

1994-2019

All Together!

25 CELEBRATING
YEARS
of Creating Community



CANCER
RESOURCE
CENTER

OF THE FINGER LAKES

because no one should face cancer alone

“Many thanks for the CRC volunteers who were in contact with me during the beginnings of my diagnosis and treatment. They helped me through the maze of information and emotions gone amok. I could not have had better coaches during the dark times.”

Looking to the Future...

by Marilee Murphy, Executive Director

The Cancer Resource Center of the Finger Lakes (CRC) has come a long way in 25 years. From our initial formation as the Ithaca Breast Cancer Alliance in 1994, we now have a name that reflects our expanded services to all types of cancer. We are fortunate to have a building to call our own that is home to a variety of support groups and bustling with volunteers. Exciting collaborations have been formed with Cayuga Medical Center and Cornell cancer researchers, and our community partnerships continue to grow.

As we look to the future, we strive to strengthen services to fulfill our mission to create and sustain a community of support for people living with and affected by cancer, so that no one faces cancer alone. Programming and services will continue to expand to meet the needs of the cancer community, including outreach into surrounding rural communities and expanding the diversity of the populations we serve.

Our plans this year include a special focus on support for families with young children and/or teens and renovating our boutique, which offers free wigs, hats, and breast prosthesis. The year will be full of 25th Anniversary events and we hope you will join the staff, board, and the rest of our CRC community to celebrate the past 25 years, while also creating CRC's future.

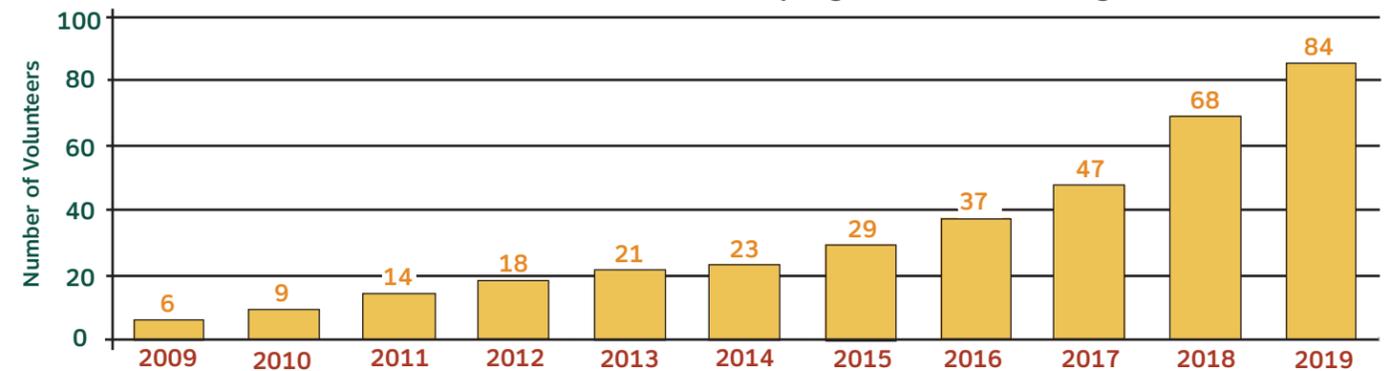


Jerry Dietz, President, Board of Directors, and Marilee Murphy, Cancer Resource Center Executive Director

Volunteers are the Heart of Our Organization.

Volunteers weave the fabric that connects our clients, staff, and community. From direct client support to fundraising to building maintenance, they work in coordination with staff, extending our reach and multiplying our resources.

In contrast to national trends, our volunteer program continues to grow and flourish!



In the Beginning... by Andi Gladstone, Founder

When we began in 1994, many people were hiding their breast cancer diagnosis – there was a lot of shame and embarrassment about breast cancer. Our goal was to create a safe community that would, in very concrete ways, combat that shame, help people navigate the medical system, and work towards prevention through public policy.



Founding members of the Ithaca Breast Cancer Alliance circa 1994 (l to r): Andi Gladstone, Anne McLaughlin, Nancy Lazarus, and Ned Asta. Not pictured: Jackie Livingston, Joan Adler, Meg Ambrey, Ba Stopha, and Annie Wilson.

The founders all had different points of view so we had to make that community inclusive of people who believed in the most cutting edge western medical approaches, those who completely rejected conventional medical approaches and believed only in alternative treatments, and those who believed we needed to educate and advocate about the connection between breast cancer and the environment.

