Major Accomplishments

**Nationally**
Mission: To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

The Cancer Support Community (CSC) is leading the way in empowering people affected by cancer. By addressing their individual needs, linking them to a community of support, and helping them to live better lives, we are advancing the central idea of the Institute of Medicine report *Cancer Care for the Whole Patient* ~ that social and emotional support are as important as medical care in the face of a cancer diagnosis.

**Need 1: Information About Cancer and Its Treatments**
The Cancer Support Community is committed to empowering patients to make informed health-related decisions. The cornerstone of this commitment is *Frankly Speaking About Cancer*, an educational series that provides an in-depth look into a variety of concerns that patients and their loved ones face following a cancer diagnosis.

**Need 2: Help in Coping with Emotions Related to Cancer**
As the leader in cancer support and education, the Cancer Support Community is strengthening the link between medical and social/emotional health. With more than 50 local affiliates and over 100 satellite locations, CSC delivers a comprehensive array of personalized services to people with all kinds of cancer and their loved ones. Some of these services include: Support groups for those diagnosed with cancer, caregivers, families and friends; Healthy lifestyle programs including exercise, nutrition and stress reduction; Educational programs; Personalized assessment and support care planning; Opportunities for fun and celebration.

**Need 3: Help in Managing the Illness**
Cancer’s physical impact combined with financial and emotional stressors may impair a person’s ability to cope with and manage the many demands associated with cancer. In partnership with City of Hope Comprehensive Cancer Center, CSC has developed a new distress screening tool for community-based cancer settings. This innovative tool will be used to screen thousands of patients for distress, refer patients to services, and provide follow-up care.

**Need 4: Assistance in Changing Behaviors**
Survivorship has become a growing focus of the cancer community. CSC is committed to providing patients with the tools and resources they need to play an active role in their decision-making at diagnosis, coping with challenges during treatment and embracing a “new normal” throughout their lives.
Need 5: Material and Logistical Resources
CSC maintains partnerships with a wide variety of support organizations in order to address the many and varied material and logistical needs that can accompany a cancer diagnosis, from transportation to childcare. Our headquarters staffs a toll-free line to answer questions about the support we offer.

Need 6: Help in Managing Disruptions in Work, School, and Family
CSC believes in cancer support for the whole family the whole time. Our program for children, teens, and families empowers families to re-focus at a critical point in the cancer experience. Families come together to get the support that they need both as individuals and as a unit.

Need 7: Financial Advice and Assistance
Our Research and Training Institute released a report that found the financial strain related to cancer treatment makes patients and caregivers vulnerable to post-traumatic stress syndrome, with symptoms of anxiety, depression, and other mental health problems. This research was used to update CSC’s publication, *Frankly Speaking about Cancer: Coping with the Cost of Care*, as part of our continued dedication to meeting the needs of people impacted by cancer.

Regionally
Regionally, the Mid-Atlantic Group of CSC continues to meet monthly to discuss challenges and opportunities in operating a CSC facility. We explore ways to strengthen our network, seek out opportunities for shared resources, and identify areas for growth and expansion of services--all of this to serve our communities in a focused and strategic manner.

Statewide

**Board Corner by David Albaugh, President of the Board of Directors, CSC Delaware**
What a rollercoaster ride 2011 turned out to be for The Cancer Support Community of Delaware. Perhaps most notably we changed our name. With the merger of The Wellness Community and Gilda’s Club, the new organization was renamed The Cancer Support Community, the new name for the organization coming from our own Linda Hall.

It was a bitter sweet moment when we began to say farewell to the name that has meant so much to this organization and this group of people. But what’s more important than any name is that the mission of the organization remains the same. We continue to be committed to providing the support to everyone in Delaware who needs the services we provide, and as the new name suggests we are still a community.

Change can be difficult for many people but it’s an inevitable part of life. There can be no growth without change so it’s usually best to embrace change and decide the best way to move forward. One of the changes we deal with a bit too often at The Cancer Support Community is the loss of loved ones. That’s an element of dealing with cancer that most of us would like to forget, but also part of why The Cancer Support Community exists.

