



Positive Energy

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Rows of framed photos of family and friends decorate the living room of the Thousand Oaks home Sylvia and Vic Dyck share. A tranquility garden with a Buddhist statue can be seen through a window. Their three dogs bring liveliness into the space. For Sylvia, a two-time cancer survivor, her home is a sanctuary of positive energy and a place of joy to be shared with family and friends.

A former behavior therapist specializing in the treatment of panic disorders, Sylvia has created this nurturing environment because she understands the importance of positive energy and a strong network of emotional support when dealing with cancer and she knows that the disease can make people feel lonely and isolated.

That's why when she and her husband discovered The Wellness Community Valley/Ventura three years ago during her first bout with cancer, they never left.

"It's our Tuesday night ritual," Sylvia says. "The Wellness Community is home. The energy there is so comfortable and nourishing."

The Wellness Community has been a vital resource in helping Sylvia through the life changes caused by her cancer. As a therapist, Sylvia's work involved a great deal of talking; her cancer affected her speech and facial muscles, making it difficult for her to work. At support group meetings, group leader Joyce Boucher would remind Sylvia to use her sense of humor as a way to cope with the disease, but not distract herself from her feelings.

"It was easier for me to laugh about it," Sylvia says. "There's a loss of innocence with cancer because it feels so unreal. But once you deal with the reality, it's a lot easier. You have to work through it."

But Sylvia is quick to say that her sense of humor has not changed; she has just learned to use it in a way that benefits



Vic and Sylvia Dyck relaxing at home.

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NEWSLETTER EDITOR
Roberta Robey
PowerTrain, Inc.

IRA Gifts Offer Tax Benefits

Providing an inheritance with proceeds from your retirement plan can be a tax trap for the unwary. Yields of a mere 20 cents on the dollar are a common occurrence as a result of combined estate and income taxes. Since, in larger estates, retirement plan assets distributed to individuals other than a spouse may be taxed twice at death, contributing retirement plan assets is an optimal tax-planning strategy. Such gifts can offer valuable tax benefits and provide a meaningful charitable legacy for The Wellness Community Valley/Ventura (TWC VV).

"IRA gifts can offer valuable tax benefits and provide a meaningful charitable legacy for The Wellness Community."

Charitable IRA Rollover. Since 1999, several bills have been introduced in Congress to allow IRA owners to donate their retirement plan assets to nonprofit organizations during their lifetimes on a tax-friendly basis. Finally, a new law has been passed (HR 4) that permits donors over age 70 ½ to directly transfer up to \$100,000 annually of their lifetime charitable gifts from an IRA to TWC VV.

Before this law was signed, if you wanted to donate your retirement plan to The Wellness Community while you were alive, you had to make withdrawals, declare the withdrawals as income, pay tax, and then donate the monies to The Wellness Community. However, with this new law, the contribution of your IRA to The Wellness Community will count towards your required minimum distribution and it is not taxable.

Other Charitable Solutions. In a *Charitable Remainder Unitrust*, the beneficiary of your IRA at death provides a tax deduction for your estate that reduces estate taxes and creates an income stream for your children or others. This is a good solution for donors who want complete control of retirement funds during their lifetimes but want to do good with them later.

You can also make a *bequest of your IRA* at death to leave a charitable legacy. This objective can be achieved by naming TWC VV as a beneficiary of your qualified retirement plan.

As you can see, your retirement plan assets can be an effective tool for funding your philanthropic desires. *We encourage you to contact your tax/legal advisor for further information. Or, please call us and we will be sure to refer you to a proper expert.*

Eric S. Grodan, Esq.
Director of Gift Planning, California Community Foundation
Vice President of the Los Angeles Estate Planning Council

Our Mission

The mission of The Wellness Community is to help people with cancer and their loved ones enhance their health and well being by providing a professional program of emotional support, education, and hope.



Sharon Seravic at the finish line of the PF Chang's Rock and Roll Marathon, closely followed by another TWC team member.

