

EMPOWERING YOU THROUGH SUPPORT, EDUCATION, AND HOPE

2017-18 ANNUAL REPORT







www.cancersupportglv.org 610-861-7555 Fiscal year ended June 30, 2018

ABOUT THE CANCER SUPPORT COMMUNITY

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 of emotional and social support, education and wellness activities are an integral part of conventional cancer care to help regain a sense of control, reduce stress and isolation, educate participants, and redefine hope for a better quality of life during treatment and in survivorship.







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Dear Friends of the Cancer Support Community of the Greater Lehigh Valley,

Thank you for allowing us to be a part of your journey, for your continued support and most of all, for your dedication to empower those who have been given a cancer diagnosis.

2018 was a landmark year for the Cancer Support Community of the Greater Lehigh Valley – a year in which we as an organization saw growth, and we as a community saw tremendous change in the cancer experience.

If you think of the efforts to fight cancer as a pyramid, **at the top**, you have organizations like the National Cancer Institute, the American Cancer Society, pharmaceutical companies, and academic medical centers who are doing research into the causes, cures and treatments of the disease so that future generations will only know about cancer from history books.

The middle level of the pyramid is the level at which care is delivered to the patient. These medical professionals at our hospitals, cancer centers, outpatient centers, and physician practices work ceaselessly every day to treat the patients who entrust them with their care.

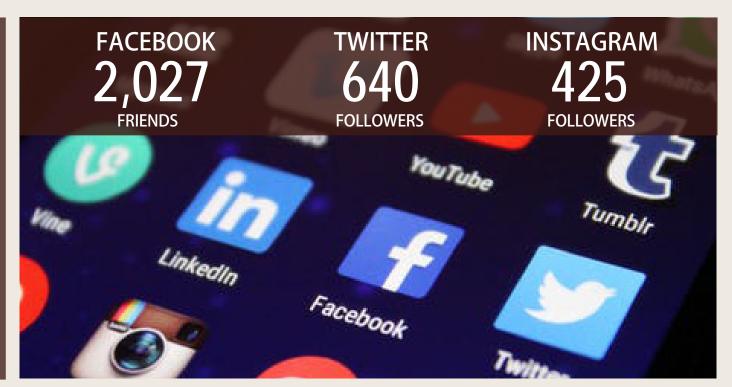
And finally, **at the foundation of the pyramid**, which represents the communities where the patients and families are, there are those tireless souls who stand alongside all those affected by the disease and provide them with support they need to deal with a cancer diagnosis. Cancer Support Community of the Greater Lehigh Valley is leading that effort. We exist to give all people affected by cancer the support, resources, and tools they need to truly become active, empowered and resilient patients, survivors, family members, and caregivers. I want to take a moment to recognize the cancer patients, survivors, family members and caregivers among us.

Thank you for putting your trust and support behind the work of the Cancer Support Community.

AmandakBun

Amanda K. Buss Executive Director

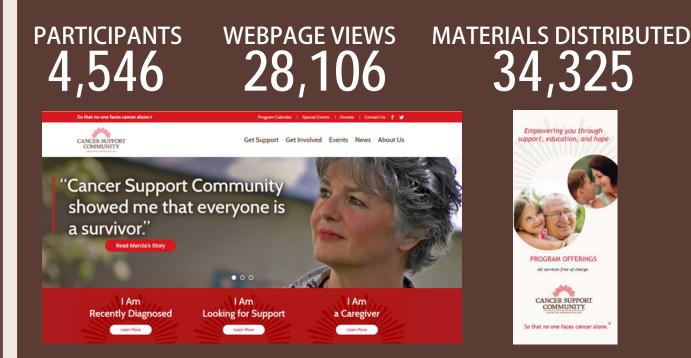




HEALTH FAIRS MEDIA MENTIONS SPEAKING ENGAGEMENTS 49 44,050,000 17

EDUCATION

OUTREACH



PROGRAM HIGHLIGHTS

During the 2017-2018 fiscal year, we welcomed and helped **4,546** cancer survivors and family members, 130 of whom were children.

