

In this Issue:

Faces of Charity

Judie Williams 1
 Keith Gregory 2
 Ginny Kreuzberger 2
 Harvey & Alice Diamond 3
 Terry Paulsen 3
 Shirley Richards 3
Jennifer Diamond Library 4
Our Volunteers 5
Volunteer Lists 6-7
Mujeres Celebration 8
You Could Win a Harley! 8
The Basics of Charitable Giving 9
Ways to Give Support 10
Holiday Homes Tour 11
Strides for Hope Marathon 11
Calendar 12

The Many Faces of Charity

Non-profit organizations, whose programs and activities are provided free of charge, are sustained solely through grants, fundraising and donations. Often times, charitable organizations just manage to scrape by from month to month. It is through charity from those folks who believe in “serving the community” and in “giving back” that organizations like The Wellness Community Valley/Ventura (TWC) are able to continue to operate.

It is said that charity begins at home. For those who so regularly and so generously give to The Wellness Community, it seems, that is indeed where it all began. We are fortunate to have so many members of our community who practice charity — “the love of one’s fellow men.”

Charity comes in so many forms, whether you offer your time as a volunteer to answer the phones, work on the mailings, help out at events or contribute financially. Each selfless act is a gift to be treasured.

Judie Williams, a member of TWC Board of Directors and Holiday Homes Tour committee, learned early to give back to the community. As a young girl and a brownie scout, Judie collected toys for kids in a medical foster home in San Francisco, California. Follow up visits to the foster home enabled Judie to understand the pleasure her efforts gave to others. Years later, Judie watched a dear friend go through cancer and all of Judie’s childhood emotions came flooding back from the time she spent at the medical foster home. Judie’s friend sought

continued on page 2



The Jennifer Diamond Cancer Research Library Opens, page 4



Holiday Homes Tour, Strides for Hope Marathon, and much more. Join us!

An Expert’s Guide to Charitable Giving
Review the Basics with Alev T. Lewis CPA, PFS, CIMA, Senior Vice President and Wealth Strategist at The Private Bank at Bank of America, page 9.

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NEWSLETTER EDITOR

Barbara Hoyt

continued from page 1

comfort and friendship at The Wellness Community - West Los Angeles and it was by watching her friend improve the quality of his life and elevate his spirits that Judie decided "I will do whatever I can to ensure that TWC is there for anyone who needs it." And so she does. In addition to her annual financial contributions to The Wellness Community Valley/Ventura, Judie donates an enormous amount of her time whenever and wherever she is needed. To ensure that the services of The Wellness Community continue, Judie established a Testamentary Charitable Lead Trust that will provide a continuum of income to TWC in the future.

On the creative side, Board of Directors' member and Sports Event Committee Chairman **Keith Gregory** used a unique approach this past baseball season. As the coach of his son's team, Keith asked team members to donate the money they would have spent on his "end-of-the-season" coach's gift to The Wellness Community Valley/Ventura. Keith said, "I would like this idea to be expanded upon and taken to the next level, so that it is shared with other coaches and, while they may not choose to ask their team to donate to The Wellness Community, they might select another charity of their choice. The beauty of The Wellness Community is that it is one of the few places that allows

people with cancer to share their feelings with others going through the same, and that they don't have to worry about the cost of participating." Not only is Keith teaching his ball team the ins and outs of baseball, he is also teaching them a much more valuable lesson—the gift of charity. While Keith continues to support The Wellness Community financially every year, he also gives a huge amount of his personal time to help make every TWC event a great success.

Ginny Kreuzberger, R.N., a 68 year-old breast-cancer survivor of 16 years, has been a participant at The Wellness Community Valley/Ventura, and currently serves on its Professional Advisory Board. Ginny chairs her family's foundation, The Fanny and Svante Knistrom Foundation, which for many years has contributed generously to The Wellness Community. As a past participant, Ginny knows firsthand the benefits TWC provides. She continues to make The Wellness Community Valley/Ventura one of her favorite charities, and not through financial contributions alone. Ginny donates time as a volunteer, serves as an orientation leader and speaks on the behalf of TWC at organizations within the Community. "I believe The Wellness Community saved my life. I don't think I would have beat cancer if it hadn't been for what I learned at TWC." With 15 grandchildren in her life, Ginny is the best possible role model for setting an example about the benefits of charity... in all of its forms.