Congratulations to our Strides for Hope Team!

Strides for Hope, The Wellness Community's charity fundraiser marathon team, raises money to support free programs. The team also can train you to walk or run a half or full marathon.

Walk or run in memory of someone who has been touched by cancer in our community; 17 team members raising \$39,000 are running in the Big Sur Marathon on October 29 and our next Strides for Hope team will run/walk in the Kentucky Derby Marathon on April 28, 2007.

Training for the Kentucky run begins January 6, 2007. If you're interested in joining the Strides for Hope team, call Liz Gregory at 805-379-4777 or email liz.gregory@wellnesscommunityhope.org.

We are always looking for volunteers to help. If you have any of the following interests, please call Marilyn at 805-379-4777 or email marilynway@wellnesscommunityhope.org.

- Receptionist/Clerical (front desk, answering phones, greeting visitors, assisting office staff)
- Mailings (sealing, stamping, sorting mail for bulk mail, etc.)
- Special Events (Gala, Holiday Homes Tour, etc.)
- Fund-Raising (solicitation of funds, door prizes, program ads, etc.)
- Outreach (delivery of brochures to hospitals and doctors' offices)
- Public Speaking



Support The Wellness Community while

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You can get many different products at great prices through the Amazon.com gateway located on our website,

www.TwcVv.org

When you buy, Amazon will pay a percentage of each purchase to us, but your price won't be affected.

Hundreds Help Celebrate 15th Anniversary

The Wellness Community Valley/Ventura celebrated 15 years of providing support, education, and hope to people fighting cancer on



Berniece Bennett, recipient of the Celebration of Life Award.

thank you to everyone who has made our organization what it is today.”

Berniece Bennett received the Celebration of Life Award, presented by Dole Food Company. She currently serves on The Wellness Community Valley/Ventura’s board of directors and is a founding board member. The former mayor of Westlake Village continues to work as an advocate for the organization by writing articles and raising funds for the annual Holiday Homes Tour.

Bob Ferber is a cancer survivor who volunteers at The Wellness Community. Using his own experience with cancer and a team of disabled pets, he helps children deal with grief and learn about being different. He was



Bob Ferber, recipient of the Celebration of Hope Award.

recognized with the Celebration of Hope Award, presented by Baxter BioScience.

Richard Jones was honored with the Celebration of Courage Award, presented by Hewlett Packard. The Senior Managing Director and Chief Information Officer for Countrywide Financial Corporation is a brain cancer survivor. He also is a member of Art of

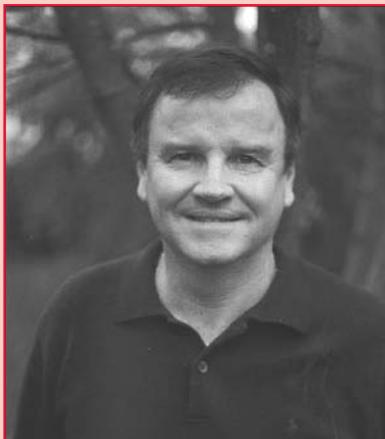
the Brain, a nonprofit organization that raises money and awareness for the UCLA Neuro-Oncology Program’s brain cancer research.

Dr. Silvana Martino, the recipient of the Celebration of Excellence Award, presented by Amgen Corporation, is a nationally recognized oncologist who

specializes in breast cancer treatment and research. She is the director of the Breast Cancer Section at the Angeles Clinic and Research Institute in Santa Monica.

She served on the professional advisory board and the board of directors that helped create The Wellness Community Valley/Ventura.

June 9 at the 15th Anniversary Gala fundraiser at Sherwood Country Club in Westlake Village. More than 350 people attended the gala, which featured the Harry Selvin Big Band, dinner, and live and silent auctions. Community members Berniece Bennett, Bob Ferber, Richard Jones, and Dr. Silvana Martino were honored at the gala for their work with The Wellness Community and on behalf of cancer patients.



