

CANCER SUPPORT COMMUNITY
OF THE GREATER LEHIGH VALLEY
ANNUAL REPORT
FISCAL YEAR 2011-2012

ANOTHER CRITICAL PART OF CANCER CARE



www.cancersupportglv.org
3400 Bath Pike | Bethlehem, PA 18017
610-861-7555

“ Combining the will of the patient with the skill of the physician—
a powerful combination in the fight against the common enemy—cancer! ”

-Harold Benjamin, Ph.D., Founder of The Wellness Community; 1982



“ Today, it is not possible to deliver good-quality cancer
care without addressing patients' psychosocial health needs. ”

-Institute of Medicine of the National Academies: *Cancer Care
for the Whole Patient: Meeting Psychosocial Needs*; 2007

OUR HISTORY

Founded in 1982 by Dr. Harold Benjamin in Santa Monica, CA, the Cancer Support Community was initially called The Wellness Community. Its hallmarks—to provide support, education, and hope through free programs in home-like settings—remain.

Among the early participants at The Wellness Community was comedienne Gilda Radner, whose friends established Gilda's Club on the east coast in her memory. In 2009, the two organizations merged into a 55-affiliate network, renamed the Cancer Support Community. While the affiliates benefit from the research provided by the international group, as well as from each other's Best Practices, each is administratively and financially independent. Thus, all money raised for the Cancer Support Community of the Greater Lehigh Valley stays in the Lehigh Valley.

Since opening our doors here in 2004, we have served people in seven counties: Berks, Carbon, Lehigh, Monroe Northampton, and Schuylkill, PA., and Warren, NJ. We operate from offices in Bethlehem, as well as at off-site premises at other community organizations.

Because all programs are free to participants, we rely entirely on contributions from foundations, corporations, fundraising events, and individuals to provide the financial means to operate.

In the Greater Lehigh Valley, 9,000 people are diagnosed with cancer each year. Many, many more—their families, friends, and colleagues—are affected by this diagnosis.

We are another critical part of cancer care.



OUR MISSION

The Cancer Support Community of the Greater Lehigh Valley aims to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Our programs offering psychosocial support and education are an integral part of conventional medical treatment to help restore a sense of control, redefine hope, reduce stress and isolation and educate participants to better manage their care, regardless of the stage of the disease.

OUR ACCOMPLISHMENTS

We are very proud of our achievements. Each month, 325 people participate in over 60 programs. We have served 22,500 people in the Greater Lehigh Valley since opening.

Our participants show significant improvement in evaluating their quality of life:

- 96 percent reported an increased quality of life
- 95 percent reported decreased psychological distress and feeling less alone
- 93 percent reported an increased feeling of control
- 92 percent reported increased feelings of hope.

Philanthropedia, a GuideStar organization, has rated the Cancer Support Community the sixth most impactful non-profit working in cancer care.

Our community's cancer centers and oncology practices fully support us; our professional advisory board is composed of over 40 local healthcare professionals.

“ I would come here daily after radiation. Cancer Support Community showed me that everyone is a survivor. ”

~ Marcia E., breast cancer support group participant



LETTER FROM OUR BOARD CHAIR

Judith A. Savchak, Sr. Vice-President, National Penn Investors Trust

Dear Friends,

When the National Academies' Institute of Medicine's 2007 report notes the important role that psychosocial support plays in cancer care, and when the College of Surgeons' Commission on Cancer, an accrediting body for health care providers treating 70% of new cancer diagnoses, mandates that members screen for psychosocial distress, it is very clear that the role that the Cancer Support Community plays in the lives of patients and families diagnosed with cancer is real and valuable.

The Cancer Support Community offers a network of specialized programs and education for people and families affected by cancer. Although we cannot change a cancer diagnosis, we do not add to a family's financial burden or anxiety; thus all programs and services are free—so that no one faces cancer alone.

Our community deserves comprehensive care, addressing both the physical and emotional aspects of cancer care. As survivorship continues to increase, the Cancer Support Community's important tasks also continue to grow—helping people manage stress and providing information to enable them to take an active role in their cancer care.

I hope the information in our Annual Report answers your questions and encourages you to join us so we can continue to offer the best support, education, and hope to our community in the Greater Lehigh Valley.

If you know people affected by cancer who will benefit from our services, please direct them to us.

Sincerely,

A handwritten signature in cursive script that reads "Judy Savchak". The ink is dark and the signature is fluid.

Judith A. Savchak

STORIES OF HOPE

These Stories of Hope demonstrate how the Cancer Support Community of the Greater Lehigh Valley has changed the lives of three participants: a young woman with cancer, a husband caring for his cancer-stricken wife, a child whose mother had cancer.

