



6522 Fremont Avenue N. • Seattle WA 98103 • (206) 297-2100 • cancerlifeline.org

From the Executive Director

Dear Friends of Cancer Lifeline,

"No one should go through cancer alone." This is the theme of our current campaign. It's the core reason why Cancer Lifeline was founded in 1973 and it has everything to do with why we continue to work to expand our footprint throughout the Puget Sound and online.

People are living longer with cancer which is an enormous source of hope. And that makes our programs more important than ever. While medical advances are resulting in increasingly longer lives for cancer survivors, especially notable for patients with metastasized cancers, this further underscores the importance of quality of life issues for survivors. The transition from treatment to continuing care, fear of recurrence and new cancers, management of pain and other effects of cancer and its treatment, changes in relationships, caregiving, financial hardships, and the emotional toll – all of these issues that cancer survivors face affect the quality of their lives and health outcomes. This makes it even more important that Cancer Lifeline meet our clients where they are and continue to **offer free and accessible programs to all.**

2019 has been a very busy year with many highlights:

Our annual Metastatic Cancer Retreat at the Rainbow Lodge in July with our partners at EvergreenHealth was at capacity with a waiting list. This program served over 45 metastatic cancer patients and their caregivers at a free overnight retreat, with folks coming from all over the Pacific Northwest for this unique and invaluable opportunity.

We expanded our web presence with the new Lifeline Chat, an instant messaging platform available through our website. Clients can connect in real-time to our network of trained Active Listeners. We are pleased this service offers translation services for 140 languages.

We broadened our area of support for in-person programs to include patients and caregivers in Burien, First Hill, and Federal Way with new partnerships at Highline Cancer Center and Virginia Mason Medical Center, respectively.

We reaffirmed partnerships with Valley Medical Center in Renton, and Overlake Hospital in Bellevue, and provided new programs ranging from workshops for metastatic patients and their caregivers to Little Bit Therapeutic Riding's Equine Therapy.

We were able to realize these highlights and so much more thanks to two generous donations at the end of 2018 which made it possible for Cancer Lifeline to remain headquartered here at the Dorothy O'Brien Center. Thanks to the vision and generosity of Monica Adams and the late Patricia Giuliani, we have been able to make critical improvements to our Green Lake home, including

an upgraded HVAC system. With the addition of our new upstairs neighbors, The Orion Center for Integrative Medicine, the building is alive with activity. Several classes and support groups have returned to hold regular sessions and we've added two new support groups to our roster – the Young Adult Caregivers Support Group and the Ovarian Cancer Support Group.

The Dorothy O'Brien Center is also home to new programming: Expressive Art Therapy, led by therapist-in-training Pamela Krueger. Expressive Art Therapy is a therapeutic process that is guided by an exploration of creative arts according to a client's needs and preferences. We are also pleased to bring back Open Studio.

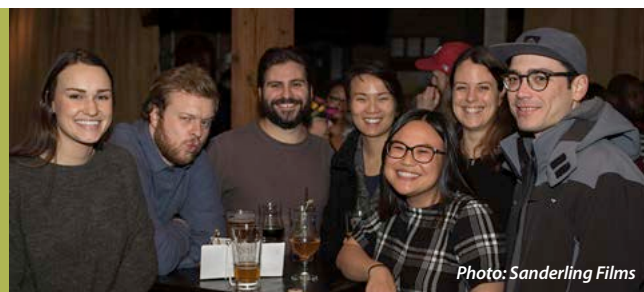


Photo: Sanderling Films

BRIGHT SPOTS: Happy Hour to Benefit CL's Young Adult Cancer Support Group

For the third year in a row, Bravehorse Tavern in South Lake Union hosted Cancer Lifeline's Young Adult Cancer Support Group get-together last January. Thanks to Tom Douglas and the Bravehorse Tavern.

As 2019 comes to close, I'd like to acknowledge the steadfast work of our board members under the leadership of President Ben Hicks, and our Advisory Board, under the leadership of Chair, Lynn Behar. These teams have actively supported our fundraising and friend-raising efforts, bringing new friends and donors into our circle, and helping us surpass our goals.