We all believed that we had a responsibility to educate the medical community about communicating effectively with patients. We also felt it was important to maintain independence so when clients had an issue, we could advocate on their behalf without compromise. An open and good relationship was developed with the hospital and medical community and that made a difference for everyone.



“As a student, volunteering with the CRC has gotten me involved with the members of the Ithaca community. Spending time with the patients allows me to provide a positive influence and create a comfortable space, just as I did back (in my volunteering) at home.”



“The staff is so appreciative of their volunteers and they are always willing to help someone in need. They all have so much to do, and do everything so willingly without expecting anything in return. I am so grateful to be able to help them help others.”



“I saw firsthand how people affected by cancer need to connect with a cancer survivor – someone who has made it through ok. I would now like to give that same support by volunteering with CRC.”

“Knowing that the CRC is there has been incredible to me... I don't know how I would have found the support I needed if it wasn't for them.”

“CRC volunteers are fantastic! There was always a smile or a listening ear as I went through my chemo and radiation treatments.”

"Thank you for all of the great work you do! I am so blessed to have the ability to support such an awesome organization."

"The CRC people are family to us – our chosen family. We could not do this without them. I don't want to know what our lives would have looked like without their help."

25 years of Creating Community



1994 Awareness Walk raises \$4,035.



Today the annual Walkathon/5K Run brings in over \$170,000.

Then and Now



1997 IBCA starts a drop-in support group. Today, 11 different support groups are available.



2003 First edition of E-news goes out to 50 readers. Today, monthly E-News is distributed to over 12,500 people.



2005 With a grant from the NYS Department of Health, a pilot program begins to offer assistance to patients at Cayuga Medical Center hospital. Today, 26 volunteers assist in both radiation oncology and infusion services every week.



2006 IBCA purchases 612 West State St. in the West End of Ithaca.



2007 Cancer Resource Center of the Finger Lakes becomes new name and the mission expands to provide services for anyone with any cancer. Wig, Hat, and Prosthesis Boutique established.



2013 The Healing Garden and porch renovation are completed.



2019 CRC wins Agda Osborn award for outstanding community service, given by Family and Children's Services of Ithaca.

"I knew that when I was finally ready for some support at the hospital, CRC volunteers were there for me."

"Devoted individuals like you offering support and resources make the journey more tolerable."

"I was in total awe by the fact that the wig was a perfect fit and cost me nothing! I am ever so grateful. Thank you for your support and encouragement. You are the best."

"Thank you so much for putting me in contact with your financial advocate volunteer - she is in a word, AWESOME!!"

Cancer Resource Center Services

We offer valuable support services to cancer patients, their loved ones, and to anyone affected by cancer.

One to One Assistance

Our most fundamental and important service offering information, emotional support, and problem solving.

2018: Staff and volunteers provided support to individuals over 3,900 times.

Boutique

We provide wigs, hats, scarves, and mastectomy products to our clients free of charge, with personal assistance from staff or a volunteer.

2018: Served 182 individuals



Friendly Correspondent Program

Students and CRC volunteers write "thinking of you" cards to our clients who are socially or geographically isolated once a month to let them know someone is supporting them from a distance.

2018: Eight volunteers corresponded with 53 clients in Tompkins County, NY and 6 contiguous counties.

Peer to Peer

Matches individuals diagnosed with cancer or a caregiver with an individual affected by cancer with similar experiences.

2018: Matched 17 clients with a peer to receive support

Patient & Family Lounge at Cayuga Medical Center

CRC recruits, trains, supervises, and schedules volunteers who staff the Patient and Family Lounge at CMC and provides support to cancer patients and their families.

2018: Volunteers provided over 2,444 hours of support to cancer patients at CMC. CRC staff provided approximately 624 additional hours of support.

Reception volunteers provided 1,165 hours of support at the CRC office.



Support Groups

CRC offers various support groups to those affected by cancer, to provide a safe place to express one's feelings and concerns, and to connect with individuals with similar experiences. Each group targets a specific group of people or type of cancer. Our groups include:

- Women's Groups
- Men's Breakfast Club
- Young Adult Group
- Pat's Group for Living with Cancer as a Chronic Disease
- Colorectal Group
- Caregiver Group
- Cornell Cancer Group
- Prostate Group
- Lymphedema Group
- Living Well with Cancer

2018: Support groups met 158 times with total attendance of over 1,800 participants.



Financial Advocacy and Assistance

Trained volunteers help clients navigate the challenges of medical expenses and financial stress related to their cancer diagnosis, treatment, and care.

In addition, we have two small funds that can assist with emergent or immediate needs for cancer patients.

