

1973-  
2023

# 50 YEARS OF STRENGTH, DIGNITY, & HOPE.



Susan Baumgaertel, President, Board of Directors  
Lynn Behar, Chair, Advisory Board

CancerLifeline | 50 YEARS

# GRATITUDE

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Fifty years is a long stretch of time and it is especially long for a grassroots community based non-profit. To mark such an incredible milestone is daunting! You don't reach 50 without a lot of hard work, a little luck and having an unfathomable number of individuals to thank for helping you get that far. But it is an impossible task to capture all the names of the countless beautiful souls who have reached out over the years providing leadership, donations, and so much effort. So, today, I won't attempt the impossible and attempt to call folks out by name, I will just say THANK YOU. Whatever your part is in our history, we are incredibly grateful for your contributions because it made us who we are today. We are also grateful for every misstep and error along the way. Cancer Lifeline is a strong, intentional, thoughtful non-profit organization that exists to improve the quality of life for those impacted by a cancer diagnosis. It is an agency that pushes past our mistakes and obstacles to ensure that our mission, our promise, is applied to all people impacted by a cancer diagnosis, regardless of your race, ethnicity, gender, sexuality, financial means, or politics.

In these pages we'll capture a few of the many highlights of our organization's history. We'll share key milestones, and more about our founder, Gloria Gutowski. We've included our key stats from 2022, too, and highlight our most recent donors and sponsors who continue to help ensure we can do this good work.

Our mission at Cancer Lifeline has been to improve the quality of life for those impacted by cancer. It's a mission we strive towards and succeed at every day. I'm so proud of our amazing community of volunteers, Board Directors, Advisory Board members, donors, sponsors and staff and grateful to all of you. You work hard, you work smart, yet you lead with your heart and you are so generous and kind. You make it possible to envision another 50 years should Cancer Lifeline need to be around.

I also want to thank our daily inspiration: Every cancer patient, survivor, caregiver, family member & friend of those impacted by a cancer diagnosis. Your path has been daunting and one you likely never imagined. It has meant so much to our team to have your trust and to walk beside you in your journey for however long you need us.



**Joseph Yurgevich**  
Executive Director

# OUR FOUNDER

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Over fifty years ago, a young, Filipina American mother, Gloria Gutkowski, was diagnosed with breast cancer. She had surgery and endured harsh radiation and chemotherapy treatments. She was informed the cancer had metastasized and that her prognosis was not good. Despite having a loving family and many friends, Gloria wanted someone to talk to who truly understood her fears. Like many mothers and wives, Gloria didn't want to be a burden to those she cared for and had an innate understanding that those she cared for didn't really understand what she was experiencing. She felt the need to talk to someone who truly understood what it meant to be faced with a life-threatening diagnosis, and she needed that support outside of a pre-scheduled appointment. There were no other options.



Gloria set out to change that, and in 1973, she did. With assistance, counsel, and support of her oncology team, and her husband Ed Gutkowski, Cancer Lifeline was founded.

Today, Cancer Lifeline continues to provide free supportive services to cancer patients, survivors, caregivers, families, and friends. Most of Cancer Lifeline's programs and services are now virtual to best meet the needs of our community and remove barriers.

Cancer Lifeline's programs are open to all and include:

- Over 25 Professionally Facilitated Support Groups
- Mental Health Counseling
- Classes on Nutrition, Creative Expression, Stress Reduction & Management, Exercise & Movement, and more
- Emotional support and resource referral through our Telephone Lifeline and Lifeline Chat
- Direct financial assistance
- Workshops and other supportive offerings

Cancer Lifeline prioritizes the non-medical side of cancer and focuses on quality-of-life services. These programs help to reduce feelings of isolation, anxiety, and stress while strengthening coping skills. They also provide education on cancer related issues and help create a sense of community through shared experiences. Cancer Lifeline takes a personalized approach because each person and cancer journey is unique and no one should go through cancer alone.

The caring, listening, and support has continued without pause since 1973 and is the heart of what Cancer Lifeline does every day.

# OUR HISTORY

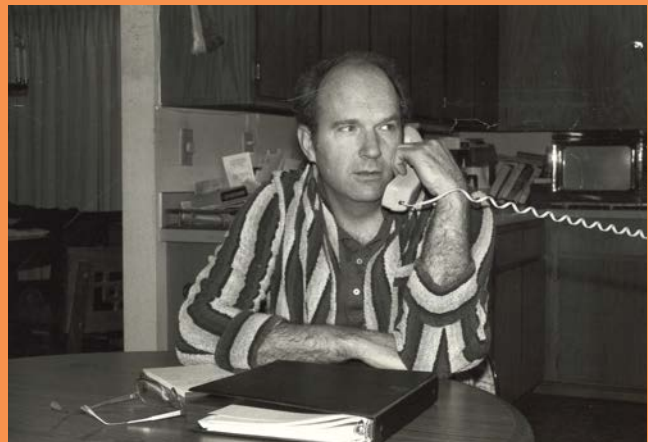
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## 1970'S

- Cancer Lifeline is founded by breast cancer survivor Gloria Gutkowski to ensure that cancer patients could access emotional support.
- Cancer Lifeline begins as a telephone lifeline, providing emotional support and a listening ear to cancer patients.
- Cancer Lifeline affiliates with Family & Child Services and receives United Way funding.



