

Fiscal year ended June 30, 2020

#### **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.

The Cancer Support Community's programs help people affected by cancer – survivors, caregivers, friends and family – regain control of their lives, reduce stress and isolation, and restore a sense of hope for a better quality of life regardless of the stage of the disease or the type of cancer.

Today, hundreds of people with cancer and their loved ones unite through our programs. People can come at the point of diagnosis, during or at the end of treatment, at recurrence, or several years out of treatment.

## 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. ®

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

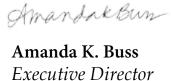
As we all know, this past year has been an unprecedented and at times, a challenging year. The global coronavirus pandemic has had a tremendous impact on the way we all live, do business and interact with one another. With a state mandated shutdown earlier this spring, many in our community are struggling and nonprofit organizations are facing increased needs with limited resources.

But if there is one thing I have seen over the last few months, it is that the generosity and the desire to help is more than abundant in the people who live and work in the Lehigh Valley.

As we travel down these new roads, many filled with potholes, during this pandemic is just one of the ways that COVID-19 affected us. We made accommodations and we forged on. We miss the casual conversations in our living room, the hugs we give our members, our group and activity rooms filled with the clusters of people stringing beads, doing Qi-gong or listening to a local oncologist giving the latest update on side effect management.

Although our delivery was different at the end of the program year, our services are more critical than ever. And frankly, none of the work you will see highlighted in this report, could have been possible without the support of our community, our AMAZING program team and the staff at CSCGLV.

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





## Year in Review







## **Communications**







## **Outreach**







## **Program Highlights**

**4,366** cancer survivors and family members, **247** of whom were children.

56
EDUCATIONAL
WORKSHOPS

We offered Educational Workshops covering topics like...

- acupressure for self-care
- nutrition
- physical therapy benefits
- hereditary cancers
- financial matters/budget planning
- heart health
- medical marijuana
- clinical trials

412
HEALTHY
LIFESTYLE
CLASSES

Healthy Lifestyle classes included...

- reiki meditation
- Tibetan singing bowls
- creative expression art therapy
- meditative practices
- customized fitness
- qigong
- yoga

60 SOCIAL PROGRAMS A large variety of social programs such as...

- seasonal crafting
- virtual watch parties
- aromatherapy
- therapy dog visit

242
SUPPORT
GROUPS

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

A new bereavement group for spouses was created in response to members' requests.

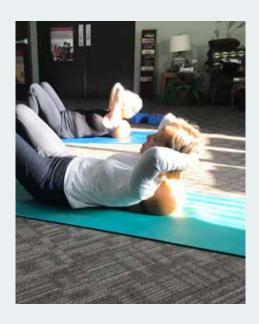
69
CHILDREN/TEEN,
AND FAMILY
ACTIVITIES

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
- pumpkin patch visit







"If you had "closed your doors" and not pivoted to online, the cancer community would have really suffered. It was a lifeline for me personally." ~ Amy

# 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 Support

#### **Monthly Support Groups**

Bereavement

**Breast Cancer Group** 

Breast Friends Breakfast

**GYN Cancer Group** 

Kidney Cancer Support 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**

Short-term counseling is offered to individuals living with cancer and caregivers who are supporting a cancer patient.

## **Our Members**

Cancer Types



**46**% BREAST



11%



9%
PANCREATIC



7% COLORECTAL



5% BLOOD



**4**%



18% OTHER

## **Resources**

#### Wig Salon

Our special boutique, in partnership with the American Cancer Society, offers fittings for individuals in active treatment to receive a free wig.

#### **LAFF** - Life Always Facing Forward

The LAFF program connects cancer patients with a cancer survivor on a one-on-one basis to be there to support them through their cancer journey.

#### **Every Ribbon Assistance Fund**

Our emergency fund was established by the Every Ribbon Counts Foundation for the sole purpose of providing emergency financial assistance to people with cancer, their caregivers and family members who fit the criteria.

#### **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 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.















"Thank you Cancer Support Community for supporting me on my journey and defining my life's meaning and purpose in now supporting others" ~ Wendy

## 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**



48% STRESS REDUCTION AND HEALTHY LIFESTYLE



22%
SUPPORT GROUPS



8% EDUCATION CLASSES



9%
INDIVIDUAL SERVICES



7% SOCIAL



6%

CHILDREN, TEEN, AND FAMILY PROGRAMS

## How We Help

Through participation in our programs, people affected by cancer actively engage in their health care, regain control, connect with others, and restore hope for a better quality of life during treatment and in survivorship. Our programs are offered at no cost to cancer patients, survivors, family members, caregivers and friends.

Other highlights from the year include...