Keith Gregory goes to bat for TWC.

Ginny Kreuzberger (pictured with husband Don) plays many roles at The Wellness Community Valley/Ventura



“You can’t only live your life for yourself.”

-Harvey Diamond



Harvey & Alice Diamond

believe that charity begins in the home. Growing up in New York, Harvey felt that charity is lived through your faith – “In the Jewish religion it’s called *sedaca*. It may not always be easy to live by the code, but if you do live by it, good comes back to you tenfold.”

For years, during the holidays, Harvey would have his employees collect their unwanted clothing and canned goods. He would load up the truck and, with his

two children in tow, head to downtown L.A.’s mission to give to those in need. Harvey said, “I was raised by seeing good deeds, kindness and compassion. I have been so fortunate and I like to share with others. Those are a few reasons I give back. Before my daughter, Jennifer, died of cancer in July of 2002, she said to me, ‘Dad, you have gained so much knowledge from this experience, try and share it with others. Try and help other people.’ And that is just what the Diamonds are doing, through The Jennifer Diamond Cancer Research Library. The library, which the Diamonds hope is the first of many, opened at The Wellness Community Valley/Ventura in October. As Harvey puts it, “This library will help those with cancer or those who have a loved one with cancer have a place to go and get the information they need and to get it in a non-threatening, easy and fast way. It’s called paying it forward. You can’t only live your life for yourself.”

Terry Paulsen, motivational lecturer and author of the book “Making Humor Work,” is asked to speak at many functions, and has chosen to have his speaker’s fee (honorarium) donated to The Wellness Community Valley/Ventura. As a child, Terry was blessed with parents who felt that giving back was “something natural to do.” Terry believes that his faith challenges him to serve both financially and through volunteering at events. Terry was very active in many projects as a member of the boy scouts in Atlanta, GA, including volunteering at a community soup kitchen. Terry states, “Not only do you want to have a cause, but you also want to bring humor and excitement to it, and that is the feeling I get from The Wellness Community. Even though the people at The Wellness Community either have cancer or have a loved one with cancer, they seem to get through the tough times with humor. Donating financially through the honorarium and volunteering just seems to be the right thing to do.”

Shirley Richards, real estate broker at Coldwell Banker in Westlake Village, puts The Wellness Community on the receiving end of many of her property sales. Shirley decided a while back that before the close of escrow, she would present her clients with a list of local charities and ask them to pick one that they would like to see be on the receiving end of a financial contribution from Shirley, with the donation being sent in the clients’ honor, not Shirley’s.

The Wellness Community remains on the top of Shirley’s list and, because of that, TWC has benefited from her property sales. Shirley said, “Because my father was a minister, charity was part of my home environment. It was just a way of life and I continue the practice. My mother had cancer, so I have a connection to the work that The Wellness Community does.” Shirley certainly has found a most interesting way of donating.

Where would The Wellness Community Valley/Ventura be without the generous hearts of those who give so much? To be honest, it just wouldn’t exist.

It is comforting to know that lessons planted in childhood continue to grow and spread to others, helping so many along the way.

-Article by Debbie Wilson



Shirley Richards (above) donates through property sales; Terry Paulsen (left) contributes his speaker’s fees for his motivational lectures.

The Jennifer Diamond Cancer Research Library Opens

The Jennifer Diamond Cancer Research Library had its grand opening on October 27, 2003. The library, which is housed at The Wellness Community Valley/Ventura, was donated by Harvey & Alice Diamond in honor of their daughter, Jennifer, who passed away from appendiceal carcinoma in July of 2002. The library is open to all; it contains state of the art Apple computers, monitors, a printer/copier, and a variety of books, as well as information on CD-ROM and video.

After Jennifer's diagnosis, Harvey spent untold hours doing research trying to find out as much information as he possible could on this rare type of cancer, searching for anything that might save his child. Harvey searched the Internet, went to libraries, and consulted different doctors in different areas across the country. It is because of this intense research that The Jennifer Diamond Cancer Research Library exists today.

