

2021

ANNUAL REPORT



COMMUNITY IS STRONGER THAN CANCER.



At Celebrate Wellness, Nilton Fonseca shared how CSC South Bay helped him through breast cancer.



The Links at Terranea held its 7th Annual Birdies for Breast Cancer event, supporting CSC South Bay.



The 6th Annual Row for a Reason event, hosted by Body One Fitness in Redondo Beach, raised more than \$22,000 for CSC South Bay.



Cancer Support Community South Bay was honored to be named Nonprofit Business of the Year by the Redondo Beach Chamber of Commerce at their annual Community Awards Ceremony held at the Portofino Hotel.



More than 500 people attended our 24th Annual Celebrate Wellness Event at the South Coast Botanic Garden in October.



Team PDM supported CSC South Bay at Lou Sidella's 6th Annual Row for a Reason, hosted by Body One Fitness in Redondo Beach.



CSC South Bay partnered with the Hirshberg Foundation for Pancreatic Cancer Research for the 9th Annual Tour de Pier.



The Redondo Beach Firefighters Association presented CSC South Bay with a check for proceeds from their October breast cancer awareness fundraiser. Mayor Bill Brand made an appearance to give a thumbs up.



Members of CSC South Bay's Victor's Circle and Legacy of Hope Society were honored at the annual appreciation dinner.



CSC South Bay's Kids and Teens programs were the grateful beneficiary of Adrienne Slaughter's 15th Annual Adrienne's Search for Children's Cancer Cure event.



FROM OUR EXECUTIVE DIRECTOR

Dear Friends of Cancer Support Community South Bay,

2021 was a year like none other. The pandemic required that we continue most of our 200 free programs online, however this did not prevent us from looking ahead at the needs of our community. We took this valuable time to reevaluate what was best for our participants and the future growth of the organization. This resulted in some exciting new changes.

While we've been based on the Redondo Beach Pier since 1987, our network and impact has always extended far beyond to include the entire South Bay, Long Beach and Orange County. **Our service area actually includes 77 cities and 226 zip codes!** To better reflect our broader reach we changed our name from Cancer Support Community Redondo Beach to Cancer Support Community South Bay.

In addition, the generous support of our Legacy of Hope Society in 2021 enabled us to commit to a significant change in the future of CSC South Bay. We had outgrown our longtime space on the Redondo Beach pier and were able to secure a **wonderful new home in the Rolling Hills Plaza in Torrance!** The new location will provide easier access for our participants and ample space that will not only support our current services, but will sustain us into the future. Thanks to substantial funds received from our Legacy of Hope Society members who had made CSC South Bay part of their estate planning, we feel prepared to leverage our new home toward strengthening our connection to the community we serve.

Although most of our programs remained online, 2021 marked a much welcome return to in-person fundraising events. We were very excited to bring back our signature Celebrate Wellness food and beverage tasting event at the South Coast Botanic Garden. Evidently, you all felt the same since we sold out weeks before the event and raised a record-breaking \$343,000! We are also very thankful for our partnerships with the Tour de Pier stationary cycling event in Manhattan Beach, Body One Fitness's Row for a Reason event, and Terranea's Birdies for Breast Cancer event which altogether generated another \$111,237 for CSC South Bay.

The past year also brought recognition to CSC South Bay for its achievements. We were proud to be named the **Non-profit Business of the Year by the Redondo Beach Chamber of Commerce** at their 2021 Community Awards Ceremony. The award was presented in recognition of CSC South Bay's contributions to the welfare and long-lasting betterment of the community. We are grateful to our many board members, staff, volunteers, and donors—past and present—whose combined efforts and belief in our mission made this possible.

As we set forth into 2022, we look forward to welcoming our participants to their new home as soon as it is safe for in-person programming to resume. We thank all of our supporters for everything that you have done to move us forward on our journey to building a **stronger, brighter and more secure future for CSC South Bay.**

