



# Empowering you through Support, Education, and Hope

2018-19 ANNUAL REPORT

  
**CANCER SUPPORT  
COMMUNITY.**

GREATER LEHIGH VALLEY

[www.cancersupportglv.org](http://www.cancersupportglv.org)

610-861-7555

Fiscal year ended June 30, 2019



# THE POWER OF OUR COMMUNITY

The patient experience is at the heart of everything we do. By giving voice to our members' needs, we provide the Support, Education, and Hope they deserve  
**SO THAT NO ONE FACES CANCER ALONE.**



*“While going through chemo last year, I started attending some of the many programs offered here. I’m here most Mondays for my regular support group, even when I’m feeling well. If I can help someone else, it helps me. I worried that I wouldn’t have a support system when I moved here. But, I found one. This is my support system.” ~ Amy*

## MISSION

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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.

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

It is our honor to share with you the story of a thriving organization that is adopting innovative practices and impacting the lives of more people than ever—all thanks to your steadfast support.

For the last 15 years, the Cancer Support Community has provided support, education and hope to all impacted by cancer. Since opening in 2004, CSC has welcomed over 5,000 individuals which equaled to over 43,000 visits through its 9,567 programs.

Behind each number is a story—the patient struggling with how to tell her kids about her diagnosis, the caregiver keeping up a strong front who needs a shoulder to cry on, or even the friend who volunteered to research solutions for a family facing financial struggles due to cancer-related costs.

Whether these individuals received support walking into our community and joining a support group or attending a healthy lifestyle class, calling our free helpline, or utilizing our website to find local resources, they gained a sense of control during what can be a chaotic time.

Cancer is a disease that no one can, or should, face alone. This principle unites all of our work, whether we are attending a health and wellness fair in our community or presenting to a class of students at a local university.

While we have witnessed many significant advances in treating this devastating disease, nothing takes the place of the power, inspiration, companionship, and connection that comes from community.

The strength of our community runs deep.

Thank you for taking a look back at what we intend to achieve as we leap forward and show that community is stronger than cancer.



**Amanda K. Buss**  
*Executive Director*



## YEAR IN REVIEW



**2,478**  
FACEBOOK FRIENDS



**654**  
TWITTER FOLLOWERS



**334**  
INSTAGRAM FOLLOWERS

## COMMUNICATIONS



**52**  
HEALTH FAIRS



**33,300,000**  
MEDIA IMPRESSIONS



**20**  
SPEAKING ENGAGEMENTS

## OUTREACH



**4,696**  
PROGRAM VISITS



**41,872**  
WEBPAGE VIEWS



**36,000**  
MATERIALS DISTRIBUTED

## EDUCATION



## PROGRAM HIGHLIGHTS

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During the 2018-2019 fiscal year, we welcomed and helped **4,696** cancer survivors and family members, 173 of whom were children.

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# 74

EDUCATIONAL  
WORKSHOPS

Our Educational Workshops covered topics like acupressure for self-care, nutrition, physical therapy benefits, nontoxic cleaning supplies, tax reform q&a, financial matters, and skin care.

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# 451

HEALTHY  
LIFESTYLE  
CLASSES

Healthy Lifestyle classes included blogging and journaling, creative expression art therapy, meditative practices, customized fitness, qigong, and yoga.

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# 53

SOCIAL  
PROGRAMS

A large variety of social programs such as seasonal crafting, movie nights, aromatherapy, and therapy dog visits were offered throughout the year.

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# 241

SUPPORT  
GROUPS

Group members came together weekly and monthly to get support and learn from each other.

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# 43

CHILDREN/TEEN,  
AND FAMILY  
ACTIVITIES

We also offered programs specialized for children, teens, and families including an 8-month martial arts series, yoga pajama party, garden party, trip to the zoo, game nights, and pumpkin patch visit.