Sitting down with Harvey to discuss the idea behind the library, he remembers a specific conversation he had with his daughter. Harvey said, "I was sitting on Jenn's bed holding her and I said Jenn, I don't know what else to do for you and she said, "Dad, you have done so much and have gained so much knowledge from this experience, please try and share it with others. Try and help other people."

A few days before Jenn passed away, she signed the papers forming The Jennifer Diamond Foundation." Their mission statement reads: "The Jennifer Diamond Foundation is dedicated to helping people win the fight against all forms of cancer. We are focused on empowering people with knowledge, as well as supporting research and healing programs that provide the tools to help treat the mind and body as one." Several days after the Foundation was formed, the idea of a library began to form.



Clockwise from top left: Harvey Diamond at the opening of the Cancer Research Library named for his daughter; a portrait of Jennifer Diamond; Guests at the opening try out the Library's Apple computers.

Harvey states, "I was fortunate that I could take the time and had the resources to do this type of research. Some people don't have that ability. My hope is that this library gives them that ability. I tried to make it as simple as possible for everyone, for those who may fear computers or those who are not so computer savvy. I don't want anyone looking for information on the Internet and in the books to feel overwhelmed in any way."

There are many medical libraries that are not open to the general public. The Diamonds feel that everyone needs access to this type of information if they so desire it. It was Harvey's promise to Jennifer to help others, and this library is her parents' labor of love to their brave and precious daughter.

-Article by Debbie Wilson

Virtual Wellness Community

Cancer support services are available anytime, anywhere. Visit The Wellness Community National at www.thewellnesscommunity.org and click on Virtual Wellness Community. Cancer patients find weekly, real-time online support groups facilitated by trained professionals such as our own Anne Gessert. Also available are educational resources, mind-body exercises, and nutritional information.

The Virtual Wellness Community is presented by Amgen and supported by Lilly, GlaxoSmithKline Oncology, and Roche.



Our Volunteers

Dedicated, compassionate volunteers are the backbone of The Wellness Community. We could not open our doors every day to help people with cancer were it not for them—over 700 strong!

Who are these wonderful people who give so much of their time and energy?

Our volunteers come from all walks of life, all ages and all interests. Our volunteer force includes teachers, world travelers, a belly dancer, knitters, a rancher, quilters, cyclists, hikers, golfers, nurses, magicians, photographers, a ballerina, computer specialists, artists, writers, singers, musicians, bridge players, florists, equestrians, doctors, running enthusiasts, actors, animal lovers, and comedians. Several countries are represented including England, Germany, Canada, Mexico, India, Austria, Israel, Holland, Scandinavia, France, and Japan. What do they have in common? They care about our participants.

What do these wonderful people do at The Wellness Community?

They answer phones, assist with clerical duties, help with mailings, lead orientations and workshops, provide hospitality at program events, provide technical support, do maintenance and repairs, deliver outreach materials, provide Spanish speaking support to Latino cancer patients and last, but not least, work on fundraising events, such as our signature event, The Holiday Homes Tour.

How important are our volunteers?

Many participants find out about TWC when they pick up literature at their physician's office left each month by an Outreach Volunteer. For many cancer patients, our Front Desk Volunteer is the first person they talk to when they call—and often the first person who greets them when they come here for the first time. Orientation Volunteers, who are all

cancer survivors, describe to participants how The Wellness Community works. Hospitality Volunteers make program events run smoothly. Our Maintenance and Technical Volunteers keep our donated equipment and facility running. Mailing Volunteers make sure calendars and flyers get out on time. Workshop and Symposium Leaders lend professional expertise and provide interesting educational programs for our participants. Our Latino Outreach Program Volunteers are trained to support the Spanish-speaking cancer patients in the community. Volunteers who help with our special events make it possible to create and develop the means to raise funds for our programs, and publicize what The Wellness Community Valley/Ventura does.

What does it take to be a volunteer?

A smile, and a willingness to help those in need. Many of our volunteers are cancer survivors, and know firsthand how much we rely on volunteers. Several of our volunteers work during the week and help out at special events on the weekends. All our volunteers are busy people, and we appreciate the time they give us. To the cancer patients, and staff, they truly are our angels.

If you or any of your friends would like to put on angel wings and join this enthusiastic and committed group of people, give us a call!