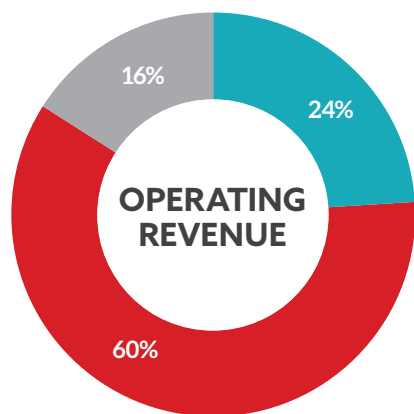
Gratefully,

Joey Shanahan, MPH, CFRE | Executive Director/CEO

**CSC South Bay was named
Non-Profit Business of the Year
by the Redondo Beach
Chamber of Commerce**

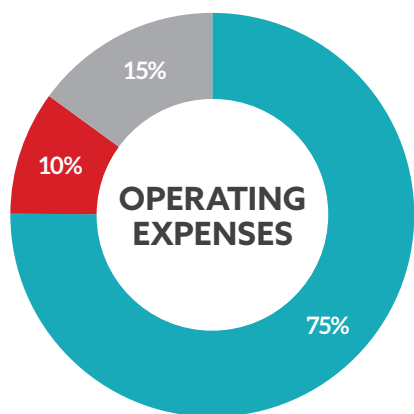


FINANCIAL OVERVIEW



Individual Gifts - 24%
Fundraising Events - 60%
Grants - 16%

TOTAL OPERATING REVENUE:
\$851,155



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

TOTAL OPERATING EXPENSES:
\$1,054,286

LEGACY of HOPE SOCIETY

Through planned giving, donors dedicate financial resources such as property, retirement plans, charitable trusts, and life insurance, towards CSC South Bay.

TOTAL 2015-2020 BEQUESTS:
\$7,722,309

TOTAL 2021 BEQUESTS:
\$494,651

200+ FREE SERVICES OFFERED EACH MONTH



Support and Networking Groups

Facilitated by licensed mental health professionals, these groups are available to people with any type or stage of cancer. We also have groups for caregivers and those who have lost a loved one to cancer.

986..... Group Sessions
6,722 ... Visits to Support Groups
1,972 ... Hours of Clinical Time



Healthy Lifestyle Activities

These are led by certified or trained professionals who donate their time and talent in support of community members.

544 Adult Healthy Lifestyle Activities
5,185.... Visits
16 Volunteer Instructors
485..... Volunteer Hours



Kids Community | Teens Connect

These groups are for children ages 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.

89 Kids/Teens Programs
275 Visits



Individual Support

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 to all participants.

834 Individual Counseling Sessions
\$125,100... Dollar Value of Sessions



Educational Workshops and Social Activities

A variety of workshops and activities are offered each week and change monthly as determined by the needs of the community.

110 Workshops and Social Activities
2,745 ... Visits
173 Volunteer Hours
59 Volunteers

PARTICIPANT TESTIMONIAL

MAGGIE'S STORY

Maggie Gallo, a wife and mother of two young daughters was working from home during the pandemic in 2020 when her life was turned upside down by a phone call from a nurse telling her that her recent biopsy was positive for breast cancer.

"My group has helped me so much with words of encouragement, tips, advice, and a listening ear. It is the only place I feel free to share what I'm feeling, to share the ugly parts of cancer that I can't talk about with my family."

"When you get a call like that, you feel like someone just dumped a bucket full of ice water on your head. I couldn't believe it. Tears started to fall and my husband knew something was wrong. Once I hung up the phone, I had to tell him the bad news and he started to cry with me. We are always honest with our girls and we don't hide death or illnesses from them. They asked what was wrong, and when I told them I had cancer, all four of us were crying and holding each other."

Maggie and her family were scared. After several weeks of dealing with the shock of her diagnosis on her own and all of the overwhelming information coming at her, she finally realized that she needed more support. She decided to take the suggestion of her medical team and joined a Newly

Diagnosed Breast Cancer support group offered on Zoom by CSC South Bay. "It was the best decision I made regarding my cancer treatment. I realized that many of the group members had taken the journey I was just starting and knew how I felt and what I was about to go through. They were there for me when I lost my hair, and when it started to grow again. They cheered me on when my tests were clear and supported me when the results were inconclusive. They helped ease my fear of surgery, and were there through the radiation, injury and pain afterwards. I have formed true friendships. My group has helped me so much with words of encouragement, tips, advice, and a listening ear. It is the only place I feel free to share what I'm feeling, to share the ugly parts of cancer that I can't talk about with my family."

Maggie knew her girls also needed more support than what she could offer them. After consulting with CSC South Bay's program staff, her youngest daughter Emma joined the virtual Kid's Community support group and her older daughter Mimi joined the Teen's Connect program.

"Both of my girls have benefited so much from the kids and teens programs at CSC South Bay. They love having a safe space to share what they are going through. They love the fact that it's for THEM. They've built friendships with the other children in the groups. They also enjoy the special activity programs that take place throughout the year. Having cancer has been the hardest thing I have had to face in my life so far and I don't believe that I would have survived it as well if it wasn't for CSC South Bay. My family is blessed to be part of this wonderful community and will be forever grateful."