- **62 educational workshops** on topics like nutrition, benefits of physical therapy, legacy planning, medical insurance, medical marijuana, side effects, survivorship care, clinical trials, and budget planning;
- **439 healthy lifestyle/stress reduction classes** including Tai Chi, customized exercise, reiki, meditation, yoga, and expressive arts;
- **41 social programs** such as breakfast meetings, felting/knitting, open art studio, card making, joke night, flower arranging, walking club, and an art exhibit/gallery night;
- In addition to the adult programs, we held 35 children/teen/family activities including an 8-month martial arts series, expressive arts classes, mindfulness workshops, and retreat days.

Other highlights from the year include a congressional update with **Charlie Dent**, **Cancer Hope Network mentor training**, and a **Survivor Summit** with over 100 people in attendance.







"This has become my second home and sanctuary. My family is very supportive, but they can't really understand, because they haven't been through it. Here I can talk to other survivors and share my true feelings and concerns. When I come home from here, I am refreshed, rejuvenated, and ready to fight my cancer." ~ A participant

Empowering You Through SUPPORT

Professionally facilitated support groups for people with cancer and caregivers are the heart of our program. Support groups decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer come together each week to get support and learn from each other. Available in person and online.

WEEKLY SUPPORT GROUPS

- People Living with Cancer
- Friends and Family

MONTHLY SUPPORT GROUPS

- Breast Cancer Group
- Breast Friends Breakfast
- GYN Cancer Group
- Pancreatic Cancer Group
- Thyroid Cancer Group
- Young Adult Cancer Group
- Circulo de Apoyo
- Lymphedema Group

SHORT-TERM INDIVIDUAL COUNSELING

We also offer short-term counseling to members with cancer and their caregiver who may be dealing with issues related to their cancer experience.

CANCER SUPPORT HELPLINE

Our helpline provides guidance, resources, and support to cancer patients or their loved ones with a variety of needs – from getting information about cancer, identifying a local support group or just finding someone who is willing to listen. We speak your language!

CANCER SUPPORT SOURCE

CancerSupportSource is an integrated cancer distress screening program to help those living with cancer and their caregivers to more effectively manage the physical, social, and emotional stresses of cancer.

OPEN TO OPTIONS*

Upcoming Doctor's appointment? Don't know what to ask? This program helps patients identify important questions and sort through information about your cancer treatment options and concerns based on your personal needs.

CANCER HOPE NETWORK

We partner with the Cancer Hope Network to provide comfort and hope for people facing cancer. Through free one-on-one support to adult cancer patients and their loved ones. Trained Support Volunteers who have been through a similar diagnosis and treatment are matched with patients.

877-HOPENET







cancer

support

A PROGRAM of the CANCER SUPPORT COMMUNITY "I would come here daily after radiation. I'd drive over from the hospital. Cancer Support Community showed me that everyone is a survivor. Everyone had such a great attitude." ~ A participant

Empowering You Through EDUCATION



We host a variety of educational workshops and programs that provide those facing cancer with the tools to manage treatment and recovery as effectively as possible. These workshops are presented by top physicians, nurses, and practitioners to provide the most up-to-date and significant information possible. Educational programs cover a wide range of topics about cancerrelated issues.

FRANKLY SPEAKING ABOUT CANCER *

Physicians, nurses and other healthcare professionals offer empowering presentations on the latest treatment options and medical information.

RESOURCE LIBRARY

Our extensive resource library consists of over 100 topics including various types of cancer, side effects, and other cancer-related themes such as financial assistance, nutrition, and pain management. Several materials are also translated into Spanish.