*"I very quickly realized that without the support of CSCGLV, I wouldn't have been able to get through my cancer treatment process. The Cancer Support Community was the only place I felt comfortable enough to be myself, a person living with cancer. I couldn't get there fast enough" ~ Carol*

# 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

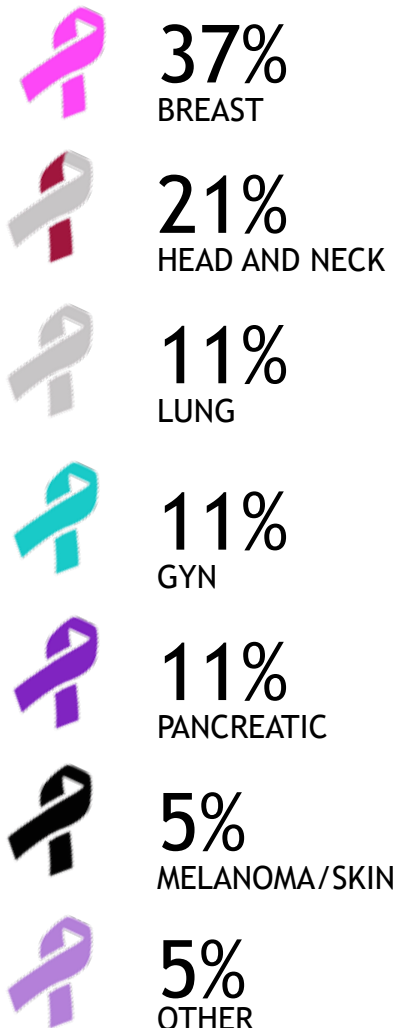
Breast Cancer Group  
Breast Friends Breakfast  
GYN Cancer Group  
Pancreatic Cancer Group  
Thyroid Cancer Group  
Carbon County Cancer Support Group  
LGBT+ Cancer Support Group  
Circulo de Apoyo  
Lymphedema Group

## 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.

## OUR MEMBERS

### CANCER TYPES



## 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.



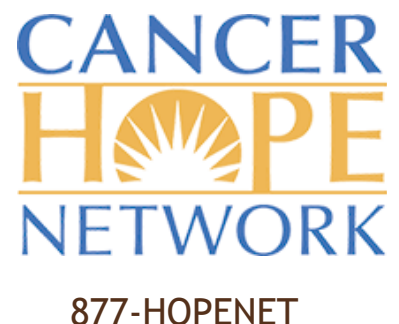
## OPEN TO OPTIONS<sup>®</sup>

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.





*"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." ~ Mike*

# 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 cancer-related 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 includes break-out sessions and exhibitors for anyone affected by cancer.

## **PROGRAM ATTENDANCE**



**51%**

STRESS REDUCTION AND  
HEALTHY LIFESTYLE



**31%**

SUPPORT GROUPS



**16%**

EDUCATION CLASSES



**2%**

SOCIAL





*“Not only am I a member at CSC but now a dedicated volunteer and advocate and hope to inspire and encourage other survivors to get the necessary care and support they need.” ~ Lynne*


## HOW WE HELP?

As a result of programs members have experienced the following:

- ↓ Anxiety and distress
- ↑ Confidence in knowing what questions to ask their doctor
- ↑ Clinical trial enrollment compared to national average
- + Improvements in health-related quality of life and lifestyle change
- ↓ Health worry
- ↑ Quality of life around physical, mental and social functioning
- ↑ Physical activity and improved dietary habits

*“Thank you Cancer Support Community for supporting me on my journey and defining my life’s meaning and purpose in now supporting others ” ~ Wendy*





*"Though our journeys were unique, I found others who understood the stresses, concerns and after-effects of being a survivor." ~ Brenda*

# Empowering You Through Community

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, helps to make a difference in the organization's efforts to provide a better quality of life for people in our community.

## SPECIAL EVENTS

**22nd 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.

**Dragon Boat Festival** - 2nd Annual Dragon Boat Festival held at Evergreen Lake, Bath, PA.

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

**Celebration of Hope** - A cocktail reception and community partner recognition held at Folino Estate, Kutztown, PA.

CSC is a recipient of proceeds from the **Boutique at the Rink**.

## OUR PARTNERS



Just a few of the community agencies we are proud to partner with.

