

So that no one faces cancer alone®

ANNUAL REPORT

2019



CANCER SUPPORT
COMMUNITY™

REDONDO BEACH

www.cscrb.org



FROM OUR EXECUTIVE DIRECTOR AND PRESIDENT OF THE BOARD

Dear Friends of Cancer Support Community Redondo Beach,

We cannot thank you enough for your ongoing support and commitment to our mission, which ensures that we are able to continue providing the gold standard of social and emotional support for cancer patients and their loved ones in the South Bay and surrounding areas – all completely free of charge.

2019 was a year of exciting change for CSCRB. We embraced new leadership as Joey Shanahan assumed the role of Executive Director/CEO in December of 2019 after previously serving as our Director of Development. Additionally, we welcomed seasoned corporate communications professional Maureen Hazard and certified human resources professional Kelli Vieweg to our Board of Directors. We also gained the expertise and support of surgeon Neil Bhayani, MD and dermatologist Mayha Patel, MD, who both joined our Professional Advisory Board.

CSCRB also experienced remarkable growth in 2019 as you will see reflected in this annual report. We directly served 2,025 individuals impacted by cancer, a 12% increase over the prior year, and recorded 18,727 visits to our community, a 10% increase since 2018. Additionally, 13 new workshops and mind/body classes were added to our programming, a 26% increase over 2018 that exceeded our strategic plan goal by 7 programs!

Most importantly, our 2019 participant survey confirmed that our services have indeed made a positive impact, with 94% of CSCRB participants reporting that their quality of life had improved and 90% saying they felt better able to cope with distress after attending CSCRB programs. In this annual report, you will have the opportunity to meet several of these participants as they personally share how CSCRB has helped them. In addition, you will see the many ways we serve our

participants through our robust lineup of core programs. We currently offer more than 250 free programs each month, and can proudly say that no other organization in the South Bay and surrounding areas offers cancer patients and their families as much social and emotional programming support to help them better navigate their cancer journeys.

In 2019, we raised more than \$400,000 through our signature fundraising events, Celebrate Wellness, a food and beverage tasting garden party at the beautiful South Coast Botanic Garden on the Palos Verdes Peninsula, and Girls Night Out, three consecutive laugh-filled evenings celebrating women that takes place at the iconic Comedy and Magic Club in Hermosa Beach. Our annual beneficiary events also raised an additional \$200,000.

At CSCRB, we continue to listen to the needs of our community and work diligently to exceed expectations. Our participants and supporters can look forward to a dynamic new website in 2020 that will serve as a tremendous resource and connection to CSCRB. We strive always to achieve our mission and never stop looking for better ways to serve those impacted by cancer in our community. As we look with hope to the year before us, we will continue to anticipate and evolve as we build on our achievements and meet our strategic plan goals – so that no one faces cancer alone.

Joey Shanahan, CFRE

Executive Director/CEO

Guido Rietdyk

President of the Board



WHO WE ARE

Located on the Redondo Beach Pier for 33 years, Cancer Support Community Redondo Beach offers free programs for cancer patients, their families and loved-ones. Services include weekly support groups, drop-in networking groups, kids and teens support groups, individual and family counseling, physician's lectures, stress reduction and mind-body activities, educational lectures and workshops on nutrition and cooking. Our goal is to help as many cancer patients as possible recover from the physical and emotional effects of cancer. Our psychological support and educational programs are designed to address the loss of control, hopelessness and social isolation that cancer patients and their families often experience so that no one faces cancer alone.

WHO WE SERVE

Our focus is supporting adults and children with cancer and their loved ones who want to enhance the quality of their lives and learn how to better meet the challenges of this illness. People come to learn more about their disease and also find friendship, caring and hope in a supportive community with others who have been touched by cancer. Cancer Support Community Redondo Beach serves the entire South Bay, Long Beach and Orange County areas.

WHAT SETS US APART

We provide the gold standard of social and emotional support for those affected by cancer in a warm and welcoming homelike setting near the ocean. Offering more than 250 free services each month, all CSCRB programs are derived from evidence-based psychosocial oncology and mind/body research, and all groups are facilitated by licensed mental health professionals. In addition, participants will find an abundance of resources to help them through their cancer journey.