Gloria Gutkowski, Dorothy & Robert O'Brien, Ed Gutkowski



Lifeline Volunteer

## 1980'S

- The telephone Lifeline expands statewide with a 1-800 number.
- Family Support Program is launched to provide emotional support to cancer patients and their children.
- Workplace consultation service is launched.



Family Support Program with Ellen Zahlis





Breaking Ground at the Dorothy O'Brien Center

# 1990'S

- Cancer Lifeline becomes an independent agency.
- Cancer Lifeline moves into the Dorothy S. O'Brien Center in Greenwood.
- Stress Management workshops and exercise programs launched.
- Healing Arts program established.
- Published first Cancer Lifeline cookbook.



Healing Arts Client

# 2000'S

- Executive Director Barbara Frederick retires after 22 years at Cancer Lifeline.
- Began partnership with Valley Medical Center and programming with Evergreen Health.
- Held first support groups.
- Began administering the Patience Financial Assistance Fund.



Barbara Frederick

# 2010'S

- Joseph Yurgevich is promoted to Executive Director position.
- Expanded partnerships with local hospitals and medical centers:
  - Overlake Hospital
  - Seattle Proton Therapy Center
  - Virginia Mason Medical Center
  - Highline Medical Center (now St. Anne Hospital)
- Released revised edition of The Cancer Lifeline Cookbook.



Joseph Yurgevich, Cancer Lifeline Executive Director

# 2020'S (SO FAR)

- In 2020, due to the coronavirus all classes were moved online. Participation numbers skyrocketed.
- Began partnership with Swedish.
- A new support group was launched to serve Black, Indigenous, and People of Color.
- Launched Young Adult Caregiver support groups.
- Cancer Lifeline began offering free mental health counseling sessions for cancer patients with limited financial means or inadequate insurance coverage.



Cancer Lifeline classes move to online format



Mental Health Counseling Program

# 2022 IMPACT

**8,000**

Served over 8,000 patients, survivors, caregivers, and family members affected by cancer.

23,419 points of service to those impacted by a cancer diagnosis through support groups, classes, and more.

**23,419**

**1,045**

Provided 1,045 low-income cancer patients with financial assistance.

Provided over 300 support group meetings.

**300**

**118**

Provided 118 clients with free mental health counseling.

21% of counseling program participants were black, indigenous, or people of color.

**21%**

**1053**

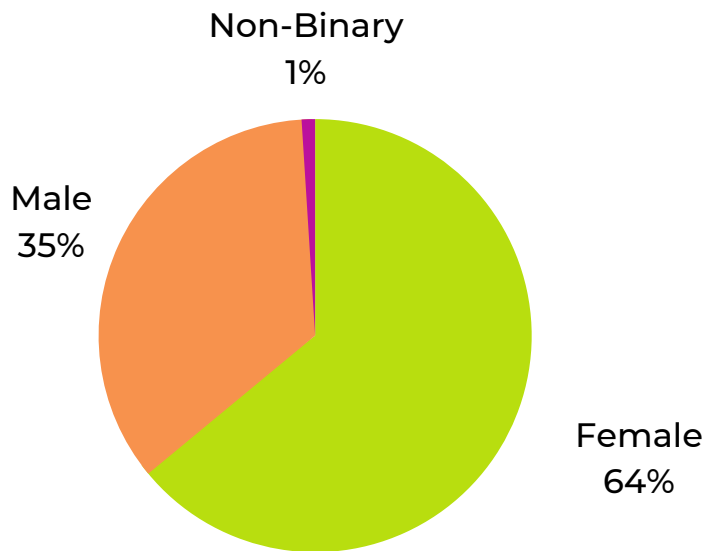
1053 donors gave generously to support our programs.

