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From the Executive Director

Dear Friends of Cancer Lifeline,

Three years ago, Cancer Lifeline’s Board of Directors appointed a group of key stakeholders to create a strategic plan for our 45 year old non-profit. That plan had the primary objective of creating a clear path toward firm financial footing for the organization. First and foremost was the development of a plan to expand revenue by creating opportunities for us to reach more people in new locations. To do this we had to look at our business model and acknowledge that as the need for

Board President David Stanley to Benjamin Hicks. We are grateful for David’s 7 years of stellar service. Since September 2012, David has helped us navigate numerous organizational changes and played a significant role in the evolution of our strategic plan. And I’d like to welcome Ben Hicks as our new Chair. A Relationship Manager with Commerce Bank, Ben will lead our 20 board members forward as Cancer Lifeline continues to expand its programming reach.

Thank you for your support in 2018 and for ensuring all of Cancer Lifeline’s programs remain free. And finally, thanks to our extraordinary volunteers for sharing countless hours of time, energy, ideas and initiatives.

On behalf of our team, I wish you all a wonderful and warm holiday season.

In gratitude,

Joseph Yurgevich

Joseph Yurgevich
Executive Director



Cancer Lifeline’s Staff (and dogs) rallied around the runners and walkers at the Komen 3-Day Walk last September.

our services has grown, our programs have expanded through our hospital partnerships and the use of the Dorothy O’Brien Center, our home since 2000, had changed – we were no longer location specific.

I’m pleased to announce that we have successfully met all of the goals mapped out in our strategic plan:

- We have renewed all of our contracts with our hospital partners
- We have finalized a new contract with Virginia Mason Medical Center, with programs coming online at their First Hill and Federal Way campuses in February 2019
- We redesigned our web site
- We have created a new usage plan for our building and welcomed The Orion Center for Integrative Medicine as our new second floor tenant
- Our board is now comprised of 20 directors

As we bring 2018 to a close, I would like to take a moment to acknowledge the passing of the gavel from Cancer Lifeline’s

Built New Programs



Virginia Mason Medical Center joins Cancer Lifeline as a hospital partner with programs beginning in February 2019.



In October 2018, Cancer Lifeline linked arms with 7 Cups of Tea to create the Lifeline Online, a 24 hour, 7 day a week online instant text messaging service offering emotional support.

Client quote:

“ I am truly thankful for the assistance. It came promptly and at the perfect time. I’m grateful to the donors and staff who work hard at helping people like me who get knocked down by cancer but offer a helping hand to stand back up. You are all much appreciated. Have a blessed holiday season. ”

– **Cancer Lifeline**
Patient Assistance Fund Recipient

Cancer Lifeline Welcomes: The Orion Center for Integrative Medicine to the Dorothy O'Brien Center

At its November Board meeting, Cancer Lifeline's Board of Directors reversed an earlier decision to sell the building so that The Orion Center for Integrative Medicine can take occupancy of the second floor.

"As times have changed, so has our use of the Dorothy O'Brien Center", said Joseph Yurgevich, Cancer Lifeline's Executive Director. "Early on in our history, we grew rapidly from a telephone support line into a full-fledged support center. Now our programs have expanded geographically as our community partnerships with area hospitals have increased. Cancer patients and their families want to attend support groups and other programs in their neighborhoods."

Our board deliberated long and hard, weighing all options, including selling the building. When our colleague Dr. Bonnie

McGregor approached us, we began a series of discussions with our stakeholders. And when two of Cancer Lifeline's Advisory Board members came forward with significant pledges to help us make needed building improvements, we knew we could forge a strong alliance with Orion and that Cancer Lifeline's staff offices could remain in the Dorothy O'Brien Center.

Founded in 1973, Cancer Lifeline has constantly introduced and championed new advances in cancer support and now offer a diverse mixture of programming including support groups and experiential classes, informational presentations, and exercise programs tailored to the unique challenges of people who have (or have had) cancer. In addition, as the survivorship rates for cancer have improved over time, Cancer Lifeline has focused programming on the new realities of many who are living with cancer for extended periods of time.

The Orion Center for Integrative Medicine, under the leadership of Bonne A. McGregor, PhD., offers supportive care following cancer treatment, including psychotherapy, acupuncture, oncology massage and nutrition.

VOLUNTEER SPOTLIGHT: Nancy Werner

Our Cancer Lifeline volunteer Nancy Werner (left) attended her first support group, Bosom Buddies, at EvergreenHealth in 2004. While managing a senior living center, she learned about a more socially-focused group called WINGS: Women in Need of Good Support. Started by Ellen Weidner and Pamela Tazioli, WINGS began to meet at each other's homes with wine and food and great stories of courage and support. One home belonged to Peggy Rinnes, a CL volunteer who encouraged the group to become more official and join CL. At one point, the group grew to 30 members. It was in this group that Nancy met Ellen Lynn (right) in about 2005 and they became close friends. In this photo they are attending last summer's Out of the Ordinary Eastside event at the Bellevue Botanical Garden. "When I think of Cancer Lifeline, three words come to mind: Empathy. Courage and Support," said Nancy. "Support groups have their natural life-span. WINGS eventually disbanded but many of us have stayed close and gather from time to time to share our stories and support one another." 🌱



BRIGHT SPOTS: Sharing the Knowledge

On December 6, 2018, five nurse educators and members of the Japan Society of Cancer Nursing came to the Dorothy O'Brien Center to learn about Cancer Lifeline's programs. Cancer is the leading cause of death in Japan and the area around Fukushima, the site of the recent earthquake, tsunami and consequent radiation release from the reactors located, has had exponential increases in cancer in the last few years. "They were particularly interested in learning how our emotional support programs, support groups, classes and presentations all provide needed information, a sense of community where emotions can be expressed without judgment and the ability to regain some choice and control," said Mary Ellen Shands, one of CL's Clinical Program Managers.