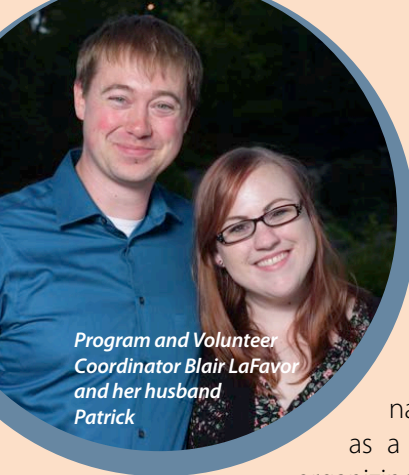
Thank you to all of our extraordinary volunteers for sharing countless hours of their time, energy, and ideas.

Finally, thank YOU for all your support in 2019 and for ensuring that all of Cancer Lifeline's programs remain free and accessible to all and **ensuring that no one goes through cancer alone.**

In gratitude,

Joseph Yurgevich

Joseph Yurgevich, Executive Director



Program and Volunteer Coordinator Blair LaFavor and her husband Patrick

STAFF SPOTLIGHT: Blair LaFavor

Blair LaFavor, Cancer lifeline's Program & Volunteer Coordinator, just celebrated 4 years as a staff member. In addition to organizing the intensive Active Listening

Training for our volunteers, Blair schedules all of our volunteers and oversees their work on the Lifeline and Lifeline Chat. She also puts together our class catalog and makes sure our online registration goes smoothly. Blair is a key player at many of our check-in desks for our events and at times even pinch-hits as a bartender! A former baker, Blair loves all things culinary and she volunteers with FareStart once a week.

To learn more about volunteering with Cancer Lifeline, email Blair at blafavor@cancerlifeline.org

Read more about Blair on our Blog. 



BRIGHT SPOTS: Out of the Ordinary

With the beauty of the Bellevue Botanical Garden as a backdrop, our July Garden Party was the scene of much merriment as over 125 guests enjoyed healthy hors d'oeuvres and dancing with DJ Indica Jones. Celebrating Cancer Lifeline's Eastside partners EvergreenHealth and Overlake Medical Hospital, this annual event is scheduled for Thursday, July 30, 2020.



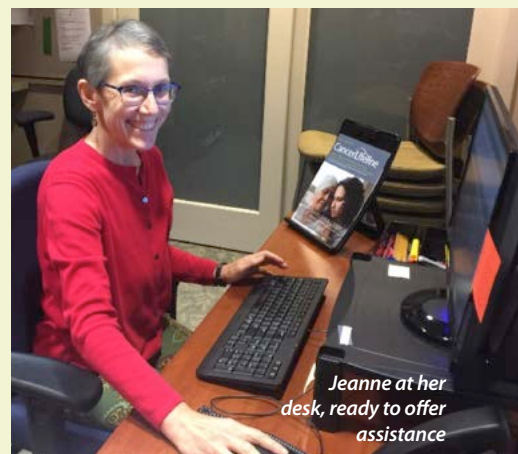
Pamela Krueger

BRIGHT SPOTS: Expressive Art Therapy

In September, Cancer Lifeline welcomed expressive arts therapist-in-training, Pamela Krueger. Pamela has been offering up to six fee-free sessions at our Dorothy O'Brien Center. These sessions are available to individuals, couples, families, and groups. Their artistic exploration can include any form of creativity in the five main art modalities (sound, movement, visual, written expression, and drama). A natural extension of our artistic expression programming, we plan to continue throughout the Winter and Spring semesters and then will evaluate it as a potential ongoing offering. Contact Pamela Krueger for more information at pkruieger@cancerlifeline.org

VOLUNTEER SPOTLIGHT: Jeanne Hall

"I enjoy just about every single aspect of being a volunteer, and I particularly love being able to offer support to those who call the Lifeline for emotional support, assistance with class registration, and/or information about financial support. It is such a privilege to be able to compassionately receive another's story and to offer non-judgmental, supportive listening . . . I love being able to say that we are here to support them in any way that we can as they navigate the challenges of living with cancer."



Jeanne at her desk, ready to offer assistance

"I just knew I wanted to be one of those people."

Read Jeanne's full story on our Blog. 