- Transition to a full virtual platform for our programs including our annual Cancer Survivor Summit
- a COVID townhall discussion
- long-term survivorship series Finished With Treatment ... Now What?
- skin care series Comfortable In Your Own Skin
- World Cancer Day celebration
- involvement with assisted living facilities in our serving area
- offsite yoga meditation series Navigating The Cancer Experience Through Movement
- new holistic practice series Love As Your Compass

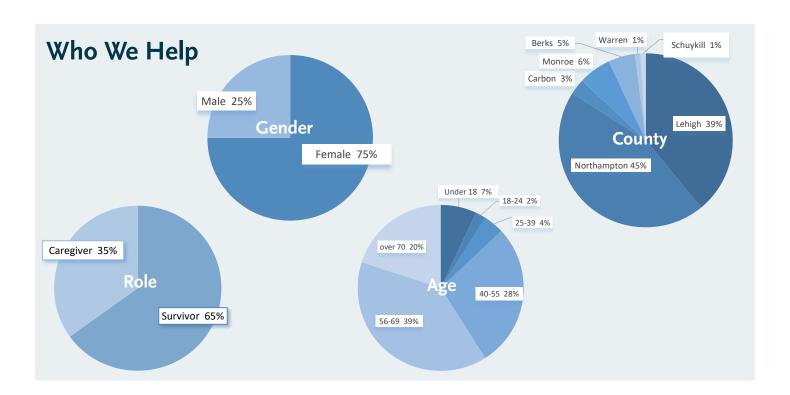
As a result of programs members have experienced the following:

100% Members rated their experience as outstanding

90% Learned more about their cancer experience

**82**% Felt more connected to others

100% Gained something positive from attending CSCGLV (less stress, sense of hope, less alone, better quality of life)





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**

**23nd 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** – Teams paddle together to race dragon boats across the lake. 3rd 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.** 

## **Third Party Events**

We are honored to be the recipient of third party events held in our community. Thank you to the following events and groups who held events during the 2019-2020 year: Saucon Valley Rally for the Valley, Beards for Breasts, Eight Oaks Americana Music Festival. Liberty HS Volleyball Team, Lehigh Valley IronPigs – Strike Out Cancer, Tolino's Fall Festival, Koch 33 Toyota Truck Event, and others.

#### **Our Partners**



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

Allentown and Easton YMCA American Cancer Society Andy Derr Foundation for Kidney Research

Bradbury-Sullivan LGBT Community Center

Firth Youth Center Good Shepherd Rehabilitation Hospital

I'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 Abington Manor Atria Senior Living















#### **Our Volunteers**

"Over the years this organization has evolved into a real community for me. A stable staff and enthusiastic students make this a welcoming place even though we are now virtual. Volunteering helps me feel a contributing part of this community" - Brenda

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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## **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 Laura Black Llyena Boylan Peggy Brown Gretchen Campbell Patty Carlis Jan Connell Maureen Cort Jill Crosson Tony DaRe Dolly Dyer Nicole Evans Kelly Filchner Susan Gadomski

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During the 2019-20 year, the Ambassadors funded Online Programming, children's programming, and a new skin care series Comfortable In Your Own Skin.





#### 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+

Anonymous

Boutique At The Rink Mr. Robert Dragotta

Every Ribbon Counts Foundation Fox and Roach/Trident Charities

Highmark LAFF Fund

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St. Luke's University Health Network

Women's 5k Classic

#### \$5,000 - \$9,999

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I's Run

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Mrs. Jill Weinhold

Ms. Kelly Weirich

Mrs. Linda Weisberg

Ms. Annemarie Weist Mr. and Mrs. Todd Wendling

West End Yoga Ms. Lirieth West

Ms. Terri Whitfield

Ms. Maye Whittington

Mr. David Wong Ms. Linda Wood





## **Financial Report**

Fiscal Year ending 6/30/2020

#### **SOURCE OF FUNDS**

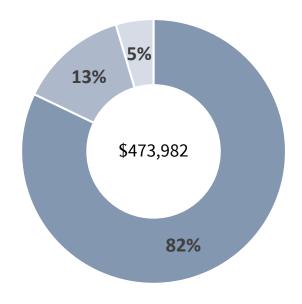
Total Revenue: \$473,982

■ Grants, Corporate & Individual

Contributions: \$389,201

■ Fundraising Events: \$62,963

Miscellaneous: \$21,818



#### **USE OF FUNDS**

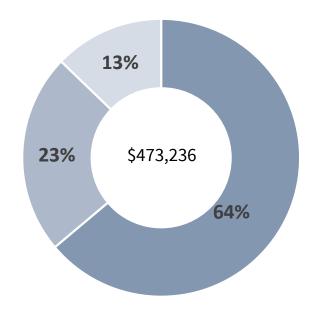
Total Expenses: \$473,236

Programs: \$302,243

Administration: \$110,427

Fundraising: \$60,566

Audited as of October 2020







"I am so appreciative of the programs and support provided at the center. It has been a roller coaster ride of grief over the last 7 years and I was able to ride the waves of emotion because of the support I receive on a weekly basis."  $\sim$  Sara