Richard Jones, recipient of the Celebration of Courage Award.

“These four people have been instrumental in helping people with cancer and have brought hope to countless members of our community,” says Suzanne Drace, president. “Our 15th anniversary celebration was the perfect time to say

The Gala culminated a week of festivities celebrating the organization’s 15th anniversary. The week began with the Annual National Cancer Survivors Day Picnic on June 3 and continued with educational programs throughout the week.



Silvana Martino, D.O., recipient of the Celebration of Excellence Award.

Las Mujeres Unidas En Celebración (Women United In Celebration)



Participants from the Latino Outreach Program celebrating "Las Mujeres" day in June.

Two hundred seventy women attended the Las Mujeres Unidas en Celebración, hosted by The Wellness Community Valley/Ventura and held every summer.

The free conference/luncheon was held at the Airtel Hotel in Van Nuys for Latina women with cancer, cancer survivors, and their daughters. This is a day-long event of joy, friendship, education, pampering, and inspiration. It provides an opportunity for the women to meet and share with others experiencing similar circumstances, and to celebrate life through music, entertainment, educational workshops, informational booths, raffle prizes, and gift bags.

Transportation to the event was provided for women from Ventura County.

the wellness community
valley/ventura
cancer support, education and hope

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Parking Lot Paves Way For Success

“If you don’t ask, you don’t get.” goes the old saying. So when The Wellness Community Valley/Ventura’s parking lot was in disrepair in 2002, former board member Paul Baskin asked Tony Morelli, District Manager of the Associated Contractors of California, Tri-Counties District, for help. After a meeting of the contractors’ organization, The Wellness Community received a commitment to renovate the Community’s parking lot at no charge.

This September visitors parked on the smoothly paved lot, thanks to many generous Ventura County companies that donated their time and materials.

The value of the project is estimated to be \$180,000, says Ruric Nye, President of Nye & Nelson, Inc., general engineering contractors who oversaw the project under the auspices of the Associated Contractors of California, Tri-Counties District, which includes Ventura, Santa Barbara and San Luis Obispo counties. Costs and construction time expanded over the life of the project due to a more than 100 percent increase in the cost of materials, Nye says.

Each region within the district annually takes on a pro bono project to give back to the community, Nye explains. When Morelli approached his board about The Wellness Community’s parking lot, Nye immediately signed on.

“As a company, we annually pinpoint charities to donate to,” Nye says. “My wife is a cancer survivor. When I found out that The Wellness Community helps people with the process of surviving cancer and realized that they serve a very important health community, I was happy to get involved.”

Nye emphasizes that the project could not have been completed without the support and dedication of the companies involved in the project. He is quick to recognize the following companies’ efforts to complete the new parking lot:



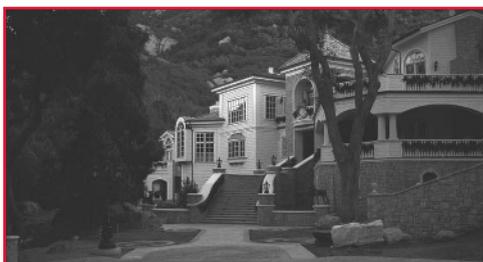
Thanks to the generosity of many local firms, we have a new, beautiful parking lot!

- **Nye & Nelson, Inc., Ventura** donated general contracting services and project management, all grading, aggregate, and asphalt paving, underground, materials purchasing and miscellaneous work; valued at more than \$95,000.
- **Taft Electric Company, Ventura** donated electrical wiring and lights; valued at approximately \$35,000.
- **AA&P Cement Contractors, Ventura** donated concrete labor and forming; valued at approximately \$25,000.
- **Ralph Cherry Construction, Ventura** donated the block work for the trash enclosure; valued at \$6,500.
- **Proline Striping, Ventura** donated the striping painted on the pavement; valued at \$2,500.
- **Quinn Equipment Rental, Oxnard** donated rental equipment; valued at several thousand dollars.
- **C&W Construction Specialties, Ventura** donated drilling for the concrete bases housing the light poles; valued at \$1,500
- **Mike Coverley, Coverley Construction, Camarillo** donated concrete and asphalt saw cutting; valued at \$96.
- **M3 Civil, Camarillo** provided design and engineering services.