Becky's Story (an excerpt)

"I couldn't get to the Cancer Support Community fast enough." ~ Becky M.,
Non-Hodgkins Lymphoma survivor



Just 38 when she received her diagnosis of stage 4 Non-Hodgkins Lymphoma, Becky underwent brutal chemotherapy every three weeks for nine months. "Because I was allergic to the chemo, I had to have slow infusions. I had to sit still for 13 hours in a room just large enough to accommodate a reclining chair. While I sat there, I often thought, 'Will I go into shock again? Am I going to die?'"

She also endured lymph node and bone marrow biopsies and large doses of steroids during her treatment. The steroids left her even more anxious and irritable than is normal for many facing cancer; she had three children at home, ages 7, 13, and 17.

Frazzled and afraid, Becky knew she needed help. Her research led her to the Cancer Support Community. "I didn't know what to expect. I started by attending a Newcomers Orientation. After that, I knew I wanted to come to other programs."

Chemotherapy left her exhausted, but unable to sleep. "Even when I was feeling my worst, it was important for me to attend my support group sessions," she says. "I very quickly realized that **without the support of the Cancer Support Community I wouldn't have been able to get through my cancer treatment process.** This was the only place I felt comfortable enough to be myself, a person living with cancer. I couldn't get to the Cancer Support Community fast enough.

"I knew early on that revitalization for my mind, body, and soul lay just behind the front door," Becky smiles.



Scott's Story (an excerpt)

"For two hours each week, I could say whatever I needed to say, without censoring myself. It is the only fond memory I have of that painful time."
~ Dr. Scott B., caregiver for his wife Jennifer

One March, Scott and his wife Jennifer received shocking news: Jennifer, the mother of a 13-year-old, 17-year-old, and 20-year-old, had cancer. And it turned out that she did not have a lot of time left.

At the oncologist's office, sifting through brochures, they found a Cancer Support Community pamphlet. "Jennifer and I attended groups for the first six months after her diagnosis," shares Scott. "I was happy to come. I felt comfortable. I realize that many people are reluctant to participate in anything that is perceived as 'therapy.' But the support groups worked because we had common ground. We could share experiences and advocate for one another," Scott says.

After a few programs, Jennifer's declining health made it impossible for her to return but Scott kept coming back. For six months, Scott traveled back and forth between Bethlehem and Philadelphia. The couple had no family nearby, and finding someone to stay with their children for more than a day or two was difficult. "I would spend three days in my wife's hospital room, on a sofa next to her bed, and then go back home for a day or two, and then go back. I lived out of a backpack. I worried about my three kids. I worried about my wife. The whole experience was traumatic," he continues.

"I rarely missed my caregiver support group meetings. It is the only fond memory I have of that painful time. I knew that for two hours each week, I could get personal attention, focus on my emotional needs and say whatever I wanted or needed to say, without censoring myself. **When I couldn't attend, I would call in and give updates. Those meetings were very important to me,**" he says.

"I am grateful that the Cancer Support Community was there for me when I needed support."



Madalyn's Story (an excerpt)

"My daughter saw that she wasn't the only kid with a bald mom." ~ Amanda B., metastatic breast cancer survivor

Madalyn was three when her 28-year-old mother, Amanda, received a diagnosis of breast cancer.

Even at three, Madalyn knew there was something going on, says her mom. Worried about her mother, she perched on her bed when she was too ill to get up. And she didn't want to leave the house, except perhaps to go to her grandmother's. In an effort to explain it, Amanda bought a few children's books about cancer in the family to read to her daughter.

"My daughter became my caregiver," says Amanda. "She'd get me stuff and play nurse. I feel bad that I took some of her childhood away. Even now, years later, she's in the caregiver role; when I sneeze, she gets a worried look on her face."

At last, five years passed, and Amanda was officially in remission, with a clean bill of health. But, it turned out, that wasn't the end of the story. For the cancer had returned, metastasizing into Amanda's spine, liver, and pancreas. The day after her diagnosis, she began a crushing routine of chemo and radiation. And now Madalyn, at eight, knew more. But she wouldn't talk about it to anyone—not her mother, her school friends, or the counselor to whom her mother took her.

"Then I brought her here to Kid Support™. We both benefited. She saw she wasn't the only kid with a bald mom. She could talk to other kids. In fact, she totally connected with them. And I could talk to other moms and dads and find out how they handled things," Amanda continues.

"I don't think my daughter would be where she is today if not for that Kid Support™ group."

For more Stories of Hope, please visit our website – www.cancersupportglv.org.

PROGRAMS: THE HEART OF OUR WORK

This year saw impressive participation and expansion into new programming and new areas.



A Note from the Program Director

Jen Sinclair, M.Ed., N.C.C., L.P.C.

Because our mission—the heart of our work— is to provide support for people affected by cancer, we constantly evaluate detailed demographic and participation data to ensure the programs meet the needs of our community. As demands for programs ebb and flow, we are able to make changes quickly to ensure optimal use of our resources.

