



CANCER SUPPORT COMMUNITY

VALLEY/VENTURA/SANTA BARBARA

News



Spring/Summer 2013

22 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

BOARD CHAIR'S MESSAGE: Steve Spector

This year, the Cancer Support Community Valley/Ventura/Santa Barbara will honor five leaders in cancer support at the Evening of Hope Gala on May 3rd. **This year's honorees will inspire you.** During our Gala we will present our Celebration of Excellence award to Paul Miller, M.D., Celebration of Hope award to Dale Richter, Celebration of Life award to Renee Ripps, Celebration of Philanthropy award to Anthem Blue Cross, and Lifetime Achievement award to Marty Nason, R.N., M.N., and co-founder of Cancer Support Community VVSB.

Although each story is unique, every honoree shares an important goal: to make a true and lasting difference in the lives of people with cancer and their families.

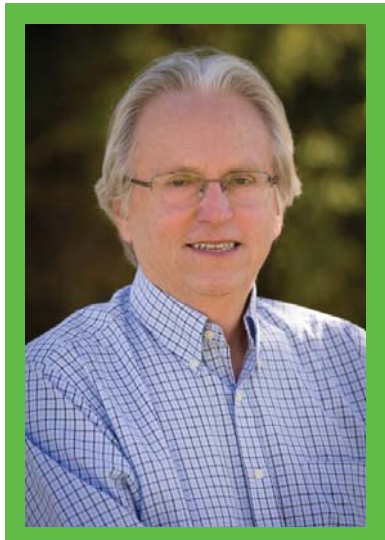


Our honorees are **heroes** in the ongoing battle against cancer. You can find many other heroes like them at the Cancer Support Community. This organization does an incredible job delivering support, education and hope. Through the efforts of people like this year's honorees, our hundreds of volunteers, a dedicated staff, our donors and the many participants...we uphold our belief that no one faces cancer alone.

I encourage you to learn more about the Cancer Support Community. Join this year's honorees in their dedication to helping people with cancer.

In other words... ***Be a hero.***

"My family gave me the reason to fight cancer, my doctors gave me the ability to beat it, and the Cancer Support Community gave me the hope to get through it."



Celebration of Hope honoree, Dale Richter, is an eleven-year esophageal cancer survivor and a dedicated advocate for the Cancer Support Community. Diagnosed in 2002, Dale joined a CSCVVS support group during his treatment, which he attended weekly for the next year and a half.

With the support of his family, his doctors, and his CSCVVS friends, Dale held on to hope, even when one website told him he had a three-percent chance of survival. "I just decided I wasn't going to give up," says Dale.

Wanting to give back to the organization that helped him find hope, Dale became a founding member of the CSCVVS Speaker's Bureau last year. In 2012, this panel of CSC participants gave more than 28 presentations throughout Los Angeles and Ventura Counties.

For nearly seven years Dale has also given back to CSCVVS by leading orientation sessions for new participants. He also facilitated a post-treatment cancer networking group.

22 YEARS OF SERVICE From The Wellness Community to the Cancer Support Community

Many of you may still know us as The Wellness Community. Last year, we changed our name to Cancer Support Community Valley/Ventura/Santa Barbara to make it easier for cancer survivors and their families to find help in their time of need.

In 2012, we provided service to over 3,000 individuals, representing more than 25,000 hours of service!

The name change is a reflection of the merger at the national level of The Wellness Community and Gilda's Club to become the largest professionally-led network of cancer support worldwide.

We remain a locally governed and funded 501 c 3 nonprofit organization dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and supported by community. All monies raised in the community, stay in the community.

**THANK YOU
TO OUR PROGRAM
SPONSORS**

- Amgen, Inc.
- Amgen Foundation
- Anthem Blue Cross
- Community Memorial Hospital
- The Fanny and Svante Knistrom Foundation
- Hugh E. & Marjorie S. Petersen Foundation
- Kaiser Permanente
- St. John's Pleasant Valley Hospital
- St. John's Regional Medical Center
- UCLA Foundation
- Wells Fargo Foundation
- Wood-Claeyssens Foundation

NEW PROGRAMS!



Open to Options is a program to help prepare for an upcoming scheduled doctor's visit at which treatment options will be discussed.

cancer support source

A PROGRAM of the CANCER SUPPORT COMMUNITY

Cancer Support Source™ is an innovative online tool to help you identify your specific personal needs unique to your cancer journey.

22 Years of Programs

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

Dedicated Support Groups 20 Weekly Groups Currently Offered!

On-going, professionally facilitated support groups for people with cancer and/or support persons are the heart of CSCVVS. Adult group members of all ages with different types of cancer come together each week to support and learn from each other. Family members or significant others can explore new ways to support a loved one and healthy self-care. Orientation is required prior to attending.