We had to say farewell to our co-founder, Ellen Hamilton. We also lost one of our board members with the passing of Deborah Welch. Both Ellen and Deborah were wonderful examples of outstanding and giving volunteers. As difficult as it is to deal with the loss of dear friends, it’s a reminder of why each of us continues work to for, and support CSC.

At CSC we continue to deal with the sluggish economy, unexpected snow, rain and tornados, but we need to make sure we never lose focus on why we as board members, staff, and volunteers, are part of this wonderful...
organization. The information, knowledge, support and community we provide for people with cancer and their families remains as great a need today as it did when Harold Benjamin started the organization. This is the reason we need to find new and better ways to ensure that The Cancer Support Community continues to thrive and be the valuable resource it has always been.

So when the changes of the coming year present themselves, as an organization we will be looking forward, and preparing to take advantage of the changes as opportunities. Keeping the organization strong, and doing all we can to continue the mission of The Cancer Support Community.

**Finances**
The staff and board of CSCD are exceedingly grateful for the financial support we received from corporations, foundations, state government, faith based organizations and individuals in 2011. We submitted grants for a total of six hundred thousand dollars and were successful in receiving over 40% of the total requested. For a listing of all of our generous donors, please see our 2011 annual report.

**Participant Visits and External Contacts**
Times are tough. Cancer doesn't care. The cancer support services of The Cancer Support Community Delaware are more important than ever as evidenced by the number of participant visits.

<table>
<thead>
<tr>
<th></th>
<th>Participant Visits</th>
<th>External Contacts</th>
<th>Website Hits</th>
<th>Monthly E-Blasts</th>
<th>Total 2010</th>
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<tbody>
<tr>
<td></td>
<td>NC</td>
<td>Kent</td>
<td>Sussex</td>
<td>Total</td>
<td>Total</td>
</tr>
<tr>
<td></td>
<td>3,290</td>
<td>1,834</td>
<td>3,292</td>
<td>8,416</td>
<td>36,478</td>
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**Participants by Race**
2007-2011

<table>
<thead>
<tr>
<th>Year</th>
<th>Caucasian</th>
<th>African American*</th>
<th>Hispanic</th>
<th>Other</th>
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<tr>
<td>2011</td>
<td>72%</td>
<td>25%</td>
<td>2%</td>
<td>1%</td>
<td>100%</td>
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<tr>
<td>2010</td>
<td>80%</td>
<td>16%</td>
<td>2%</td>
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<tr>
<td>2009</td>
<td>89%</td>
<td>7%</td>
<td>2%</td>
<td>2%</td>
<td>100%</td>
</tr>
<tr>
<td>2008</td>
<td>89%</td>
<td>7%</td>
<td>2%</td>
<td>2%</td>
<td>100%</td>
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<tr>
<td>2007</td>
<td>89%</td>
<td>7%</td>
<td>3%</td>
<td>1%</td>
<td>100%</td>
</tr>
</tbody>
</table>

* Participation of African Americans in cancer support programs continue to increase.
Public Support and Revenue ~ Income by Source

Operating Expenses ~ Expenses by Source
Participants by Cancer Type

Participants by Age
Participants by Sex

- Females: 74%
- Males: 26%

Participants by Referral Source

- Friend/Family: 25%
- Nonprofits: 18%
- Medical Community: 29%
- Calendar: 2%
- Staff: 6%
- Spiritual Community: 3%
Cancer Support Programs (Number of statewide programs held)

