



# CANCER SUPPORT COMMUNITY™

REDONDO BEACH



## 2020 ANNUAL REPORT

**So that no one faces cancer alone®**





## FROM OUR EXECUTIVE DIRECTOR

### Dear Friends of Cancer Support Community Redondo Beach,

This historic year underscores how connected we all are. The COVID-19 health crisis required that we close our doors and keep our distance from each other, but thanks to your support, CSCRB was able to continue its mission of providing the gold standard of social and emotional support for cancer patients and their loved ones—completely free of charge. Cancer does not stop during a pandemic, and your generosity and commitment ensured that we did not either. Knowing our participants are already dealing with the anxiety of living with cancer, CSCRB acted quickly to successfully transition its many free programs to an entirely virtual platform. Community is what CSCRB is all about, and the virtual format has provided a way for our community to remain connected.

2020 also brought an unexpected silver lining with the online format. Our participants who would not have been able to attend in-person programs because they were too sick or were not geographically close to CSCRB'S location, could now take part in receiving support virtually. We are excited about this new opportunity to serve more

cancer patients, and plan to expand our programming to include a virtual hybrid component for those unable to drive to our location once we can safely resume in-person services.

We are also extremely grateful that 2020 was a landmark year for legacy gifts. This could not have come at a more critical time in CSCRB's history. We received \$2,790,891 left through generous members of our Legacy of Hope Society who thoughtfully made CSCRB a significant part of their estate plan. It is notable that all the funds received were from grateful past participants, with the largest gift coming from a donor who attended groups when we first opened our doors in 1987! We are so appreciative that our participants were inspired to leave such meaningful gifts that will help CSCRB to continue to grow and thrive, especially during these turbulent times.

The cancellation of in-person events brought another way for us to stay connected to our community. Thanks to you, we raised \$175,000 with our very first virtual fundraising event—Sunset at The Beach, hosted by actor/comedian Mark DeCarlo. We were humbled at the outpouring of community support for this event. You came together to connect with us while watching a sunset from a virtual green screen and without the in-person socializing and accoutrements of our past signature fundraisers, to make it a resounding success!

We look forward with hope to 2021, as we work to transition safely back to in-person participation and expand the community supported by our services. To all of you that have supported us this last year, once again, we thank you. Even during a pandemic, community is stronger than cancer.

Joey Shanahan, CFRE  
Executive Director/CEO

### COMMUNITY IMPACT

1228

INDIVIDUALS SERVED

15,500

TOTAL VISITS

2459

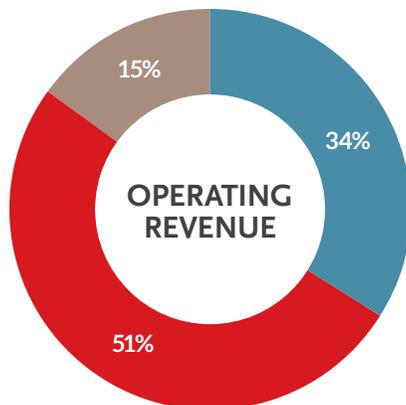
PROGRAMS

443

FIRST-TIME ATTENDEES

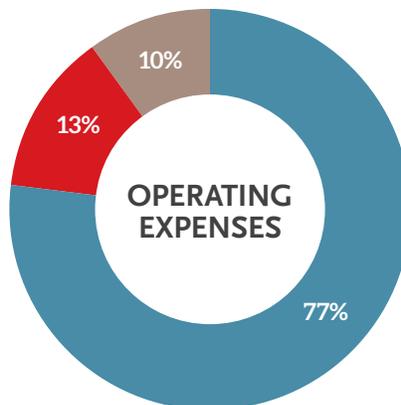
### FINANCIAL OVERVIEW\*

\* Unaudited at the time of publication



Fundraising Events - 34%  
Individual Gifts - 51%  
Grants - 15%

TOTAL OPERATING REVENUE:  
**\$715,003**



Program Services - 77%  
General Administrative - 13%  
Fundraising - 10%

TOTAL OPERATING EXPENSES:  
**\$1,036,982**



2020 Investment Income - \$450,958  
2020 Bequests - \$2,790,891

TOTAL LEGACY INCOME:  
**\$3,241,849**

# MORE THAN 200 FREE SERVICES OFFERED EACH MONTH TO ALL PEOPLE IMPACTED BY CANCER



## Support and Networking Groups

are facilitated by licensed mental health professionals and 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.

**969**..... Group Sessions  
**6,580**.... Visits to Support Groups  
**1,938**..... Hours of Clinical Time



## Healthy Lifestyle Activities

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

**493** ..... Adult Healthy Lifestyle Activities  
**4,789** .... Visits  
**33**..... Volunteer Instructors  
**493** ..... Volunteer Hours



## Kids and Teens Support

Our Kids Community and Teens Connect programs 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.