New to our Community?

Attend an Orientation Meeting every Tuesday from 7-8pm or Friday from 10-11am. For both people with cancer and caregivers. No RSVP required. Questions? Call 805.379.4777.

Drop-In/Networking Support Groups

These cancer-specific groups are an opportunity to connect with others facing similar challenges. Each meeting is a drop-in forum to share solutions, experiences, and inspiration. Family and friends welcome. Groups offered include breast cancer, prostate cancer, colorectal cancer, brain tumors and gynecological/ovarian cancer.

"I am motivated every day as I watch people transition from frightened victims to empowered victors with help from the Cancer Support Community philosophy."

~Marty Nason, RN, MN
CSCVVS Co-founder and VP of Programs



Social Events

A variety of social activities are held throughout the year including Merv's Comedy Night, Daniel's Day of Magic and National Cancer Survivors Day.

Individual Counseling

Short-term counseling for individuals, couples and families for cancer-related issues. Private sessions can help with problem-solving and empowerment, decrease stress and create a better quality of life.



Kids and Teens Programs

Weekly groups and special activities for children who have a parent or grandparent with cancer, enabling children to cope with the experience of a parent going through treatment and recovery.

Education

Monthly workshops are conducted by experts on a variety of topics such as nutrition, treatment advances and complementary therapies.

Stress Management

Mind/body classes such as yoga, Qigong, and Relaxation and Guided Imagery aid in stress reduction, enable people with cancer to gain strength and stamina and promote a sense of well-being. Other activities that we offer such as water color, quilting, knitting and writing help reduce stress as well.



For a copy of our calendar, call us at 805.379.4777 or visit www.CancerSupportVvsb.org

Save These Dates!

Help the Cancer Support Community Valley/Ventura/Santa Barbara continue to provide services for over 3,000 adults and children with cancer and their families, FREE OF CHARGE, by attending a CSCVVS event.

For more information, including sponsorship opportunities, please call Maddy Sattler at 805.379.4777.

EVENING OF HOPE GALA: Friday, May 3rd

REVLON RUN/WALK: Saturday, May 11th

PAINT THE TOWN PINK: Fall 2013

HOLIDAY HOMES TOUR: Saturday, December 7th & Sunday, December 8th

Each year we host a picnic in June to celebrate National Cancer Survivors Day. This year, we're having an inaugural 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.

This is your chance to help support people through the fight of their lives by sponsoring a butterfly! As a sponsor, a live butterfly will be released in your name or the name of a loved one you would like to honor. Visit our event website for more information and to reserve your butterflies today!



Give the Gift of a Lifetime

Beth Kin, RN, MS, OCN, is co-founder of CSCVVS and a longtime board member. She is the Director of Nursing at Buena Vista Hospice Care, Inc.

Twenty-five years ago Beth was working as an oncology nurse at Los Robles Medical Center when CSCVVS Co-Founder Marty Nason, RN, MN came to her with the idea of starting a cancer support group in their community.



Through a vast amount of hard work, planning, and community support, Beth and Marty opened The Wellness Community Valley/Ventura (now called Cancer Support Community Valley/Ventura/Santa Barbara) in 1991.

As a Legacy Donor, Beth has chosen to help CSCVVS provide hope and support to future generations of people affected by cancer.

"I hope that the Cancer Support Community Valley/Ventura/Santa Barbara goes on into eternity and that it continues to serve cancer patients until there are no more cancer patients and cancer has a cure," says Beth of her Planned Giving decision.

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

SATELLITE AND OFFSITE LOCATIONS:

8520 Winnetka Avenue, Winnetka, CA 91306 | 818.407.1695
Our Redeemer Lutheran Church (cross street-Chase)

2900 Loma Vista, Ventura, CA 93003 | 805.652.5479
CMH-Cancer Resource Center

2309 Antonio Ave, Camarillo, CA 93010 | 805.379.4777
St. John's Pleasant Valley Hospital, Cancer Education Center, 1st floor

1700 N. Rose Ave, #145, Oxnard, CA 93030 | 805.988.2500 x4696
St. John's Cancer Center of Ventura County

3291 Loma Vista Rd, Ventura, CA 93003 | 805.379.4777
Ventura County Medical Center

14445 Olive View Dr, Sylmar, CA 91342 | 818.407.1695
Olive View Medical Center



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Thousand Oaks, CA
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Return Service Requested

Cancer Support Community VVSB ensures that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. All programs and services are provided free of charge.

Catch all the fun!

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.

Show your support by wearing your favorite team colors!



Saturday, June 1st
1-4pm

530 Hampshire Road,
Westlake Village, CA 91361

Please RSVP 805.379.4777

Kiwanis
Thousand Oaks

