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CANCER SUPPORT
COMMUNITY
VALLEY/VENTURA/SANTA BARBARA



REPORT TO OUR COMMUNITY

2016 was a year of expansion and positive change for Cancer Support Community VvSB. Serving more than 2,900 individuals through 14,673 visits representing more than 20,782 hours of service, CscVvsb expanded offerings in Ventura County and in the San Fernando Valley. CscVvsb continued providing service to Community Memorial Hospital's Cancer Resource Center in Ventura and St. John's Cancer Center in Oxnard and Camarillo. In collaboration with our hospital partners CscVvsb expanded the cancer support services and cancer education offered in West Ventura County, and in collaboration with schools, expanded services to provide support at a West Ventura County Middle School and High School. More than 1,575 NEW PARTICIPANTS benefited from our services, which complement conventional treatment, enhance recovery and improve quality of life for people with cancer. All of our services are FREE OF CHARGE to people with cancer and their loved ones. The following programs and services were provided in 2016:

18 WEEKLY SUPPORT GROUPS

(Totaling 694 sessions)

Support groups for cancer patients and family members are facilitated by professional therapists who specialize in psychosocial oncology issues.

16 MONTHLY AND BI-MONTHLY GROUPS

(Totaling 222 sessions)

Special groups are designed for people with the same diagnosis and similar experiences, including breast cancer, prostate cancer, colorectal cancer, brain tumors and gynecological/ovarian cancer. Special concern groups include young adults, parents of children with cancer, hereditary breast and ovarian cancer and bereavement. These groups are facilitated by professional therapists, registered nurses and peers who specialize in psychosocial oncology issues.

30 STRESS MANAGEMENT/ EXERCISE CLASSES

(Totaling 757 sessions)

Mind/body classes such as yoga, Tai Chi, 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. Several stress reduction courses are offered at multiple locations. Other activities such as water color, quilting, knitting and writing help reduce stress.

41 EDUCATIONAL WORKSHOPS

Workshops are conducted by experts on a variety of topics such as nutrition, treatment advances and complementary therapies. Examples include: Cancer Treatment Side Effects, Alexander Technique, Cancer and Legal Issues, Cancer Clinical Trials, Metastatic and Chronic Cancer, Multiple Myeloma, and Cost of Cancer Care.

SPANISH LANGUAGE PROGRAMS

(Totaling 46 sessions)

These services target underserved, monolingual Spanish-speaking participants with any type of cancer, and are facilitated by bilingual, culturally fluent therapists. Programs offered at multiple locations include support groups, mind/body programs, and social activities.

NUTRITIONAL EDUCATION PROGRAMS

(Totaling 9 workshops)

Nutritional services including group nutrition education to cancer patients, survivors and their families and evidence-based guidance on the use of alternative nutritional approaches and the impact of diet on survivorship. Facilitated by a certified Oncology Nutrition Specialist.

74 KIDS CIRCLE MEETINGS

Weekly groups and special activities are held 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. Family dinner and support groups for parents, children with cancer and siblings are held monthly. These activities are facilitated by professional therapists who specialize in psychosocial oncology and family issues.

25 SOCIAL ACTIVITIES FOR PARTICIPANTS AND FAMILIES

A variety of social activities are held throughout the year to foster community and mutual support for people with cancer and their loved ones. Examples are: National Cancer Survivors Day and Butterfly Release, Daniel's Day of Magic, Merv's Comedy Night and Community Lunches/ Dinners and a high school essay contest awards ceremony.

ENGLISH AND SPANISH LANGUAGE INDIVIDUAL SUPPORT

(Totaling 1,287 contacts)

This type of support includes individual, couples, and family short-term counseling; informal counseling; group preparation interviews; one-to-one outreach to cancer patients; orientation and referrals.

Pictured above: Pepperdine University students volunteering.

PARTICIPANT SPOTLIGHT



Madison Jones

In August of 2013, I started college and I also landed my first job at a restaurant. That same month, I had emergency surgery to repair two compression fractures in my neck and to remove the tumor that had caused them. Initially,

the doctors believed that the tumor was benign, but further analysis from a few different hospitals proved that this invader was malignant. On September 11, 2013, I was diagnosed with Chordoma, a rare type of bone cancer. I was 18 years old. The next few months were a whirlwind for my family and I. The prevalence of Chordoma is one in a million, with three hundred cases diagnosed annually. Only a few hospitals in the country are specialized to treat this form of cancer, so we decided to head to Massachusetts General Hospital in Boston. This last year consisted of eight rounds of chemotherapy, thirty-nine rounds of proton radiation, and three highly invasive surgeries for me. This Christmas, I received the all clear! There are no new tumors and no evidence of regrowth. I'm missing a few more bones, as well as a full head of hair, but I am blessed to have my life.