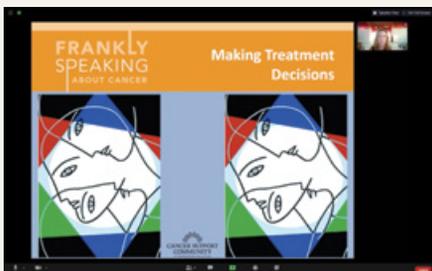
**67** ..... Kids/Teens Group Sessions  
**356**..... Visits  
**100.5** .... Hours of Clinical Support



## 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.

**807** ..... Counseling Sessions  
**\$121,050** ... Value of Free Individual Counseling



## Educational Workshops and Social Activities

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

**116** ..... Workshops and Social Activities  
**2,736** .... Visits  
**173**..... Volunteer Hours  
**56**..... Volunteers

## COMMUNITY IS STRONGER THAN CANCER



### Meet Viviana Pichler:

Viviana was a busy wife and mom of two young sons when her cancer journey began in May 2019. She and her husband were stunned and shattered to learn of her breast cancer diagnosis after a routine mammogram. With the amount of stress and fear hanging over her, everyday activities she was used to like driving, helping her sons with their homework, and volunteering at their school became a challenge.

Feeling paralyzed and overwhelmed with information, medical appointments, and diagnostic tests, she didn't know how she could manage to get through what was looming ahead with surgeries and radiation therapy. She found her answer one day when she came across a flyer for CSCRB and joined the Newly Diagnosed Breast Cancer support group.

*"When I first came to the Newly Diagnosed Breast Cancer Support group, I was filled with depression, fear and feelings of despair, but the CSCRB staff and members of the support group are caring people that shared their heartfelt wisdom and honest experiences about cancer with me. This knowledge quelled my fears about upcoming procedures and prepared me for what side effects or symptoms might come along. The burdens of cancer and all that it entails with treatments and healing were lessened on me, my husband and my sons. This is something for which I will always be grateful. My support group is a tremendous and invaluable resource that I feel fortunate to be part of."*

Viviana has also taken advantage of CSCRB's many other free programs including healthy lifestyle classes like yoga and meditation. Her children have also benefited from taking part in CSCRB's Kids Community activities. With the transition to a virtual platform during the Covid-19 pandemic, CSCRB continues to be a lifeline for her and her family.

*"Another reason, I love CSCRB so much is the treasure trove of self-care and mental wellness classes they offer for free. My children and I have benefited greatly from these wonderful, specialized programs. I have even taken a virtual workshop on acupuncture to help with chronic pain associated from cancer surgery and treatments. These classes have taught me that being mindful about my healing should be a priority...and the most beautiful and powerful lesson of all is that my family and I did not have to face cancer alone."*



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310.376.3550 | www.cscrb.org

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

### ADMINISTRATIVE STAFF

Joey Shanahan • Executive Director/CEO  
Nancy Lomibao, MS, LMFT, LMFT36645 • Program Director/CCO  
Judith Opdahl • Planned Giving & Legacy Gifts Director  
Theresa Plakos • Public Relations Director  
Jackie Suiter • Development Director  
Nida Padilla • Program Manager

Kelly Zamarripa - DeTate • Events Manager  
Alex Lasso De La Vega • Office Manager  
Allison Adamovic, Associate MFT #111620 • Cancer Support Navigator  
Pamela Martis • Accountant/Development Coordinator  
Kari Wendt, LPCC Trainee • Kids and Teens Coordinator

### LICENSED MENTAL HEALTH PROFESSIONALS

Ann Clary, LMFT, LMFT23879  
Jill Gray, MA, LMFT, LMFT99995  
Stephen Lottenberg, MD, PsyD, G41490  
Anne Karin Nelson, MS, LMFT, LMFT97367

Jo Ann Panitch, LMFT, LMFT444284  
Ruth Schriebman, PsyD, LMFT, LMFT39901  
Jackie Smuckler, MA, LMFT, LMFT117016  
Christine Winkler, PhD, LMFT, LMFT9011

### GRADUATE INTERNS

Brittany Anvari, Associate MFT #90362  
Allison Adamovic, Associate MFT #111620  
Gabriel Lanum, Associate MFT #119294  
Nadine Shoukry, Associate MFT #109437  
Linda Shrader, Associate MFT #109891

Jessica Dulin, Associate MFT #118726  
Mateo Leonardo, MFT Trainee  
Ami Suthar, MFT Trainee  
Kari Wendt, LPCC Trainee

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Fredrick Wolk, MD, Urology

\*Emeritus Status

# OUR SINCERE THANKS

TO ALL OF OUR CSCRB SUPPORTERS...

To our **105 volunteers** that contributed countless hours of their time to support our many programs. To all of our generous **donors who gave more than 928 individual donations**. To the caring and committed **members of our Legacy of Hope Society who bequeathed more than \$2,790,891** to support the future of CSCRB. To our **24 sponsors** and **852 viewers** who supported our very first virtual fundraising event! To the **222 generous businesses who gave in-kind donations** to support our events and programs. To our **grant providers who awarded us over 15 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**.

THANKS FOR BEING PART OF OUR MISSION!