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MORE THAN 250 FREE SERVICES EACH MONTH TO SERVE ALL PEOPLE IMPACTED BY CANCER

WEEKLY SUPPORT GROUPS

- Cancer Patient Groups
- Breast Cancer Groups
- Women's Cancer Group
- Family Partners Groups
- Bereavement
- Group in Spanish

MIND/BODY PROGRAMS

- Yoga
- Tai-Chi
- Strength & Balance
- Sound Healing
- Guided Meditation
- Reiki
- Writing
- Ayurveda
- Hanna Somatic
- Belly Dance
- And More



**AT EVERY
AGE AND
EVERY
STAGE**

KIDS AND TEEN SUPPORT

- Kids Community Group
- Kids Grief & Transition
- Teens Connect Group
- Teens Grief & Transition
- Play Activities

INDIVIDUAL SUPPORT

- Free Short-term Counseling to Community Members, Couples & Family Members
- Animal Therapy

EDUCATIONAL WORKSHOPS/ SOCIAL ACTIVITIES

- Lunch & Learn Speaker Programs
- Nutrition & Cooking
- Latest Treatment Options
- Diet and Exercise
- Financial Literacy
- Alternative Treatments
- Many More

MONTHLY NETWORKING GROUPS

- Blood Cancers
- Lymphedema
- Lung Cancer
- Sarcoma
- Carcinoid & Neuro-Endocrine Tumor
- Gynecological
- Prostate
- Oral Head & Neck
- Living Well with Metastatic Cancer
- Thyroid
- Young Cancer Survivorship
- Life After Cancer

2,025

Individuals served

18,727

Total visits

3,041

Programs

12%

Increase in number of cancer patients served since 2018

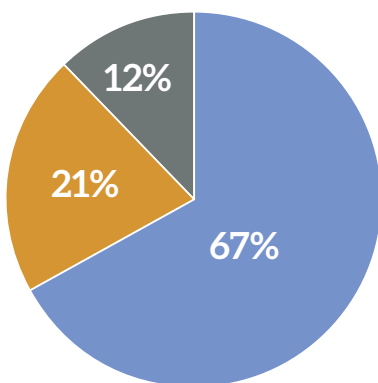
10%

Increase in total visits in 2019 vs. 2018

COMMUNITY IMPACT



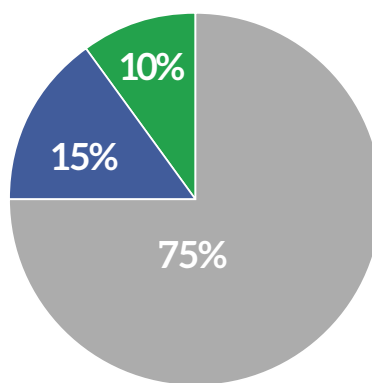
FINANCIAL OVERVIEW *



Operating Revenue

- Fundraising Events 67%
- Individual Gifts 21%
- Grants 12%

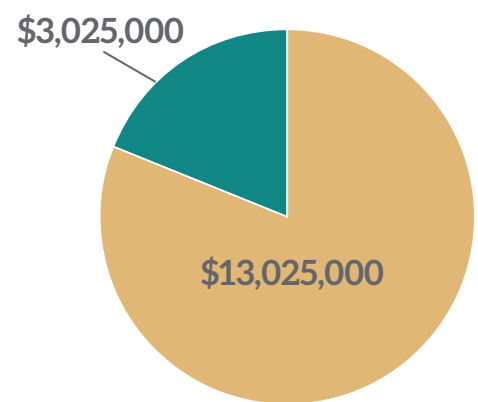
Total Operating Revenue
\$1,080,370



Operating Expenses

- Program Services 75%
- General Administrative 15%
- Fundraising 10%

Total Operating Expenses
\$1,076,804



Legacy of Hope Society

- 2015-18 Pledges \$13,025,000
- 2019 Pledges \$3,025,000

Total Pledges
\$16,050,000

* Unaudited at the time of publication

WEEKLY SUPPORT GROUPS



MEET HARVEY AND AVRA

A diagnosis of stage-four lung cancer in 2018 came as a shock to Harvey Diamond and his wife Avra. He had always been an active healthy person who was attentive to his eating habits and lifestyle. They were both instantly overwhelmed and fearful of what it would mean to Harvey and their family.

Referred to Cancer Support Community Redondo Beach by his medical team, Harvey joined a weekly Cancer Patient Support Group and Avra joined a Family Partners (caregiver) Group.

"I have gained friendship, confidence and knowledge," Harvey said. "I have made close friends with group members and can discuss my condition easily which I cannot do with my family and other friends. I get constant feedback which gives me confidence to move forward with my illness and treatment. I also get many suggestions to overcome my negative feelings or fears and always feel better after the meetings."

Avra has also made close friends in the Family Partners Group and looks forward to the weekly meetings.