-Article by Susan Friedman



Ernesto Lopez shares a smile at the 2003 Volunteer Recognition Party



Beth Kin, honored as our Susan G. Komen Foundation Ultimate Drive Hero



At right: Planting roses in memory of Alisa Katz-Gould; Below: Oxnard City Corps members create new workspace for TWC staff with a donation from Community Medical Group.



TWC Honors Our Volunteers in 2003

The Wellness Community Valley/Ventura named two people as 2003 Volunteers of the Year for outstanding contributions to our organization: **Sherry Stern** and **John Gretzinger**. We also list names here that each represent a unique talent within TWC: our more than 700 volunteers! Thank you!

Special Recognition

Erin Austin
Berniece Bennett
Trisha Burr
Debbie Campbell
Geri Conlan
Gail Crawford
Ken Devore
Harvey Diamond
Bob Ferber
Keith Gregory
Barry Garapedian
Judy Karmelich
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Cheryl Anderson
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Wayne Brown
Sheryl Brownfield
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VOLUNTEER OF THE YEAR Sherry Stern



VOLUNTEER OF THE YEAR

John Gretzinger

(at right, pictured with Ken Kossoff)



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Erin Smith
 Harlene & Doug Smith
 Joanne Smith
 Kempton & Lee Ann Smith
 Janise Snider
 Michael Sorrells
 Yvette Soudani
 Bobbie Spampinato
 Lynda Spann
 Shirley Spencer
 Jurgen and Elfie Sporn
 Thelma Starr
 Lorraine Stear
 Jane Steed
 Don Steif
 Al Stein
 Cheryl Stern
 Sherry Stern
 John & Diana Stevens
 Lynn Stewart
 Pat Stewart
 Robert and Catherine Stewart
 Deidra Stitch
 Cynthia Stocks
 Lori & Roland Stoddard
 John & Sabrina Stout
 Margaret Strahan
 Kristine Supple
 Fran Suthann
 Edwin Suzuki
 Pat Sweeney
 Greta Sybert
 Beverly Tabet
 Johnny Tam
 Lenny and Fran Targon
 Charlene Taylor
 Jan Taylor
 Maybelle Teeters
 Marilyn Tenenberg
 Julie Terhark
 Kim Tevis
 Robert & Vera Thau
 Gary Thomas
 Jan Thomas
 Nicole Tindell
 Ted Toback
 Pamela Torkay
 Esteban and Kristen Toscano
 Kay Trammell
 Mary Troness
 Michael and Theresa Tuchman
 Martha Tucker
 Linda Tully
 Eunice Udelf
 Pat Utterback

Robert Valery
 Millie Van Eman
 Herminia Vanegas
 Revathi Varadan
 Juanita Villanueva
 Susan Viscusi
 Danielle Vitale
 Yvonne Vollert
 Suzanne Voss
 Kara Wade
 Sue Wade
 Nancy & Rebecca Wahlgren
 Craig Walendy
 Karen Walker
 Nikki Wallen
 Cheryl Wandrey
 Chris Wangsaporn
 Carole Warren Spink
 Yvonne Watkins
 Sharon Wawrach
 Marilyn Way
 Chris Weiner
 Harvey L. Weiner
 June Weir
 Karen Weishau[
 Jim Welch
 Kenneth and Anna Weller
 Marilyn West
 Vincent and Gail Wheelock
 Marika Williams
 Judith Winston
 Debra Withem
 Rosemarie Witten
 Bernice Wolf
 Janice Wolfe
 Leonard Wolff
 Laura Wray
 Dolores Wysocki
 Mary Pat Yatsko
 Melissa Yeager
 Ed and Marilyn Yerkey
 Marilyn Yerkey
 Harvey Youngman
 Anne & Dennis Yure
 Sheryl Zarett
 Jean Zhang
 Suzanne Ziff
 Roberleigh Zimmerman
 Amanda Zink
 Christin Zink
 Haf Zink
 Joyce Zoommajian
 Maria Zuloaga

Members of the Aliados, with Ernesto Lopez and his wife Marlena, gather at the 2003 Volunteer Recognition Party.



Mujeres Unidas en Celebracion

One hundred and forty-three women cancer survivors waved colored napkins or danced in a Conga line as Carmen Jara's beautiful voice filled the room. Carmen Jara, a well-known singer of typical Mexican songs, donated her time to perform at this heart-warming event.