“It is so wonderful for visitors to be able to use the parking lot again,” Suzanne Drace says. “We are extremely grateful to the Tri-Counties District for their tireless work on our behalf.”

15th Anniversary Holiday Homes Tour

Don’t miss the 15th Anniversary Holiday Homes Tour on December 2 and 3, 2006! After 15 years and more than 30,000 visitors, the Holiday Homes Tour has become a time-honored holiday tradition. This self-guided tour of select Conejo Valley homes is our largest fundraiser and helps fund our free programs of support, education and hope for people fighting cancer and for their friends and families.



One of the beautiful homes featured on the Holiday Homes Tour this year.

You can bring hope to your community:

- Purchase tickets
- Volunteer
- Become a sponsor
- Advertise

Please call (805) 379-4777 or visit www.TwcVv.org for more information.

Hope Will Grow, Bloom In New Garden

Ken Kossoff had driven past Cancer Survivors Park in Rancho Mirage since the 1980s, but it wasn't until around 2001 that he saw the park in a new light. As a board member of The Wellness Community Valley/Ventura, Ken realized that The Wellness Center could create a similar park at Hampshire and Townsgate roads.

While the Chair of the Board in 2003, Ken presented his idea at a meeting of the Board of Directors and volunteers. The seed was planted for the Garden of Hope.

"Our goal is to create a serene, peaceful landscaped setting that the people in Westlake and visitors of The Wellness Community can use," says David Wank, board member and Chair of the Building and Grounds Committee, who is leading the garden development efforts from concept to fruition.

David Wank estimates that the organization will break ground on the project early 2007, after the city has approved the plans. When completed in 12 to 18 months, the garden will comfortably hold 30-40 people. "It's going to feel like a mini park," he explains.

Landscape architect Carol Robinson designed the garden with a winding brick walkway that will be lined with flowering plants and trees, accented by a fountain made to look like a sun with rays of hope and a reflecting pool. The walkway bricks will be inscribed with inspirational sayings and personalized messages made in honor or in memory of a loved one.

Benches throughout the garden will invite visitors to relax, reflect, and enjoy the scenery of the landscape and statues dotting the area. There will also be a removable barbecue for events.

A gazebo decorated with bougainvilleas will provide a beautiful setting for Wellness Center groups and classes, weather permitting.

"There's nothing better than sitting in the park on a beautiful day," David says. Because of this, the garden will be an inviting

place for the community to explore and, in the process, be introduced to The Wellness Community and its programs of support, education, and hope for people with cancer and their families.

There will be many opportunities for the community to be part of growing the Garden of Hope by purchasing wall tiles or walkway bricks. For more information on donating, or if you know of a person, foundation, or company that might want to be a major sponsor of the Garden of Hope, please contact Suzanne Drace, President, at 805-379-4777.

Positive Energy, continued from page 1

herself and others around her. "To me, humor is a gift," she says. "Cancer can make you humorless, if you let it. But we laugh so much at The Wellness Community, which I find comforting."

Sylvia is now retired and exploring other avenues in which she can help people as a therapist, including writing. In the January/February 2005 issue of Coping magazine, she wrote an article, "Handling Medical Treatment Anxiety," which addressed taking control of anxiety commonly associated with cancer and its treatment. "My main goal is to not let cancer become the center of my life or of those around me. Early on, I chose to make sure that the world does not revolve around my cancer," she says. "I am very interested in other people's lives, and no one's life should be trivialized by my cancer."