*Maggie Gallo
with her two daughters,
Mimi and Emma*



310.376.3550 | www.CSCSouthBay.org

2601 Airport Drive, Ste 100, Torrance, CA 90505

Our mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

2021 ADMINISTRATIVE STAFF

Joey Shanahan, MPH, CFRE
Executive Director / CEO

Nancy Lomibao, MS, LMFT 36645
Program Director / CCO

Theresa Plakos
Public Relations Director

Judith Opdahl, Director Emerita,
Planned Giving & Legacy Gifts

Jackie Suiter, Development Director

Nida Padilla, Program Manager

Rebecca Sul, Program Manager

Kelly Zamarripa-DeTate, Events Manager

Alex Lasso De La Vega, Office Manager

Carla Bick, Cancer Support Navigator

Pamela Martis, Accountant,
Development Coordinator

Starr Pappagalo, Communications Manager

Ami Suthar, Kids and Teens Coordinator

2021 LICENSED MENTAL HEALTH PROFESSIONALS

Allison Adamovic, LMFT #125672

Ann Clary, LMFT #23879

Jill Gray, MA, LMFT #99995

Stephen Lottenberg, MD, PsyD, G41490

Anne Karin Nelson, MS, LMFT #97367

Jo Ann Panitch, LMFT #444284

Ruth Schriebman, PsyD, LMFT #39901

Nadine Shoukry, LMFT #129529

Christine Winkler, PhD, LMFT #9011

2021 GRADUATE INTERNS

Brittany Anvari, Associate MFT #90362

Linda Shrader, Associate MFT #109891

Jessica Dulin, Associate MFT #118726

Mateo Leonardo, MFT Trainee

Michele LoBosco, MFT Trainee

Kristen Brown, MFT Trainee

Kari Wendt, LPCC Trainee

2021 BOARD OF DIRECTORS

Deborah Patrick, President

Kelli Vieweg, Sr. Vice President

Sacha Ohara,
Vice President/Secretary

Maureen Hazard,
Vice President/Secretary

Preston Gegenfurtner, CPA,
Vice President/Finance

Katy Annuschat McCaig

Kerry Brentlinger

Josh Cohen

Daniel Hovenstine, MD

Jim Hunter

Wade Nishimoto, MD*

Guido Rietdyk

Walt Zipperman

*Not serving in 2022

2021 PROFESSIONAL ADVISORY BOARD

Wade Nishimoto, MD, Chairperson,
Hematology/Oncology*

Fikret Atamdede, MD,
Gynecology/Oncology

Neil Bhayani, MD, Surgery

Christine Dauphine, MD, Surgery

Thyra Endicott, MD,
Radiation/Oncology

Lisa Fisher, MD, Obstetrics/Gynecology

Lawrence Flechner, MD, PhD, Urology

Melanie Friedlander, MD, Surgery

Garth Green, MD, Radiation/Oncology

Andrew Horodner, MD, Oncology

Daniel Hovenstine, MD
Radiation/Oncology*

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Paul Murata, MD, Family Practice

Richard C. Palmer, MD, Psychiatry

Christine A. Petti, MD,
Reconstructive Surgery

Jenny Xiuqing Ru, MD, Hematology/
Oncology+

Marianne Ryan, MD, Surgery
Patricia Sacks, MD, Radiology/
Nuclear Medicine *

Thomas G. Simko, MD, Radiation/
Oncology*

Mary Welch, RN, MSN
*Emeritus Status

+Serving as Chairperson in 2022

2021 COMMUNITY IMPACT

In 2021, we continued to offer support online via Zoom. We welcomed nearly 500 new participants and saw consistent engagement with groups, classes, and workshops throughout the year. Below is a snapshot of our community impact.



INDIVIDUALS SERVED

1,177



PARTICIPANT VISITS

15,969



FIRST-TIME ATTENDEES

498



PROGRAMS OFFERED

2,523

To our over **250 volunteers** that contributed countless hours of their time to support our many programs. To all of the **746 individual donors** who gave generously. To the caring and committed **members of our Legacy of Hope Society who bequeathed more than \$494,000** to support the future of CSC South Bay. To our **37 sponsors** and **over 500 attendees** who supported the return of our in-person Celebrate Wellness fundraising event! To the **312 generous businesses who gave in-kind donations** to support our events and programs. To our **grant providers who awarded us over 18 grants**. To our **local media** who support us with advertising and help us spread the word. To the many dedicated **local businesses, organizations and individuals who raise funds on our behalf...**

THANK YOU FOR YOUR DEDICATION AND CONTINUED SUPPORT!