Saturday, July 12 was the 3rd Annual *Mujeres Unidas en Celebracion*. It is a

daylong event for Latinas in treatment and survivors. The program was created by The Wellness Community Valley/Ventura and has been implemented in collaboration with the Latina Task Force of Partnered for Progress, Every Woman Counts. This year's celebration was co-sponsored by the American Cancer Society and The Susan G. Komen Breast Cancer Foundation, the Los Angeles County Affiliate.



The focus of this special day is to inspire, give hope, share experiences, and to rejuvenate spirits. Each year a keynote speaker and cancer survivor is selected to speak. This year's keynote was Dr. Aliza Lifshitz, who spoke of the positive changes in life's direction of cancer survivors after having battled cancer. At the microphone, survivors spoke of starting dancing lessons, volunteering with cancer patients, and valuing each moment with their families.

Rosa Ramirez, an ovarian and breast cancer survivor whose cancer had metastasized to other organs, gave the testimonial this year. At the age of 26 she was told she had two years to live. Currently a 12-year survivor, she spoke of her struggle. Rosa's eloquent and moving story had her fellow survivors in tears of understanding as they rejoiced with her, as she no longer has any signs of cancer. The program included 15 informational booths, sessions on relaxation and visualization, exercise, a "Look Good, Feel Better" program, hand massage, and aromatherapy. The Wig Exchange at St. Michael's distributed free wigs and Intimate Image distributed free prostheses and bras.

Next year's event, which will take place June 2004, is now in the planning stages. This year, women attended from all areas of Los Angeles County, Orange County and Ventura County. Next year, we hope to offer more women this day of celebration and inspiration.



From left:
Mexican folk singer Carmen Jara sings with participant;
Keynote speaker Dr. Aliza Lifshitz talking to cancer participant Petra Castellon;
Above right: Aliado Dolores Rodriguez distributes conference information.



Your 1 in 500 Chance to Win a Harley-Davidson

Stop by or call The Wellness Community Valley/Ventura to participate in this exciting raffle. Proceeds benefit TWC.

Tickets are limited, so don't miss out!



**\$100 per
ticket!**

**Drawing is
Feb 13,
2004**

The Basics of Charitable Giving

As we quickly approach the holiday season, our focus on family, celebration and charity intensifies. Historically, the majority of charitable contributions by individuals occur in the last three months of the year. For the benefit of The Wellness Community membership, I will discuss active (versus deferred or “planned”) giving.

There are hundreds of reasons why people give to charity. The main drivers of giving are:

- Personal satisfaction
- A desire to contribute to your community
- To support your preferred causes
- To create a personal legacy
- Instill a sense of stewardship among family members

Regardless of the motivation, it is important to understand the advantages and disadvantages of different gifting techniques. The following are two of the most common strategies: direct and donor-advised giving.

Direct Giving

Direct giving is the act of making an outright contribution of cash, appreciated securities, or other assets to a charity. When it comes to donating investment assets, such as securities or property, it is advisable to donate appreciated assets (with a fair market value greater than original cost), provided you have held them for more than 12 months.

It is not advisable to donate appreciated property held less than 12 months, as you can only recognize the cost basis, not the fair market value for tax deduction purposes. If you have depreciated investment assets (having a fair market value less than original cost), it is usually more beneficial from a tax perspective to sell the asset, recognize the loss on your tax return and donate the proceeds to charity in cash.

Donating use assets (such as furniture or appliances) will always have a depreciated fair market value that should be used when calculating your charitable contribution deduction.

Advantages of direct giving include an immediate tax deduction, up to 50% of your adjusted gross income (AGI) for cash and generally up to 30% AGI for other appreciated assets. In most cases, any deduction not taken as a result of the AGI limitation can be carried forward up to five years and used on subsequent tax returns. There is also no capital gains tax on gifts of appreciated assets. You will provide an immediate benefit to the charity of your choice, and as with cash donations; the charity will have no associated costs as a result of your contribution.

There are few disadvantages of direct giving. Some charities do not have the ability or resources to accept donated assets other than cash. You are also making a one-time gift versus building a legacy. Donations must be made by year-end to receive tax benefit, and are subject to the AGI restrictions mentioned above.