These data, as well as our evaluation of satisfaction levels and quality-of-life measures, are then presented to the Board of Directors and to our Headquarters' Quality Assurance Team for further evaluation. Additionally, our professional program team meets weekly to discuss program trends and current needs. These qualitative discussions and close monitoring of our performance metrics keep our programs innovative, effective, and relevant.

PROGRAMS

From July 2011 through June 2012, we...

provided 700 programs totaling 1,200 hours for over 3,600 cancer participants and their families. We offer programs during the day and evening, on weekdays and weekends, and at many locations in order to reach as many people as possible.

Licensed mental health professionals facilitate our support and networking groups. Local healthcare professionals provide instruction for educational programs, and our skilled facilitators help move the discussion to a deeper level. Practitioners who have attained their specialty's highest certification level teach our stress reduction classes. Compassionate instructors help us bring our overall sense of community into our programs.



Our comprehensive programming provided this past year:

- **72 networking groups** designed for people with similar cancers or life stages, including breast cancer and thyroid cancer, young adults, and families
- **12 bereavement support** and Legacy Series groups
- **198 gentle exercise classes** like Yoga, Tai Chi, Pilates, Art of Healing Dance and Qigong
- **96 expressive arts** classes like jewelry making, knitting, soul collage, art therapy, and journaling
- **16 meditative classes** like Heart Rhythm Meditation, drumming, and walking the labyrinth
- **40 educational classes** providing in-depth strategies, tools, and resources, including nutrition, treatment advances, side-effects management, and aromatherapy
- **15 social groups** to bring joy into people's lives including joke nights, Bingo, and potluck dinners
- **Yearly Kid Support™** series for children who have cancer or a family member with cancer
- **12 Spanish-speaking groups**

New this year:

- **Sign language interpretation** provided for deaf cancer survivors
- **Open to Options™** treatment option counseling
- **Patient advocacy and navigation** to help people tailor questions for their doctors

FINANCIAL REPORT

Source of Funds

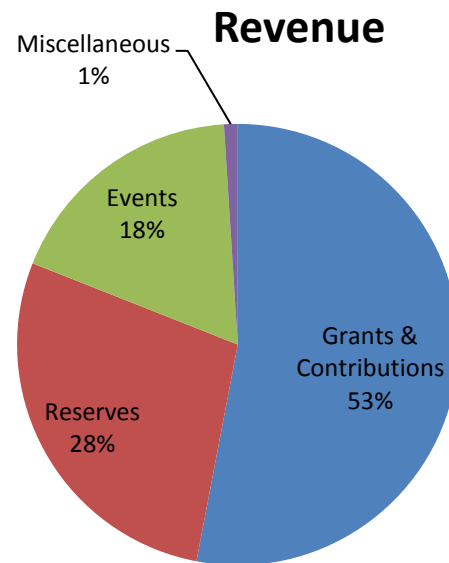
Grants & Contributions
\$282,495

Fundraising Events
\$95,342

Miscellaneous
\$6,054

Reserve Funds
\$147,895

Total Revenue
\$531,786



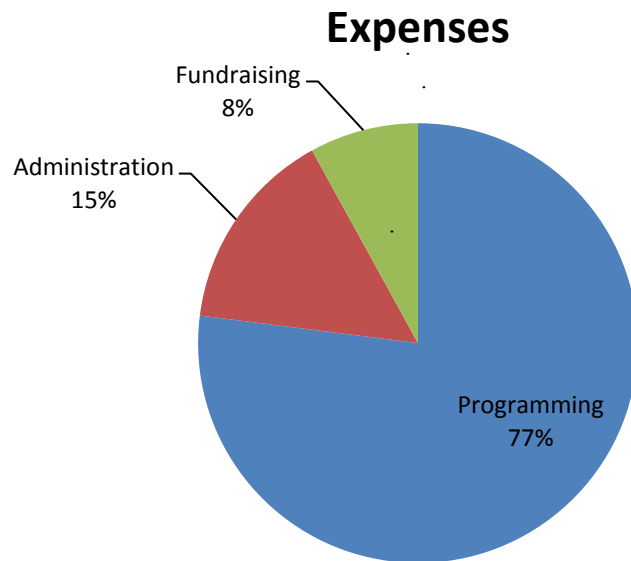
Use of Funds

Programs
\$408,263

Administration
\$82,295

Fundraising
\$41,228

Total Expenses
\$531,786



Source: Fiscal Year Ending 6/30/12; unaudited

**“At Cancer Support Community, there is a lot of give and take.
People in my support group take turns being inspiring.” ~ Steve D., prostate cancer survivor**

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We're grateful for their support.

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"For a great many patients, cancer's effects continue long after treatment is completed."
~ Dr. John E. Niederhuber, Director, National Cancer Institute

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\$10,000+

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