795
GROUP SESSIONS
4,554
VISITS TO SUPPORT
GROUPS
6%
INCREASE IN VISITS
SINCE 2018
1,590
HOURS OF
CLINICAL TIME

"I don't know how well I'd cope without the group," said Avra. "It is a safe place to talk about my fears and all the emotions that go along with having a loved one who is dealing with cancer. I don't feel alone and am grateful to have more than my friends and family to fall back on. It is so much easier to deal with what could be a devastating situation when you are sharing that journey with others who are going through a similar situation. We learn from each other...sharing is important...hearing other's stories is important."

Our weekly support groups are facilitated by licensed family therapists and are available to people with any type or stage of cancer. We also have groups for caretakers, friends, spouses and family members of someone with cancer.

MONTHLY NETWORKING GROUPS



MEET RYAN

Diagnosed with brain cancer at just 41 years old, Ryan Juinio was initially reluctant to join a group at Cancer Support Community Redondo Beach. He had lost confidence in his memory, speech and attention span. Nevertheless, he decided to join a cancer patient group, while his wife joined a Family Partners Group and his young daughter enrolled in CSCRB's Kids Community program. Eventually, Ryan also joined the Young Cancer Survivor Networking Group.

Ryan feels that the networking group has been instrumental in helping him to cope with his diagnosis as he has been able to relate to others in a different way than with family or caregivers. He discusses work issues, raising children, relationships and the stress and frustration of being a young adult with a cancer diagnosis. He has also learned the importance of being more patient-active and self-advocating with his medical team.

252
MONTHLY NETWORKING
GROUP SESSIONS

2,079
VISITS TO NETWORKING
GROUPS

19%
INCREASE IN VISITS
SINCE 2018

504
OF HOURS OF
CLINICAL TIME

Networking groups meet each month and are facilitated by licensed mental health professionals. These groups are drop in and offer community members and their support persons opportunities to share and learn from others who are facing treatment for a similar cancer.

"The group has helped me improve my mental and physical conditions and opened me up to therapy, self-confidence, and relationships with other cancer patients...even those who are in remission," he said. "My own cancer will never be in remission...and can return at any time. I have learned to accept that, and Cancer Support Community Redondo Beach has given me the opportunity to 'be better' for myself and my family."

MIND/BODY PROGRAMS



MEET IRIS AND LES

Iris and Les Krzcuk first came to Cancer Support Community Redondo Beach when Iris was diagnosed with breast cancer and was feeling devastated both emotionally and physically. In addition to attending support groups, they realized that it had become critical to take their somewhat healthy lifestyle to a higher level. They decided to also take advantage of some of the mind/body programs offered by Cancer Support Community Redondo Beach including yoga, sound meditation, Qigong, dancing and Tai Chi.

“I fell down three times during chemotherapy,” said Iris. “Tai Chi helped me regain my mind and body connection. Tai Chi, Yoga and Qigong really helped my coordination of movement, balance and memory...I regained my strength and am now a cancer survivor.”

Les, who had previous experience with Tai Chi, began to relearn the practice. When Cancer Support Community Redondo Beach’s previous instructor left in 2015, he decided to use his skill to give back by leading the class. He now helps guide others who have been impacted by cancer, including Iris, to regain mind and body health through this effective exercise.

“Personally I am now twelve years older but feel 20 years younger,” Les said. “Tai Chi is a lifelong art that nourishes body, mind and spirit. It is safe to practice and can be continually refined into one’s golden years. Cancer Support Community’s various programs have provided knowledge, inspiration, support and camaraderie. Our lives have been blessed.”

Our many Mind/Body classes are led by certified or trained professionals who donate their time and talent in support of community members.

746
MIND/BODY PROGRAMS

5,760
VISITS

30
VOLUNTEER
INSTRUCTORS

16%
INCREASE IN VISITS
SINCE 2018

755
VOLUNTEER HOURS

KIDS/TEENS SUPPORT PROGRAMS



MEET CURTISE AND BRENDA

During her battle with liver cancer, Brenda was the caregiver for her husband who also had cancer. She required surgery which meant a hospital stay away from home. Brenda joined a cancer patient group at Cancer Support Community Redondo Beach and enrolled her daughter Curtise in the Teens Connect program to help cope with the many challenges she was experiencing.

“Curtise received amazing support, she enjoyed the teen activities and even a personal call from her teen counselor from time to time, just because she cared about how Curtise was doing,” said Brenda. “Knowing there were other teens in her shoes fighting to stay strong enabled her to cope very well. She loved the program. This made my journey smoother and took stress away from my family’s daily life.”