Allentown YMCA  
American Cancer Society  
Andy Derr Foundation  
Bradbury-Sullivan LGBT  
Community Center  
Easton Hospital  
Firth Youth Center  
Good Shepherd Rehabilitation  
Hospital  
J's Run  
Lehigh Valley Health Network  
Leukemia & Lymphoma Society  
NJ CEED  
Norwescap  
Pediatric Cancer Foundation  
of the LV  
St. Luke's University Health  
Network  
Sussex Warren Chronic Disease  
Coalition  
Traditions of Hanover







# 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." - Brad*

# 2,700

HOURS OF SERVICE

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.



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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  
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Jennifer Vandevoorde  
Chrissie Wagner  
Kathy Weil

**During the 18-19 year, the Ambassadors funded Individual Counseling, Online Programming and a portion of the 2019 Survivor Summit.**





# SINCEREST THANKS TO OUR CONTRIBUTORS

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+

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Fox and Roach/Trident Charities  
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Women's 5k Classic Grant

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Ms. Daphne Newman  
Ms. Lynn Newman  
Ms. Janine Nicolich  
Mr. George Nisiotis  
Novartis Pharmaceuticals Corporation  
Ms. Doris Novick  
Offix Systems USA Inc.  
Onehope Foundation  
Mr. David Osborn  
Mr. Peter Oswald  
Mr. and Mrs. Glenn Ott  
Out of Our Mind's Art Studio  
Ms. Ann Packman  
Parkside Ventures LP  
Mr. and Mrs. D. Brad Patt  
Mr. and Mrs. Douglas Patt Jr.  
Ms. Silvia Payan  
Mr. and Mrs. Alan Penn  
Mr. Justin Perambo  
Ms. Christine Perrucci  
Mrs. Nancy Petiet  
Mr. James Pfeiffer  
Ms. Diane Phalen  
Philadelphia Integrative Medicine  
Ms. Erin Pipech

Mr. Charles Plumaker Jr.  
Ms. Andrea Poloni  
Presidential Cleaners, Inc.  
Ms. Stephanie Prosser  
Dr. Judith Pryblick  
Mr. David Quarmlay  
Ms. Kate Raymond  
Mr. Rich Read  
Mr. Alan Reburn  
Mr. Tyrone B. Reed  
Ms. Elizabeth Renkiewicz  
Reynolds & Reynolds Electronics. Inc.  
Mr. and Mrs. Thomas Riddle  
Ms. Karen Riggs  
Ms. Ruth Rivera  
Mr. Don Rives  
Ms. Heather Rodale  
Mr. and Mrs. Glenn Roedel  
Ms. Josephine Ronca  
Rosies Bootcamp  
Mr. and Mrs. Elias Ruben  
Ms. Raquel Ruiz-Castaneda  
Ms. Linda Rumfield  
Ms. Lynne Rush and Ms. Angella Carney  
Dr. and Mrs. Joseph Russo  
Ms. Patricia Russo  
S.W.A.T. Environmental Of PA  
Mr. Jeffrey Sabotta  
Ms. Cynthia Sadler  
Mr. John Savchak  
Ms. Judith Savchak  
Ms. Jennifer Scavuzzo  
Mr. and Mrs. Paul Schilling  
Mrs. Shawn Schmitt  
Mrs. Lynn Schoof  
Mr. Jason Serfass  
Mr. Edward Shaughnessy  
Mr. and Mrs. Charles Simon  
Ms. Maureen Simonette  
Mr. Nate Singley  
Mr. and Mrs. James Smith  
Ms. Karen Smith  
Ms. Susan Smith  
Mr. Mark Sobota  
Mr. and Mrs. John Soler  
Mrs. Cynthia Spicknall  
Mr. Donald Spieth and Mrs. Llyena Boylan  
Ms. Kim Spotts-Kimmel  
Mr. Kenneth Springs  
Mr. and Mrs. Phillip St. James  
St. Mark's Evangelical Lutheran Church  
St. Theresa School  
Mr. Albert Stewart  
Mr. and Mrs. Charles Stewart