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>Patient</th>
<th>Cancer</th>
<th>Art</th>
<th>Tai Chi</th>
<th>Yoga</th>
<th>Bereavement</th>
<th>Educational</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Family</td>
<td>Specific</td>
<td>Expression</td>
<td></td>
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<tr>
<td>January</td>
<td>38</td>
<td>8</td>
<td>4</td>
<td>19</td>
<td>23</td>
<td>2</td>
<td>39</td>
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<tr>
<td>February</td>
<td>41</td>
<td>12</td>
<td>4</td>
<td>18</td>
<td>23</td>
<td>0</td>
<td>40</td>
<td></td>
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<tr>
<td>March</td>
<td>40</td>
<td>12</td>
<td>7</td>
<td>32</td>
<td>28</td>
<td>2</td>
<td>45</td>
<td></td>
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<tr>
<td>April</td>
<td>38</td>
<td>12</td>
<td>6</td>
<td>20</td>
<td>23</td>
<td>8</td>
<td>45</td>
<td></td>
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<tr>
<td>May</td>
<td>38</td>
<td>13</td>
<td>6</td>
<td>20</td>
<td>24</td>
<td>2</td>
<td>33</td>
<td></td>
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<tr>
<td>June</td>
<td>41</td>
<td>13</td>
<td>5</td>
<td>20</td>
<td>27</td>
<td>2</td>
<td>34</td>
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<tr>
<td>July</td>
<td>38</td>
<td>8</td>
<td>5</td>
<td>18</td>
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<td>August</td>
<td>45</td>
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<td>7</td>
<td>23</td>
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<td>2</td>
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<td>September</td>
<td>38</td>
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<td>6</td>
<td>26</td>
<td>22</td>
<td>6</td>
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<tr>
<td>October</td>
<td>39</td>
<td>11</td>
<td>6</td>
<td>20</td>
<td>20</td>
<td>3</td>
<td>49</td>
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<tr>
<td>November</td>
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<td>10</td>
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<tr>
<td>December</td>
<td>31</td>
<td>6</td>
<td>4</td>
<td>17</td>
<td>17</td>
<td>0</td>
<td>35</td>
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</tr>
<tr>
<td>Totals</td>
<td>462</td>
<td>123</td>
<td>66</td>
<td>252</td>
<td>274</td>
<td>31</td>
<td>482</td>
<td></td>
</tr>
</tbody>
</table>

Our National Cancer Support Community office supported us with programs in the “Frankly Speaking About” (FSA) series as follows: FSA Colon Cancer; FSA Lung Cancer; FSA: Breast Reconstruction; FSA: New Discoveries in Cancer Treatment; and FSA: Coping with the Cost of Care.

In addition to the support and exercise groups listed above, we facilitated the following monthly programs: Healthy Lifestyles; Self Hypnosis; The Next Step – Transition Group; Exploring Your Mortality; Look Good Feel Better; Mindfulness Meditation; Movie Night; Kids Circle; Living Beyond Cancer Survivorship Program; The New You!, Caring for the Caregiver and Relaxation through Meditation.

**New Castle County 2011**

We continue to have a vibrant cancer support program in New Castle County, both at our main location on Lancaster Pike and in our community based locations. As in the past several years, our commitment to the medically underserved community is consistent and ongoing. We continue to hold weekly cancer support programs in our downtown locations, including Henrietta Johnson Medical Center, Sacred Heart Village, DeLaWarr Senior Center and Sojourners Place. We have conducted educational programs featuring experts in Colorectal, Lung and Advanced Breast Cancer. Additionally we have provided yoga and t’ai chi classes in urban Wilmington. We started offering monthly support groups at St. Francis Hospital and are currently assessing that community to get a sense of any additional educational or support needs that the hospital and the surrounding community desire. We have offered an off-site monthly support group to residents of Crosslands, a continuing life community in Chester County, Pennsylvania. Our collaborations with the American Cancer Society (Look Good/Feel Better), the Leukemia and Lymphoma Society (a planned site specific support group) and the Helen F. Graham Cancer Center (The Next Step-a long term bereavement group) continue.
At our Lancaster Pike location in New Castle County, we currently have five weekly support groups in both day and evening hours; seven monthly site specific groups; and five mind/body workshops per week. In 2011, we offered the following educational programs: Cancer Transitions, Finding Strength Together, Breast Cancer Family Program, Frankly Speaking About Breast Cancer: Spotlight on Reconstruction, Frankly Speaking About the Cost of Care, Focus on Clinical Trials, Update on Prostate Cancer, Breast Cancer Rehabilitation, Breast Cancer Basics and Breast Cancer and Your Emotions. We initiated two new movement programs that have become quite successful: Danzare, which is Italian for dance, with John DiSantis, Instructor. This program uses 50’s and 60’s rock n roll to get participants moving as they recover from the debilitating effects of cancer and cancer treatment. More recently we started Zumba-Gold, a similar program using Latin music, to help those surviving cancer increase their movement and stamina after treatment.