The transition between the time that Brenda’s husband entered hospice to the time that he passed was especially difficult for Curtise. She also began to attend the Teen Grief and Loss Group.

“I was helped through every stage,” Curtise said. “Losing my dad wasn’t easy, but understanding the process made it bearable. What I loved most about the group is that if I needed help or advice with anything, they would always help me with the best option.”

89
KIDS/TEENS GROUP
SESSIONS
238
VISITS
134
HOURS OF CLINICAL
SUPPORT

Our Kids Community and Teens Connect programs are for children 5–12 and teens ages 13–17 who have a family member with cancer. Programs are designed to help them process their feelings in supportive and creative ways most beneficial to their age group.

INDIVIDUAL AND FAMILY COUNSELING



MEET THE AVERY FAMILY

Imagine the terrible blow of learning within a two-week period that both of your children have cancer. That was the unthinkable situation in which Nohea and Duncan Avery found themselves. The Avery's six-year old daughter Kalea was diagnosed with a rare brain cancer, and just two weeks later their four-year old son Noah was diagnosed with the same cancer. Due to the difference in their ages, the two children had to undergo different treatment protocols that required Noah to spend most of the time in the hospital while Kalea received mostly outpatient treatment.

"It was a huge emotional rollercoaster for our family, but especially for our daughter," said Nohea. "I knew we all needed help. I felt lost as a parent. Parenting is hard enough, but trying to parent and support your children while they are both battling cancer—it felt impossible."

Kalea began individual counseling sessions with Program Director Nancy Lomibao, LMFT and "Harley" Cancer Support Community Redondo Beach's Therapy Dog. Animal therapy allowed Kalea to express her emotions in a nonthreatening, nonjudgmental and playful atmosphere. In time, Noah joined in on some of the sessions and like Kalea, he lit up around Harley.

968
COUNSELING
SESSIONS

\$145,200

VALUE OF FREE
INDIVIDUAL
COUNSELING

13%
INCREASE IN VISITS
SINCE 2018

"I cannot imagine going through this past year without the support we received from Cancer Support Community," Nohea said. "They have given me the tools as a parent to help cope with our struggles and help communicate with our children. The kids can just be kids while they are there...and to find out that the services at Cancer Support Community Redondo Beach are free of charge was a blessing to us."

Individual and family counseling is often helpful during a patient's cancer journey. Cancer Support Community, offers 6-10 individual counseling sessions free of charge.

EDUCATIONAL WORKSHOPS/SOCIAL ACTIVITIES



MEET HARVEY SWARTZ

There was a time when Harvey Swartz did not want to live. Diagnosed with tongue cancer at 45 years old, he underwent a radical surgery that removed 75% of his tongue followed by thirty sessions of intense radiation treatment to the side of his neck. He was left with devastating side effects and was unable to eat or speak as he had before.

“I am not exaggerating when I say that I was at my wits’ end. I was ready to check out. When does thought become action? I was at that place—and I was scared. I had to find a way up.”

Harvey began attending a support group at Cancer Support Community as well as many other programs. One of the programs that made a significant impact on his recovery was “The Artist’s Way”—an eight-week workshop that provided tools for participants to reinvent themselves for the better and experience less stress in their lives.

“I was forced to confront my feelings about myself at the time. I found that the workshop was what I needed...and a lot more, Harvey said. “I can eat now...I can speak. There is a way back. When I reached my hand out from the pit that I was in, I found not just one helping hand, instead, a whole community pulled me out...I was broken, but I am now better because of Cancer Support Community Redondo Beach.”

172
WORKSHOPS AND
SOCIAL ACTIVITIES
OFFERED

4,230
VISITS

223
VOLUNTEER HOURS

81
VOLUNTEERS

18%
INCREASE IN VISITS
TO WORKSHOPS
SINCE 2018

6%
INCREASE IN VISITS
TO SOCIAL ACTIVITIES
SINCE 2018

Various educational workshops and social activities are offered each week and change monthly, as determined by the needs of our community.

2019 HIGHLIGHTS



Celebrate Wellness hosted more than 30 of the finest restaurants, wineries, breweries and beverage companies in the South Bay and raised a record breaking \$205,954 for CSCRB's Programs.



Our 17th Annual Girls Night Out event took place at the Hermosa Beach Comedy & Magic Club in October, and raised \$194,677 for CSCRB's programs.



CSCRB was a grateful beneficiary of Palos Verdes Peninsula High's 17th Annual "Walk for Life".



Girls Night Out hosted 600 attendees over three nights. Ladies enjoyed getting in the spirit of fun for the event.