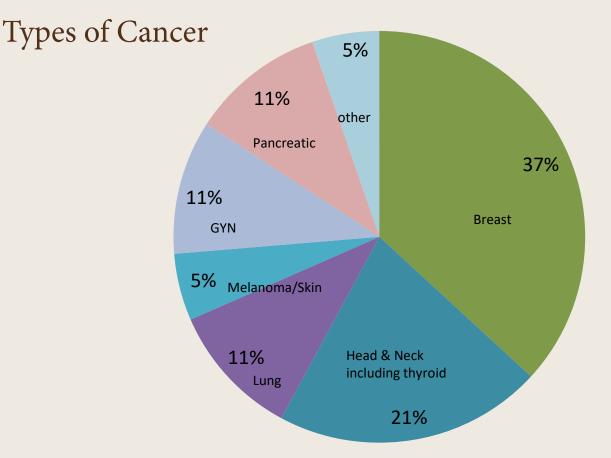
THE BIGGAR FAMILY CENTER

A designated area for children and teens with cancer or those facing cancer in the family, the JAG Children's Library features books, games, and specialized information, while the JOCA Children's Place nurtures creativity and self-expression for kids as well as adults.

SURVIVOR SUMMIT

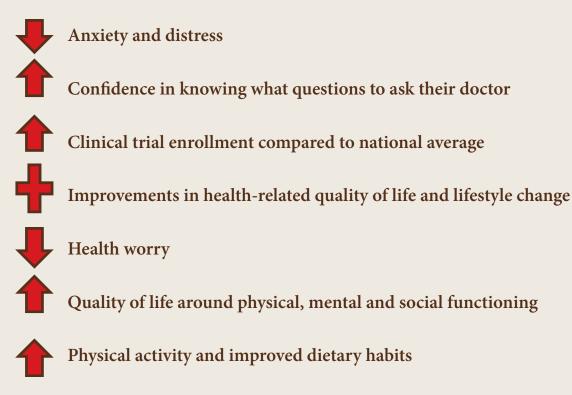
A day focused on survivorship/co-survivorship, integrative health practices, managing treatment and side effects, and practical matters such as finances and insurance. The day included break-out sessions and exhibitors for anyone affected by cancer.

WHO ARE OUR MEMBERS?



HOW WE HELP?

As a result of programs members have experienced the following:



"This was the best I've felt all month! I'm glad I could bring my entire family out to experience this with me." ~ A participant

Empowering You Through CONMUNITY

We depend on the generous contributions from individuals, businesses and charitable foundations to help us achieve our mission. All funds donated to the organization stay in the Greater Lehigh Valley to support our work of providing free supportive and educational programs to people affected by cancer. Every gift, any amount, helps to make a difference in the organization's efforts to provide a better quality of life for people in our community.

SPECIAL EVENTS

21st Annual Charles B. Patt Jr., Golf Tournament – A charity golf event coordinated by Berkshire Hathaway Home Services Fox & Roach Realtors held at Woodstone Golf Course, Danielsville, PA.

Garden of Hope – A cocktail reception and community partner recognition held at Vault 634, Allentown, PA.

Dragon Boat Festival – Inaugural Dragon Boat Festival held at Evergreen Lake, Bath, PA.

Wings of Hope – A butterfly release to memorialize and honor loved ones affected by cancer held at Cedar Crest College, Allentown, PA.

The Cancer Support Community participates in numerous community events and health fairs throughout the year, providing program information and volunteer opportunities. CSC is a recipient of proceeds from the Boutique at the Rink.















WITH SPECIAL THANKS!

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Susan Lee, Vice-President Good Shepherd Rehabilitation Network

Marilyn Claire, Secretary Community Volunteer

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Robert M. Donchez, Esquire Florio, Perrucci, Steinhardt, & Fader, LLC

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Sheri Leo Fiduciary Group Clermont Wealth Strategies

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Rebecca Rij-Flynn Quadrant Private Wealth

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Amy Thompson Community Volunteer

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Ambassadors of Hope

Ambassadors of Hope, launched in July 2012, was created for individuals to serve as a liaison to the community, as well as to be an arm of our fundraising efforts. In the course of the year, the group of Ambassadors will hear a few presentations about the worthy programs that the Cancer Support Community provides, and will vote on which program to direct the money in the Ambassador Fund.