We continue to provide training opportunities for local schools. In 2011, we had three graduate student interns all from local schools of social work: Bryn Mawr; Widener and West Chester. In addition to co-facilitating the support groups with the licensed facilitators, they will conduct the 2011 Participant Survey and assisted at health fairs. We are fortunate to have one of last year’s students with us to write a grant for a new informational video to be uses in the community, on our website and on our Facebook page.

**Special Events**
Susan Dubb, Special Events Director, New Castle County reported net income of $122,021 on the following events:

- Provided a fun-filled brunch with silent and live auction for 150 guests at the University and Whist Club in our 6th annual “Red Balloon Brunch”.
- In its sixteenth year, our annual Richard P. DiSabatino Golf outing at Bidermann Golf Club attracted 80 golfers and guests.
- Held a fundraising event “Fall into Hope” at Brandywine Prime Restaurant in Chester County Pennsylvania.
- Twenty walkers/runners participated in the New Orleans Strides for Half Marathon/5K Race.
- Second year participation in The Monster Mile Fundraiser at Dover International Speedway in October with approximately 50 walkers.
- Held two local runs, one in June - the Cliff “5K” and a high school cross country race at Banning Park in August.

**Volunteers**
Susan Dubb, Volunteer Coordinator, reported that we had 220 people who donated 904 hours to volunteer as follows: Facilitators: 153 hours Garden maintenance: 608 hours; Mailings: 155 hours. We are very grateful to the following corporations who support their employees to volunteer for CSC: ING Direct, AstraZeneca and Agilent Technologies.

**Community Involvement**
Cindy Dwyer, Executive Director, continued to serve as a member of the Advisory Council of the Breast Cancer M.A.P. (Mind Affects the Physical) Project. For a two-day workshop in Philadelphia, thought leaders from across the country in Medical Oncology, Psycho-Oncology, Policy, Managed Care, Nursing, and Advocacy met to discuss the results of the first community-based Registry and annual Index dedicated to documenting the unmet needs and behavior trends of Breast Cancer survivors.
Cindy is a senior advisory member of the Delaware State Chamber’s Small Business Alliance; Board member of The Wilmington Rotary; Rotary delegate for Pakistani Project; sustaining member of the Junior League of Delaware; a member of the “Cancer in the Workplace” committee of the Delaware Cancer Consortium; and a founding member of the Fund for Women.

Sean Hebbel, Program Director, serves on the Delaware Cancer Consortium Quality of Life Committee, the Patient Service Committee for the Leukemia and Lymphoma Society and as the Delaware representative and national Treasurer of the Association of Oncology Social Work. He is a field instructor for Widener, West Chester and Bryn Mawr Schools of Social Work and has been appointed to the Helen F. Graham Cancer Center Special Needs Fund Committee.

Susan Dubb, Special Events Director, is a member of the New Castle County Chamber of Commerce and serves as President of her civic association in Salem Woods. She is also a founder for Fund for Women.

**Kent County**
The Cancer Support Community Kent County office finished the year with a total of 2,734 visits which was up 722 visits from 2010 and a total of 61 new unduplicated participants.

Below is a listing of the collaborations, community partner events and community programs that we accomplished in 2011

- Continued collaboration with Bayhealth to provide all of their psychosocial services for cancer patients.
- Secured funding from Bayhealth in the amount of $5,000 in support of CSC services.
- Collaborated with Bayhealth Human Resources to provide yoga and tai chi classes to their employees.
- As a result of the need, we increased program offerings in Milford with two tai chi offerings per week. One held at the Milford Senior Center and one at the Bayhealth Milford Campus.
- Sustained a strong and heavily attended cancer support group combined of both persons with cancer and caregivers.
- Collaborated with Delaware Breast Cancer Coalition, American Cancer Society, Bayhealth Medical Center, Milford Memorial Hospital, Milford Senior Center, Delaware Hospice, Compassionate Care Hospice and Leukemia Society in events and programs in the community.
- Partnered with ACS and DBCC to host 2 Pink Teas. One located at Bayhealth in Dover and Bayhealth Cancer Center in Milford.
- Increased attendance and participation in the African American Breast Cancer Support Group in Kent County - Wings of Hope which is still going strong and growing.
- Continued collaboration with the ACS to enhance our first prostate support group for African American men – Man To Man, Brother To Brother with the help of a grant from Blue Cross and Blue Shield of Delaware.
CANCER SUPPORT COMMUNITY DELAWARE
FORMERLY, WELLNESS COMMUNITY DELAWARE
STATE OF THE COMMUNITY
2011 REPORT

- Participated in many community exhibits to include: Breast Cancer Coalition Fair; Milford Teachers Association; Go Pink Health Fair; and Bayhealth’s Cancer Symposums and more

- Held third annual Wellness Resolution 5K event on January 1, 2012 and doubled our participant numbers for this event.