CSCRB's Kids Community Program offers activities for children impacted by cancer throughout the year.



CSCRB was proud to partner for the 7th year with the Hirshberg Foundation for Pancreatic Cancer Research (founder Agi Hirshberg on left) for the Annual Tour de Pier stationary cycling event in Manhattan Beach.



CSCRB gives opportunities for participants to take part in many different social activities each year.



Kids enjoyed making their own sundaes in this ice cream social put on by CSCRB's Kids Community.

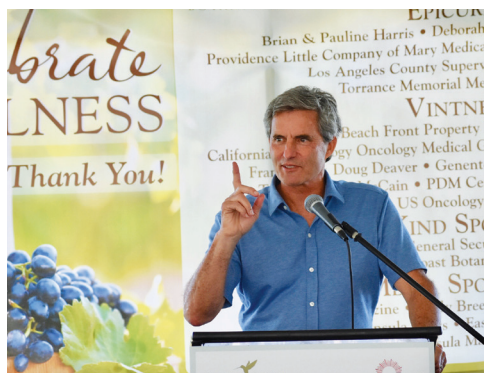


This workshop on estate planning was one of many educational programs offered throughout the year. Supporters of CSCRB can ensure our future by including us in their estate plans and joining CSCRB's Legacy of Hope Society.

2019 HIGHLIGHTS



CSCRB's 3rd Annual Essay Contest offered teens throughout the South Bay the opportunity to share how cancer had touched their lives (First place winner Barbra Lyons pictured with Southbay Magazine editor Darrin Elms).



Our 23rd Annual Celebrate Wellness event took place at the South Coast Botanic Garden on the Palos Verdes Peninsula in June. Redondo Beach Mayor Bill Brand spoke about his own experience as a CSCRB participant.



More than 500 people attended Celebrate Wellness including sponsor and partner Providence Little Company of Mary Medical Center Torrance.



The 2019 Tour de Pier event raised more than \$1.5 million for cancer charities.



Participants gather for "The Artist's Way"-- an eight-week workshop led by cancer survivor Karen Sidney that provides useful healing methods to achieve balance, joy, purpose and clarity after a cancer diagnosis.



CSCRB offers Ikebana, the Japanese art of flower arranging; a healing tool from the Zen tradition.



Many different types of yoga classes are offered at CSCRB including yoga on the Redondo Beach Pier.



Tai Chi classes are offered each week at CSCRB.



Girls Night Out had record sponsorship in 2019.



Lou Sidella owner of Body One Fitness in Redondo Beach graciously raised \$20,243 for CSCRB's programs with the 5th Annual Row for a Reason event.



TO ALL OF OUR CANCER SUPPORT COMMUNITY REDONDO BEACH SUPPORTERS

To our **413** volunteers that contributed

countless hours of their time to support our many programs.

To all of our generous donors who gave more than **971** individual donations.

To the **32** caring and committed individuals who joined our Legacy of Hope Society
with pledges of more than **\$16 Million** to support the future of CSCRB.

To our **37** sponsors and **1,000+** attendees who support our fundraising events each year.

To the **471** generous businesses who gave in-kind donations to support our events and programs.

To our grant providers who awarded us over **13** grants.

To our local media who support us with advertising and help us spread the word.

To the many dedicated local businesses and individuals who raise funds on our behalf.

THANKS FOR BEING PART OF OUR MISSION!

ADMINISTRATIVE STAFF

Joey Shanahan, Executive Director / CEO
Nancy Lomibao, MS, LMFT, LMFT36645, Program Director
Theresa Plakos, Public Relations Director
Judith Opdahl, Director Emerita, Planned Giving & Legacy Gifts
Nida Padilla, Program Manager
Pamela Martis, Accountant/Development Coordinator
Alex Lasso De La Vega, Office Manager
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Allison Adamovic, Associate MFT #111620
Cancer Support Navigator and Kids & Teens Coordinator

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Jo Ann Panitch, MA, LMFT, LMFT444284
Ruth Schriebman, PsyD, LMFT, LMFT39901
Christine Winkler, PhD, LMFT, LMFT9011

GRADUATE INTERNS

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Nadine Shoukry, Associate MFT #109437
Linda Shrader, Associate MFT #109891
Jessica Dulin, MFT Trainee
Gabe Lanum, MFT Trainee
Yvonne Rodriguez, Associate MFT #115101
Ami Suthar, MFT Trainee

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OUR MISSION

To ensure that all people impacted by cancer
are empowered by knowledge, strengthened by action,
and sustained by community.



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