As a result, Sylvia makes a concerted effort to keep up with her friends and throw dinner parties that enable her to indulge her love of cooking and to socialize. A good support system is key, she says. In addition to Vic, whom she calls "my rock," Sylvia's support network includes her daughter, friends, her dogs and, of course, her group leader Joyce at The Wellness Community.

Being a cancer survivor, she's found that the simple gestures of others make a great deal of difference to someone dealing with the disease. "The best gift to give is ears that listen, eyes for the soul, and food to relish," she says.

To keep her life focused on the positive, Sylvia also has been known to bring flowers to doctors' visits to liven up their offices, and she dresses to project an appearance of feeling good, even for doctors' appointments.

As Sylvia undergoes radiation this month for a cancer recurrence, she will dress the part and remain grateful. "I appreciate every day that I wake up," she says. "I wouldn't trade my life for anyone else's."

Virtual Wellness Community

Now, cancer support services are available anytime, anywhere – just visit our website at www.twc.vv.org and click on "Virtual Wellness Community." Here, cancer patients find real-time online support groups facilitated by trained professionals such as our own Anne Gessert. Also available are educational resources, mind-body exercises, and nutritional information. Visit it soon!



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Calendar of Events

Weekly:

Orientation meetings, no appointment needed
Tuesdays 7pm & Fridays 10am

Participant Groups require attendance at orientation, interview and commitment to regular attendance.
Tuesdays 10am-12pm & 6-8pm, Wednesdays 6-8pm, Thursdays 10am-12pm (Camarillo Wednesdays 6-8pm)

Family and Friends Drop-In Group
Tuesdays 6-8pm & Thursdays 10am-12pm

Family Groups (requires attendance at orientation and commitment to regular attendance)
Wednesdays 6-8pm

Kids Circle (ages 5-11)
Tuesdays 4-5:30pm

Beginning Yoga
Wednesdays 4:30-5:30pm

Tai Chi Chih
Thursdays 9:30-10am

Qigong
Saturdays 9-10am

Knitting Club
Tuesdays 1-3:30pm

Yoga for Stress Management
Mondays 11:30am-12:45pm

Bi-Monthly:

Quilting Club
1st & 3rd Wednesdays 6:30-9pm

Watercolor Art Class
2nd & 4th Tuesdays 1-3pm

The Wellness Connection
2nd & 4th Tuesdays 6:30-8:30pm

Transition Group
2nd & 4th Thursdays 6:30-8:30pm

Gynecological Cancer Group
1st & 3rd Mondays 6:30pm-8:30pm

Monthly:

Brain Tumor Group
1st Thursday 6:30-8:30pm

Breast Cancer Group
3rd Tuesday 7-9pm

Multiple Myeloma Group
1st Saturday 11:30am-1:30pm

Prostate Cancer Group
3rd Saturday 10:30am-12:30pm

Lung Cancer Group
2nd Thursday 6:30-8:30pm

Leukemia & Lymphoma Society Group
3rd Thursday 6:30-8:30pm

Upcoming Workshops:

Look Good Feel Better
Nov. 9th 6:30-9pm

Off-Site Programs & Satellites:

Camarillo Group
Wednesdays 6-8pm
3639 E Las Posas Road, Suite 117

Oxnard—Women's Support Group
Tuesdays 1-2:30pm
1700 N Rose Ave, Suite 145

Central Coast Satellite Serving San Luis Obispo County, call 805-238-4411 for more information on programs

Programs in Spanish:

Bienvenidos A Wellness
2nd & 4th Tuesdays 6:30pm
Canoga Park Senior Center, 7326 Jordan Ave

Martes Social
3rd Tuesday 7pm
Canoga Park Senior Center, 7326 Jordan Ave

Oxnard Support Group
2nd & 4th Thursdays 6:30pm
1700 N Rose Ave #145, Oxnard

Social Events:

Thanksgiving Feast
Nov. 17th 6pm
Goebel Senior Center

Holiday Party
Dec. 15th 6pm