- Participated in the Monster Mile For A Cause 1 Mile Walk with 7 other not for profits in the area.

- Hired a full time fundraising person in Kent County to assist in enhancing and creating new and exciting fundraising opportunities in Kent County.

- Jan Shallcross, Director of Kent County Cancer Support Community, is a member of the Dover Capital City Rotary, Kent County Leadership Council, Central Delaware Chamber of Commerce and the Leadership Team-Central Delaware.

- Gabrielle Cornfield, Fundraising Assistant, is a recent graduate of the University of Delaware and is a member of Delta Gama Fraternity.

Sussex County 2011

The Sussex County Satellite office finished out the year with almost 3,300 participant visits and 315 new participants.

The staff in Sussex County worked hard to meet their budget goals. We are grateful to have received generous community and corporate support to benefit our Sussex office and programs in 2011. We received a FACES Grant from the Carl M. Freeman Foundation in support of our survivorship program, “Living Beyond Cancer....From Surviving to Thriving.” We received a generous grant from the Fund For Women for our “Live Share Thrive Cancer Education Series.” Thanks to this support, and also substantial grants from Susan G. Komen for the Cure and AstraZeneca, the Sussex County Satellite surpassed its income goals by $84,000. By controlling expenses, the office finished out 2011 with a surplus of $38,146 rather than the projected deficit of $46,747….a great accomplishment given the current economic climate.

We continue to offer a robust variety of programs. In 2011, we offered noteworthy programs such as: Creating a Healing Journal, Dark Side of the Sun: Skin Cancer, Eating Well Through Cancer, Emotional Health and Well-being (The New You!), Facing the Music: Finding Support Through Music Therapy, Laughter Yoga, Managing Dry Mouth and Dysphagia During Head and Neck Cancer, Organics 101, and Understanding Lymphedema.

We launched our “Learn Share Thrive” initiative in western Sussex County. Funded by a generous grant from the Susan G. Komen for the Cure, the Learn Share Thrive program is designed to provide prevention and screening information, education, support groups, and other free resources to uninsured / under insured African American women. In 2011, we provided educational resources and psychosocial programming to over 300 women of color.

We hosted our inaugural Wings of Hope: A Butterfly Release. This community event was an inspirational celebration of life that included children’s crafts and activities, vendors featuring their butterfly inspired
items, refreshments and raffles. The event culminated with a grand release of Monarch butterflies to honor and remember those who have faced a cancer diagnosis. In addition to this remarkable event, we were the beneficiary for several local community fundraisers such as the Starburst Gayla hosted by CAMP Rehoboth, Boat Drinks hosted by the Delaware Seashore Parrot Head Club and the Pink Affair to Remember.

Reber Whitner, a program volunteer at our Sussex facility for the past three years, was recognized for his service as one of the recipients of the 2011 Governor’s Outstanding Volunteer Award. Every week for the past three years, Reber has volunteered his time and talent to teach a one hour yoga class. Dozens of men---cancer patients and caregivers alike---have experienced the benefits of yoga. Yoga cannot cure life-threatening diseases such as cancer, but it can heal the mind and spirit so that one can live peacefully with the illness, including coping with the resulting pain and fear. One of the most therapeutic aspects of class that participants experience, however, is the support and camaraderie from Reber and their fellow classmates.

Working with our partners, we are now a member of the Sussex County Survivor Coalition. The goal of this group is to work collectively to identify resources available to cancer survivors in Sussex County.

We continue to have a good working relationship with both the Tunnell Cancer Center and the Nanticoke Cancer Care Center. Outreach events are held in each facility monthly and have resulted in higher participation from newly diagnosed cancer patients.

Jo Wilkins serves on the Advisory Board for the College of Social and Behavioral Sciences at Wilmington University. She is also a Founder for the Fund For Women.