/Walk for Women. Register for our team, and 6 times the cost of your registration is donated back to CscVvsb! It’s a great way to make a huge impact with your donation! As a special promotion – bring a friend for \$20! Once you register for our team, call Valarie Chapman, CscVvsb Special Events Coordinator, at 805.379.4777 for more information on this special deal!

Want to support the event but can’t attend? You can still register as a sleeper and feel good about supporting CscVvsb! The same great donation benefits apply!

CscVvsb will provide bus transportation at 5:45 am from our Westlake Village location. Call 805.379.4777 for reservations!



## Give the Gift of a Lifetime

When Chris Rolin and his wife Debbie moved to Westlake Village in 2000, they were on the lookout for a charity to support as a way of reaching out to their new community. Once Chris learned about CscVvsb, he joined the Board of Directors and has been an active leader and supporter for the past 13 years.

Chris, an attorney with over 45 years of trial experience in civil litigation, strongly believes in the basic principle that everyone should give something back to the community they live in. “The residents of the Conejo Valley, who live here, raise families, find jobs, and retire in this very delightful community, have the same obligation as everyone else, to find a charity that is meaningful to them,” he says.

As a longtime member of the CscVvsb Board of Directors, Chris has served on numerous committees, helping with the organization’s financial planning, selection of new Board members, and more. He has also supported the organization by participating in important fundraisers, including the annual Celebration of Life Gala and the Holiday Homes Tour.

Leaving a legacy was another way the Rolin family decided to help cancer patients and their families in their own community. “Part of being an active supporter of CscVvsb is providing the necessary dollars to support their programs, both now and as part of having planned giving as part of my estate plan,” says Chris.

To learn more about how to give the gift of a lifetime, please call: Suzanne Drace, President, CscVvsb at 805.371.0417.



You are invited to our 2nd Annual Wings of Hope Butterfly Release in honor of our friends and loved ones who have been touched by cancer – those who are still with us, and those who have passed.

As part of our National Cancer Survivors Day Picnic, the Wings of Hope Butterfly Release will take place at 2pm on Saturday, May 31st in Cancer Support Community VVSB’s Garden of Hope. The picnic is a celebration of cancer survivors nationwide. To see photos from last year’s event, visit our facebook page.



With your sponsorship, a live butterfly will be released in your name, or the name of your loved one. Your donation will help support our annual services to over 3,000 local children, teens and adults on their cancer journey.

To sponsor a butterfly, visit [www.CancerSupportVvsb.org](http://www.CancerSupportVvsb.org) or call 805.379.4777.

### Save These Dates!

For more information, including sponsorship opportunities, please call Valarie Chapman, Special Events Coordinator at 805.379.4777.

**EVENING OF HOPE GALA:** May 2nd



**\$10,000 CASH RAFFLE DRAWING:** May 2nd

**REVLON RUN/WALK:** May 10th



**NATIONAL CANCER SURVIVORS DAY PICNIC:** May 31st



**PAINT THE TOWN PINK:** Fall 2014



**HOLIDAY HOMES TOUR AND BOUTIQUE:** December 6th & 7th





# CANCER SUPPORT COMMUNITY

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Westlake Village, CA 91361

NON -PROFIT ORG  
U.S. POSTAGE  
PAID  
Thousand Oaks, CA  
Permit No. 425

Return Service Requested

In 2013, we provided service to over 3,140 individuals, representing more than 26,100 hours of service!

All services are provided FREE of charge.

Call 805.379.4777 or visit [www.CancerSupportVvsb.org](http://www.CancerSupportVvsb.org) to learn more about our program.

Follow Cancer Support Community VVSB:



*Hope Grows Here*



*Saturday, May 31, 1-4pm*

530 Hampshire Road,  
Westlake Village, CA 91361

*Please rsvp 805\*379\*4777*

Come celebrate life with fellow cancer survivors, family and friends at the **National Cancer Survivors Day Picnic**. Join us for good food (donated and prepared by the Kiwanis Club of Thousand Oaks) and many fun activities, including a clown, face painting and a dance performance.



**Kiwanis**  
Thousand Oaks