Karen Achey Shirley Biggar Llyena Boylan Jane Brooks Peggy Brown Gretchen Campbell Marilyn Claire Jan Connell Maureen Cort Jill Crosson Tony DaRe Laurie Fitzpatrick Andrea Foucek Susan Gadomski Sara George Susan Gumz **Bill Hacker Eleanor Harbaugh** Susan Haytmanek Stephanie Hnatiw Renee Klaperman

Maxine Klein Kirk Kozero Valerie Lane **Eileen Lewbart** Lori Neidlinger **Kristin Parks** Brad Patt Don Patt Doug Patt Laura Quarmley Kathleen Waterbury Reilly Heather Rodale Ashley Russo Laurie Ryan Judy Savchak Lauren Savchak-McHarris Jeanine Schantz Loretta Tubiello-Harr Jennifer Vandevoorde Chrissie Wagner Kathy Weil

During the 17-18 year, the Ambassadors funded A Healthy Lifestyle Series in Carbon County and additional Nutrition Education classes.



Our mission is accomplished through the generous support of individual donors, foundations, businesses and community organizations, and we extend gratitude to all who make it possible.

The Cancer Support Community also thanks those who conducted fundraisers and collection drives to respond to our needs, and everyone who provided in-kind donations throughout the year.

\$10,000+

Anonymous Boutique At The Rink Fitzpatrick Lentz & Bubba Fox and Roach Charities Highmark Mr. and Mrs. Herman Rij Quadrant Private Wealth St. Luke's University Health Network Women's 5k Classic

\$5,000 - \$9,999

Air Products and Chemicals, Inc. BB&T Julius & Katheryn Hommer Foundation Just Born, Inc. Koch 33 Toyota Mr. and Mrs. David Kennedy PNC Foundation Sylvia Perkin Perpetual Charitable Trust

\$2,000 - \$4,999

ADP Foundation, Inc Andy Derr Foundation for Kidney Cancer Research Blue Mountain Resort **Cancer Support Community Headquarters** Emmaus High School Girls Soccer Team Frederick & Margaret Bedford Foundation - Victaulic Hospital Central Services, Inc. Iron Pigs Charities **Keystone Savings Foundation** Lehigh Valley Community Foundation Leona Gruber Charitable Trust Mr. and Mrs. Clarence Mason Mr. and Mrs. Daniel McCarthy Mr. and Mrs. Jay Ruhle Mr. and Mrs. Paul Tracy Mr. and Mrs. Thomas Neuhaus Mr. James Tanenbaum and Mrs. Elizabeth Scofield Mr. Ryan Flynn and Mrs. Rebecca Rij-Flynn Mrs. Amy K. Thompson **OAA** Orthapedic Specialists Saucon Valley Country Club The Donald B. and Dorothy L. Stabler Foundation The Fleming Foundation The Hartford The Walter and Alma Bastian Fund WAWA

\$500 - \$1,999

ALRO Assoc. Arbor Insurance Group, Inc BB&T Weath BSI Corporate Benefits, LLC Buckno Lisicky & Co. Burkholders HVAC Campbell Rappold & Yurasits LLP Cancer Treatment Centers of America Capital Blue Cross