- Angel Fund (a memorial fund that provides cash assistance for emergency needs).
- Breathing Space (a program that provides gift cards to use for gas or food).

2018: Provided financial advocacy to 58 individuals and financial assistance to 99 individuals.

Transportation

In partnership with Cornell University Transportation Department we are able to provide free trips to patients and a support person travelling to NYC for medical appointments and treatments. Occasionally, we have volunteers willing to provide a last-minute ride for patients when no other option is available.

2018: We reserved 784 rides to and from NYC through Cornell's Campus to Campus bus. CRC volunteers provided 17 rides to medical appointments.



Wellness Programs

In conjunction with Island Health and Fitness, we offer two wellness programs:

- Gentle Yoga
- Water Exercise

Acupuncture

Our collaboration with Ithaca Community Acupuncture allows cancer patients to receive low-cost acupuncture treatment.

CRC Cares about Kids

We offer resources for parents with cancer on how to talk to their children about cancer, one on one assistance, and supervised play for children of cancer survivors attending the Young Adults Support Group.

2018: Provided referrals and funded counseling for 7 families.

Community Education and Resources

We offer a variety of information to the general public on our website (www.crcfl.net), in our monthly electronic newsletter, at community tabling events, and through publications, brochures, and books in our library.



"I became a member of the 'Breakfast Club' and I have learned so much. It's a blessing to be a part of it."

"Thank you so very much for that helpful information. You do not know how much it is appreciated. There truly are angels right here on earth."

"The ways that this organization helps cancer patients, ALL cancer patients, is immeasurable. That is why I fight so hard for this organization and to raise money for such a worthy cause."



CANCER RESOURCE CENTER STAFF

(left to right)

Back row:

Cathy Caputo, Client Services Assistant

Rocio Zepp, Client Services Assistant

Monica Vakinor, Director of Client Services

Fran Spadafora Manzella, Associate Director

Front row:

Jyl Dowd, Development Coordinator

Sharon Kaplan, Director of Volunteer Services

Marilee Murphy, Executive Director



612 West State St.
Ithaca, NY 14850

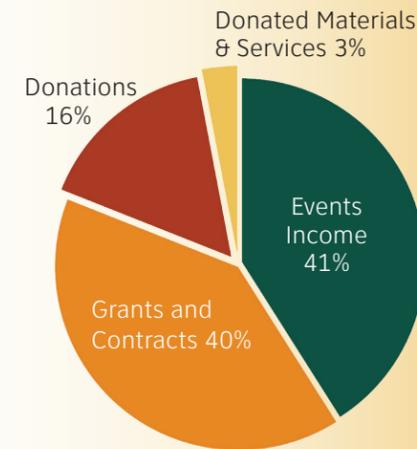
BOARD OF DIRECTORS

- Jerry Dietz
President
- Jason Hungerford
Vice President
- Andrew Novakovic
Treasurer
- Lenore Schwager
Secretary
- Sue Dale-Hall
- Kevin Kelly
- Mark Kreydt
- Rosemary Lang
- Gay Nicholson
- Hannah Potts
- Nadia Rubaii
- Shiv Shah
- Robert Weiss, Ph.D.
- Brian Wilbur

2018 Financials

FY 2018 Revenue

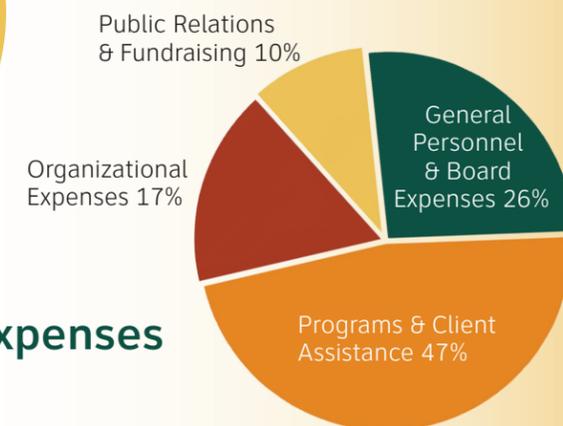
Total: \$536,339



Thank You to our Major Funders:
Anonymous
Cayuga Medical Center
NYS Department of Health
Tompkins County/ City of Ithaca
United Way

FY 2018 Expenses

Total: \$441,747



Thank you to all our individual, Walkathon/5K, corporate, and foundation donors. Donations allow us to provide all our services for free. Give at www.crcfl.net or contact us at info@crcfl.net.

"I can't say thank you enough. You have helped me through some tough times. Your hug was exactly what I needed!"