2019 Program Highlights:



Saw record attendance at Annual Metastatic Cancer Retreat in July



Welcomed new hospital partner – Highline Medical Center



Welcomed Expressive Arts Therapist-in-training Pamela Krueger



Launched Lifeline Chat – online instant messaging service with translation feature



Increase our Equine Therapy Programming workshops for both Metastatic Cancer Patients & Caregivers and Young Adult Cancer Patients



Welcomed Nicole Taylor, Financial Program Services Coordinator



Welcomed Brian Lem, Development & Marketing Coordinator



Launched the Young Adult Cancer Caregiver Support Group and the Ovarian Cancer Support Group at the Dorothy O'Brien Center



CLIENT SPOTLIGHT: **Janice Rowe**

Shortly after starting treatment, cancer patient Janice Rowe realized that she would have to give up her vocation as a pastor in Seattle's United Methodist Church in order to focus on her health. Fairly quickly Janice experienced the harsh financial impact that many clients face. Fortunately, through working with her social worker, she learned about Cancer Lifeline's Patient Financial Assistance Fund and received a timely grant. Now Janice has also enrolled in several of Cancer Lifeline's classes and presentations, including Creative Expression and Financial Planning for Cancer. "It's almost unbelievable that complete strangers are having a part in my recovery...I would like to meet every one of them ... and express my gratitude."

BRIGHT SPOTS: **Breakfast with Friends**

Cancer Lifeline's signature fundraising event, Breakfast with Friends, changed locations in 2019 to the Bell Harbor Conference Center, and was completely sold out! Over \$200,000 was raised for the Patient & Family Support Fund, enabling Cancer Lifeline to keep all our programs free and accessible to all people living with cancer.

Save the Date for Breakfast with Friends 2020
Thursday, April 23, 2020



Task Force Chair and Cancer Lifeline Board Member Susan Baumgaertel, MD at last year's Breakfast. Donations raised at this event allow us to reach even more people with our free programs in more communities.

Client quote:

“You are my lifeline right now.”

– Cancer Lifeline Client

Client quote:

“I found out that there was more to surviving cancer than just getting treatment.”

– Cancer Lifeline Client



Caption

BRIGHT SPOTS: Resources for Hope

Saturday, October 12th was an inspiring, magical, and truly uplifting evening, as over 140 guests gathered the Olympic Sculpture Park to raise a record-breaking \$443,000+ for Cancer Lifeline's Patient Financial Assistance Fund. Thanks to this vital support, Cancer Lifeline can now help even more low-income cancer patients with the financial assistance to take care of basic necessities to enable them to stay in treatment.

"As people with cancer are living longer through treatment, there are more and more people who need us." – Co-chairs Jane Caron and Monica Adams at this year's Resources for Hope dinner



"It's the kindness of strangers. And that kindness engenders hope and hope engenders cure. Because there's a correlation: People who are hopeful have a better chance of survival." – David Giuliani, speaker at this year's Resources for Hope

Client quote:

“

Recently I facilitated the SWELL Lymphedema Support Group and was again reminded of the power of connection. Of the 7 people present, one was Skyping in from Kansas and two were hearing impaired requiring two ASL Interpreters. At the end of the meeting, Laura, who was there for the first time, approached me. She said she felt a tremendous sense of relief having the opportunity to tell her story to people who 'get it.' ”

– Mary Ellen Shands, Cancer Lifeline Clinical Program Manager & Family Consultant

Save These Dates for 2020!

Breakfast with Friends

Thursday, April 23, 2020 • 7:00 – 9:00AM

Bring your friends! Tickets go on sale January 14, 2020.

Bell Harbor Convention Center

Out of the Ordinary

Thursday, July 30, 2020 • 6:30 – 8:30PM

Special Cancer Lifeline Eastside Event

Bellevue Botanical Garden

Resources for Hope Dinner

Saturday, October 17, 2020 • 6:00 – 9:00PM

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



BRIGHT SPOTS: Equine Facilitated Support Workshops

Research has documented the many ways in which making a connection with horses can positively impact our health. Last fall Cancer Lifeline tested this program with the Little Bit Therapeutic Riding Center. In 2019 we offered two workshops – one for Metastatic Cancer Patients & Caregivers and one for Young Adult Cancer Patients.

"Horses are the perfect choice for cancer patients. They are large and intimidating animals that are a challenge to control," said Meghan Wilikins Melanson, Cancer Lifeline's Clinical Program Manager. "In a way, they provide the perfect metaphor for the challenge of fighting cancer. Once someone has the power to control a horse's actions, they gain a new perspective on what they're capable of doing."