**70**

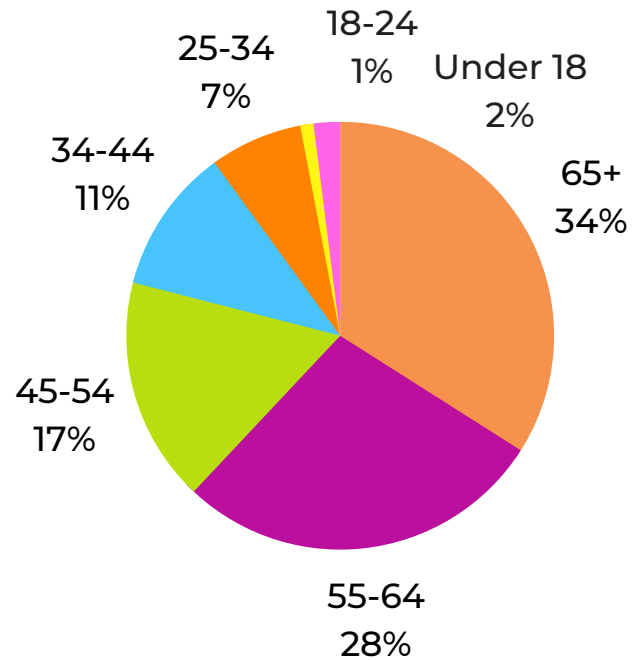
70 volunteers dedicated time to support Cancer Lifeline and its programs.

# WHO WE SERVE

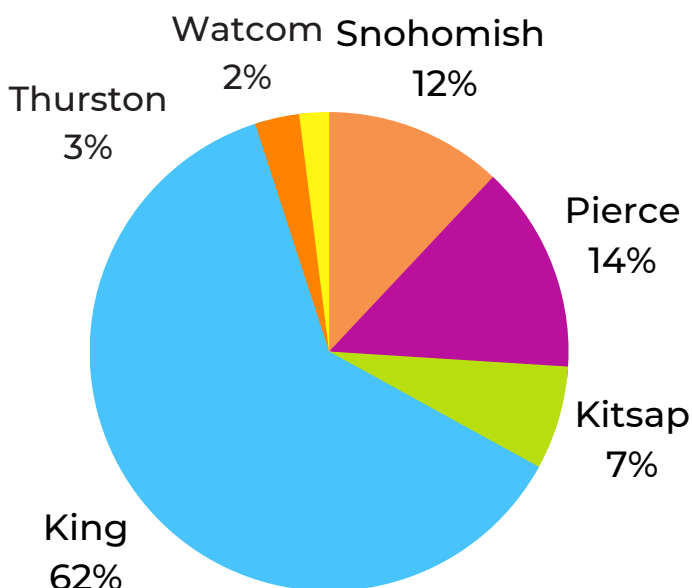
## IDENTIFIED GENDER



## AGE



## COUNTY OF RESIDENCE



## FINANCIALS

STATEMENT OF ACTIVITIES  
YEAR ENDING DEC 31, 2022

### REVENUE

Contributions/ Special Events	\$1,186,793
Program Services	\$291,457
Other Income (including net investment income)	\$(137,583)
<b>Total Revenue</b>	<b>\$1,340,667</b>

### EXPENSES

Program	\$1,240,626
General Admin	\$168,013
Fundraising	\$274,715
<b>Total Expenses</b>	<b>\$1,683,354</b>

### ASSETS

Net Assets - Beginning of Year	\$2,642,318
Net Assets - End of Year	\$2,299,631
<b>Change in Net Assets</b>	<b>\$342,687</b>



## CURRENT BOARD OF TRUSTEES

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Janet Hahn	

## HOSPITAL PARTNERS

Evergreen, Halvorson Cancer Center  
Overlake Hospital & Medical Center  
SCCA Proton Therapy Center  
St. Anne Cancer Center  
Swedish Cancer Center  
Valley Medical Center  
Virginia Mason Franciscan Health



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

-Margaret Mead



# SPONSORS

Our sponsors take a leadership role in making our fundraising events possible. We are grateful for their support.



## IN KIND SPONSORS

Astor Electric, Ian & Laura MacNeil - Glass Vodka, Metropolitan Market  
One Dog Media, Piranha Productions

# 2022 DONORS & GRANTORS

## \$50,000+

Lynn and Howard Behar  
Jeannie and Bruce Nordstrom  
David & Patricia Giuliani  
Family Foundation  
Anonymous

## \$25,000 - \$49,999

R & H Hitchman Charitable Trust  
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Costco Wholesale  
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## \$10,000 \$24,999

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Susan Baumgaertel, MD  
The Sheri and Les Biller  
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The Foster Foundation

## \$5,000 \$9,999

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## \$1,000 \$4,999

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Cancer Lifeline  
Counseling Services  
Dean Moore  
Elizabeth Zech  
Fred Hutch Staff  
Grammy  
Janet Pilske  
Maryann Tierney  
Jeannie Nordstrom  
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“Although I wish none of us were experiencing these challenging issues around cancer, it is comforting to know that I’m not alone”

– Support Group Attendee



“Cancer Lifeline continues to be a lifeline for me. My health and understanding have improved since I began participating in the exercise programs”

-Exercise & Movement Class Attendee



“The encouragement, support and contact with others is so valuable to my health”

-Presentation & Workshop Attendee