Mr. Bill Stewart  
Mr. and Mrs. Paul Stewart  
Ms. Laurie Stewart  
Ms. Mary Stock Keister  
Mr. and Mrs. James Storm  
Mr. David A. Stortz  
Mr. and Mrs. Franklin Strausser  
Mr. and Mrs. Frank Tallent  
The Tara and Hareh Joshi Charitable  
Mr. Joseph Tavianini  
Ms. Nancy J. Taylor  
Mr. and Mrs. Mark Terfinko  
Ms. Penelope Tervalon  
Mrs. Amy Thompson  
Mr. Michael Thompson  
Thrivent Choice  
Thrivent Financial East Penn Group  
Mrs. Nicole Titus  
Mr. Raymond Titus  
Mr. and Mrs. W. Joseph Topiarz  
Ms. Maureen Topper  
Ms. Sarah Trimmer  
Mrs. Loretta Tubiello-Harr  
Mr. Charles Tucker  
Ms. Diana Vail  
Mr. and Mrs. John Van Den Elzen  
Mr. and Mrs. Mark VanDeVoorde  
Ms. Nicole Venskytis  
Mrs. Angela Vieira  
Mrs. Sarah Vikner  
Vistacom Audio Video Solutions  
Mr. and Mrs. Richard Wall  
Walmart  
Mr. Craig Weber  
Ms. Sylvia H. Weber  
Ms. Lisa Webster  
Ms. Kathy Weil  
Mrs. Marcia Weill  
Mr. and Mrs. Todd Wendling  
Wheels of Time Street Rod Association  
Mrs. Linda Wieder  
Mr. Matthew Wieder  
Mr. Paul William  
Mr. and Mrs. James A. Wimmer  
Ms. Jennifer Wood  
Ms. Linda Wood  
Mr. Shawn Yeakel  
Mr. and Mrs. Steven Yost  
Ms. Janice Young  
Ms. Mary Zaoudeh  
Mr. Jason Zeiner  
Ms. Lauren Zucco





# FINANCIAL REPORT

Fiscal Year ending 6/30/2019

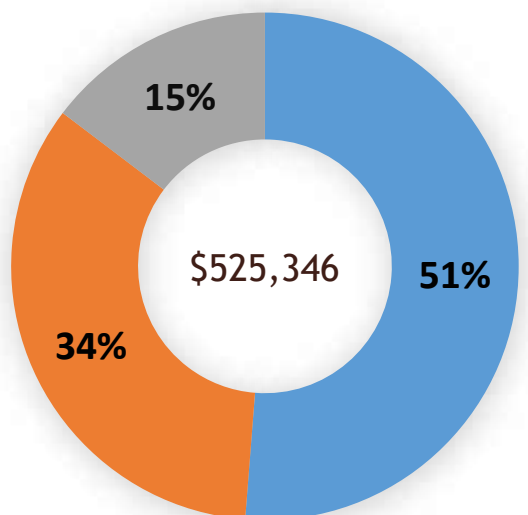
## SOURCE OF FUNDS

Total Revenue: \$525,346

■ Grants, Corporate & Individual Contributions: \$269,195

■ Fundraising Events: \$179,076

■ Miscellaneous: \$77,075



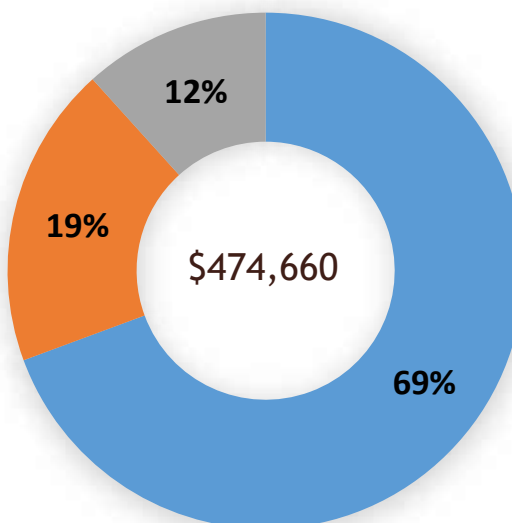
## USE OF FUNDS

Total Expenses: \$474,660

■ Programs: \$329,215

■ Administration: \$89,931

■ Fundraising: \$55,514



Audited as of October 2019



*“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.” ~ Kathy*