Basha Brownstein Celebrates 20 Years at Cancer Lifeline

Elfin with a devilish laugh, and always accompanied by her faithful chihuahua-mix rescue dog, Roo, Basha (and Roo) sat down with us recently to reminisce about her 20 years with Cancer Lifeline this year.

I first learned about Cancer Lifeline when I was diagnosed with breast cancer in 1994. I called the Lifeline and actually spoke with Barbara Frederick (CL's longtime executive director). Then I took Awareness through Movement class. After that first encounter, I knew that I really wanted to do something that combined cancer and creative expression.

I believe that creativity is a birthright. Life often obscures people's creativity. They get too busy working, raising families. But cancer is one thing that forces people to ask themselves "what's really important."

In 1998 I started working with Cancer Lifeline to develop the Healing Arts for Creative Expression Program. It was clear that we needed to create opportunities to explore creativity without judgment so people living with cancer could get some distance from the disease and yet explore all the topsy-turviness that arises from a cancer diagnosis. At first we started with an open studio meeting three times a week. And things really took off. Soon we expanded beyond the Dorothy O'Brien Center to Northwest Hospital.

One memorable class was called Process Painting. We set up huge boards covered with paper. Participants started painting in silence and when they felt that they were finished, the

instructor, who was an artist and psychotherapist, and the participants would process the painting individually. The work was only meant for the painter. The class ran for four weeks and the progression of paintings seemed to unlock the non-linear side of the brain. Very powerful stuff!

Another program that we started is the Writing in the Moment group. I am particularly proud of the fact that this group is still meeting regularly today, 20 years later.

To quote Goethe, "the way you see people is the way you treat them, and the way you treat them is what they become." Cancer Lifeline is the absolute embodiment of this belief. We meet people where they are and we create an atmosphere for people to discover who they are. ♧

NEW & STRENGTHENED PARTNERSHIPS IN 2018

- EvergreenHealth
- Northwest Hospital
- Overlake Medical Center
- Valley Medical Center
- Virginia Mason Medical Center
- Seattle Cancer Care Alliance – Proton Therapy
- 7 Cups of Tea
- Susan G. Komen Puget Sound
- Northwest Lymphedema Center

Karl Zhalis, Mary Ellen Shands, and Ellen Zhalis at the Resources for Hope fundraiser.



BRIGHT SPOTS:

Resources for Hope

In spite of the rain, there were only rays of light inside the Olympic Sculpture Park pavilion on October 27th when 100+ guests got together to raise over \$270,000 for the Patient Assistance Fund. With this vital support, Cancer Lifeline can help even more low-income cancer patients with basic necessities to enable them to stay in treatment.



BRIGHT SPOTS: New Classes for 2019

Online registration for Exercise & Movement Classes begins December 18. Gentle Yoga, Healthy Steps and Qigong classes are offered at most of our hospital partner locations. Exercise has been proven through many scientific studies (and the personal results of thousands of cancer patients) to reduce the side effects of treatment and help to manage stress.

BRIGHT SPOTS: Linda Wataoka's Lasting Legacy

Earlier this year Cancer Lifeline received a generous contribution from the estate of Linda Wataoka. A resident of the south end, Linda had attended a number of Cancer Lifeline's classes and found the classes and the people she met in the programs had helped her when she needed the support the most. She particularly enjoyed the Healthy Steps and various creative expressions classes. She often referred to them as the highlight of her day.

Linda's legacy gift came at an important time for Cancer Lifeline. Her generosity has allowed us to continue offering innovative programming for those affected by a cancer diagnosis and expand upon support group offerings.

Linda often remarked that she wished she could make donations that would support the great work of Cancer Lifeline. Her bequest was her way of supporting the organization she thought so highly of. We are tremendously grateful that she included us in her estate planning.

With recent changes to the tax laws, donors might consider supporting Cancer Lifeline through stock gifts or naming Cancer Lifeline as a beneficiary on their retirement or life insurance policies. To learn more, please contact Beth Brooks, Development Director at bbrooks@cancerlifeline.org.

- 1 Hats off to the members of Writing for the Moment group at last Spring's annual Breakfast with Friends event.
- 2 Brenna Driver, Hannah Payne, CL's Executive Director Joseph Yurgevich and Eileen Halvorson enjoy a moment at last summer's Out of the Ordinary event at the Bellevue Botanical Gardens. The band was great!
- 3 Jeff & Katie Richey at Resources for Hope.

Save These Dates for 2019!



Happy Hour

Thursday, January 24, 2019
5:00 – 7:00PM

Spotlights the Young Adult Cancer Support Group – In the Tack Room at Brave Horse Tavern

Breakfast with Friends

Thursday, March 28, 2019 • 7:00 – 9:00AM

Bring your friends! Tickets go on sale January 14, 2019
New location for 2019 – Bell Harbor Convention Center

Out of the Ordinary

Thursday, June 6, 2019 • 6:30 – 8:30PM

Special Cancer Lifeline Eastside Event
Bellevue Botanical Garden

Resources for Hope Dinner

October 12, 2019 • Watch for Details!

Join us for our annual Resources for Hope Dinner to be held in October at Olympic Sculpture Park. All net proceeds to benefit the Cancer Lifeline Patient Assistance Fund.