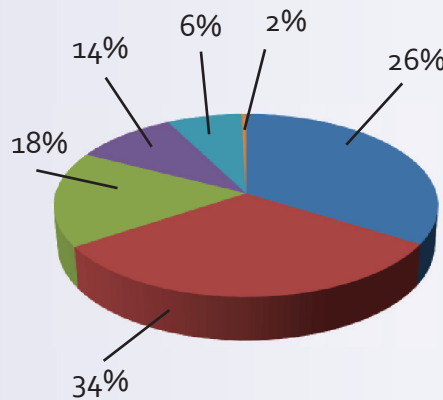
My dad found out about the Cancer Support Community. I was very hesitant to go. Hesitant is probably an understatement. My dad had to practically drag me there and I'm glad he did. I joined the Young Adult's group and my dad attends a men's caregiver group.

The Cancer Support Community gave me a safe place to share my experience with a group who would understand. They provided me with tools to manage the stress and the uncertainty and I also believe they led me to acceptance. I am part of a great group of people. We laugh, we cry, and we are there for one another, which is so valuable since cancer can be a lonely experience.

It took me a few months before I went to group. I did not want to think about cancer more than I already had to. With that said, I suffered in silence for longer than I should have. Sometimes, the only thing you have control over is your perspective. I guarantee my journey would have been a lot more difficult if it were not for the Cancer Support Community. They offer a wide range of emotional resources. I encourage anyone dealing with cancer to utilize this wonderful resource. You won't know if attending group is your "thing" unless you try.

In my free time I volunteer at a ranch that rescues horses and provides equine therapy to various groups. I love to read and I enjoy spending time with my friends and family. I also like watching documentaries and listening to music.

REVENUE



- Special Events (net) - \$ 276,585
- Foundation - \$ 208,857
- Gifts In-Kind - \$ 147,124
- Individual - \$ 114,941
- Corporate - \$ 50,648
- Government - \$ 4,000

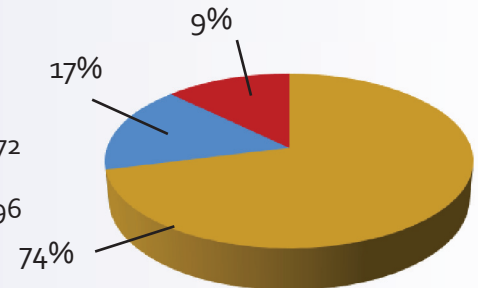
TOTAL INCOME

\$802,155

Based on audited 2015 internal financial statements

EXPENSES

- Program - \$853,850
- Development - \$194,572
- Management - \$106,196



TOTAL EXPENSE

\$1,154,618

Based on audited 2015 internal financial statements

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

CANCER SUPPORT COMMUNITY Vvsb

530 Hampshire Rd, Westlake Village, CA 91361
805.379.4777 | Fax: 805.371-6231 | CancerSupportVvsb.org

SATELLITE AND HOSPITAL PARTNERSHIPS

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

Community Memorial Hospital, Cancer Resource Center
2900 Loma Vista, Ventura, CA 93003 | 805.652.5479

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

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

2016 SUPPORTERS OF CANCER SUPPORT COMMUNITY VvSB

\$40,000 - \$69,999

Dignity Health
Amgen Inc.
Hugh E. & Marjorie S. Petersen
Foundation

\$10,000 - \$39,999

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Pacific Youth Foundation
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Wells Fargo Foundation
Westlake Village Junior Womens Club

\$5,000 - \$9,999

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Union Bank of California
Pam Wank

\$1,000 - \$4,999

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Lisa and John Williams

\$500 - \$999

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Ambry Genetics
Richard Anderson
Maureen and Bob Bailey
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Sleep Shoppe
Debby and David Solomon
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The Walking Company
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Waste Management Service Center
Elvina and Deane Wolcott

\$250 - \$499

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Amgen Inc. Political Action Committee
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Joanie and Jay Berger
Eileen Berry
Joanne and Kurt Black
Audrey Brown
Molly Buck
Buena Vista Hospice Care
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Law Offices of Frank Bellinghiere
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