Cetronia Ambulance Corps **City Center Investment Corporation Corporate Environments DeSales University Athletics** Dr. and Mrs. Terence Reilly Dr. Jill Crosson Dr. Tricia Kelly Eastern Engineered Wood Products **Embassy Bank** Evonik First Commonwealth Federal Credit Union Fragrance Manufacturing, Inc. George and Judith Arangio Foundation Trust ITW Corporate Disbursement J's Run Lehigh Valley Grand Prix, LLC Liberty High School Girls Volleyball Medstar Television Mr. & Mrs. Scott Fainor Mr. and Mrs. Charles McIntyre Mr. and Mrs. Chris Watts Mr. and Mrs. Don Patt Mr. and Mrs. Douglas Brown Mr. and Mrs. Douglas C. Patt Mr. and Mrs. Emil Davco Mr. and Mrs. Eugene Connell Mr. and Mrs. Greg Leo Mr. and Mrs. James Harbaugh Mr. and Mrs. John Biggar Mr. and Mrs. John Quarmley Mr. and Mrs. Joseph McAndrew Mr. and Mrs. Lance Post Mr. and Mrs. Mark Sivak Mr. and Mrs. Peter Schurman Mr. and Mrs. Robert E. Gadomski Mr. and Mrs. Stavros Patselas Mr. and Mrs. Theodore A. Neidlinger Mr. and Mrs. Todd Holmes Mr. Anthony DaRe Mr. Barry Newhart Mr. Bobby Lanyon Mr. Brad Baum Mr. Bruce Getz Mr. Charles Tucker Mr. Charles Tuskes Mr. Dean Browning Mr. Dennis Domchek and Mrs. Susan Haytmanek-Domchek Mr. Gerard F Griesser Mr. J.B. Reilly and Mrs. Kathleen Waterbury Reilly Mr. James Henkel Mr. Jason Claire and Mr. Mark Dybul Mr. Jonathan Goldrath Mr. Joseph McAndrew Mr. Keith Weinhold Mr. Kirk Kozero and Dr. Joseph Brooks Mr. Mark Sivak and Mrs. Amanda Buss Mr. Michael J. Seibert Mr. Nolan Berlem Mr. Scott Patt and Ms. Lisa DeJohn Mr. Stewart Davis

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\$100 - \$499

Achieve Balance 4U Advantage Nutrition & Wellness LLC Affordable Aesthetic Dentistry LLC Alpha Sigma Tau Lehigh Valley Alumnae American Express Gift Matching Program **ARCA Practice** Blair Custom Homes, Inc. BMS Logistics Inc. **Boyle Construction** Community Services for Children **Conway Provisions LLC Crystal Signatures** Curtie & Jerry Johnson **Dealer Direct Services Inc** Donation Line, LLC Dr. and Mrs. Joseph Russo Dr. and Mrs. Darius Desai Dr. and Mrs. Eric J. Marsh Dr. and Mrs. Hugh Carlin Dr. and Mrs. J. Patrick Kleaveland Dr. and Mrs. Louis Pagano Dr. and Mrs. Richard Kingston Dr. and Mrs. Stephen Olenchock Dr. and Mrs. Wesley Kozinn Dr. Nora A. Suggs Dr. Scott Gradwell

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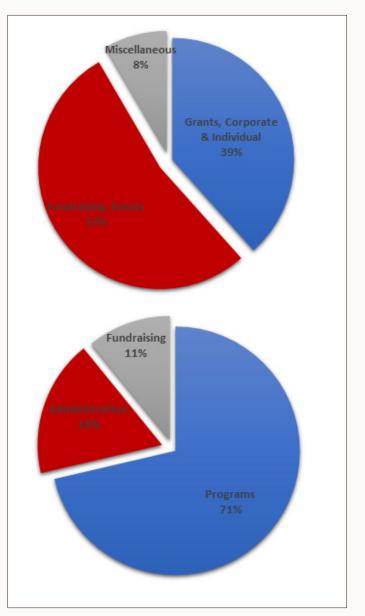
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Audited as of October 2018





OUR VOLUNTEERS

"I volunteer because it continuously teaches me something new about people, about cooperation, about compassion, and about myself. In helping others, I am reminded that we are all in this together and we need to remember to support each other. Life has so much to offer if we remember to look beyond ourselves." - A CSC volunteer



Providing support to all people touched by cancer is at the core of everything the Cancer Support Community (CSC) does and is the heart of our mission. We cannot achieve this goal without help. Strong, outspoken, and engaged volunteers strengthen our efforts to ensure that no one faces cancer alone. By getting involved, you become a leader in our organization and an ambassador on behalf of CSC helping make a difference in the lives of thousands of cancer patients and their families.

Volunteers are one of our essential resources, and we are grateful beyond words to the individuals, community groups, and businesses who shared their time and talents with us. Our volunteers contributed approximately 2,700 hours of service this past year.