Donor-Advised Giving

An increasingly popular method of charitable giving involves the contribution to a donor-advised fund. Typically, a donor makes a one-time contribution to establish the fund (although subsequent contributions are encouraged) and place the fund into a “charitable donation pool” to be managed by a professional organization.

While the organization provides investment management and administrative support, you as the donor are able to suggest grants from your contribution for years, perhaps even generations into the future as your initial donation appreciates in value tax-free. Donor-advised funds are most often managed by financial organizations like brokerages and mutual fund companies, or supporting organizations such as the Ventura County Community Foundation.

The advantages of donor-advised giving are numerous. First, the donor receives all the tax benefits of direct giving mentioned above. Second, with some organizations, you will have the flexibility to recommend investment strategy.

continued on page 10

Thank You UBS/ Paine Webber

Representatives of UBS/Paine Webber present The Wellness Community Valley/Ventura with a donation of \$15,000.



continued from page 9

Unlike establishing a Charitable Trust or Private Foundation, there are usually no start-up costs. Like direct giving, you are also able to request anonymity if you desire.

The most important benefit to donor-advised giving is the flexibility that this structure provides. While the organization's trustees have the final say on grants, they will usually follow your specific recommendation to any legitimate public charity. In addition, you have great flexibility in the timing of donations. Most organizations will impose an additional fee if you donate the majority of your contribution within the first year, but otherwise you are given a lot of leeway as to the timing of distributions. You can even choose not to distribute any grants during a calendar year if you wish.

The flexibility on the timing and selections of grants allows the donor to establish a legacy-giving program. As a donor, you can choose to involve family, advisors or successors to your account to continue your legacy of giving. Consolidated reporting and record keeping are provided by the organization, to better enable you and your family to focus on the giving, not the reporting aspect of charity.

There are a couple disadvantages of donor-advised giving versus direct giving. First, as mentioned above, the organization's trustees have the final say on grants, and some supporting organizations may require you give them, or selected causes a predetermined percentage of contributions. Second, while there are usually no fees charged to establish a donor-advised fund, there are fees for investment management services and administration charged by the organization. These fees vary greatly, but typically range from 1.5% to 3.0% of assets each year. As with all investments, the fee structure can negatively impact overall investment performance and affect the net amount ultimately given to charity. However, these are minor trade-offs for the flexibility these vehicles provide.

Regardless of whether you decide to actively give, or are planning deferred giving through your trust or will, I highly recommend you consult with your family and professional advisors (especially your estate-planning attorney and tax professional) before making any final decisions. The desire to improve the lives of your neighbors and community is the first and most important step in charitable giving; adequate knowledge of how best to contribute can be as equally vital on the impact you will ultimately have.

Alev T. Lewis CPA, PFS, CIMA is a Senior Vice President and Wealth Strategist at The Private Bank at Bank of America in Westlake Village. She can be reached at 805-557-3710.

Source material referenced for this article includes:

1. Bank of America Capital Management Charitable Giving Program, proprietary material approved for external distribution.
2. Ashlea Ebeling, "Charitable Choice," *Forbes* 10 June 2002: 232
3. Ventura County Community Foundation Website (www.vccf.org)

Ways to Give Support

eScrip

Shop with your pre-registered credit card or Vons Club card and up to 2% goes to The Wellness Community. Registration is easy at www.escrip.com, or call 805-379-4777 for the eScrip form or more information. Our Group ID number is 7240121.

Attention Federal Employees!

The Wellness Community Valley/Ventura is a member of the Los Angeles and Ventura Counties Combined Federal Campaign (CFC). If you work in Ventura County, you can designate your CFC gift to our organization just by putting down our 4-digit number, 8049, which is listed in the CFC directory. Our number for Los Angeles County-based employees is 3047.

Vehicle Donations

Ventura County - Many Motors 805-383-0207
Los Angeles County - Fundraising Partners 800-203-2940

Furniture Donations

Simply Resale 805-988-4246

Business Contributions

- **Albertson's:** Pick up a *Community Partners* card at The Wellness Community and have it scanned when you buy groceries.
- **Hawthorne Savings**
Hawthorne Savings will give a donation when their customers designate The Wellness Community.

Planned Giving

Please call us regarding Planned Giving opportunities: 805-379-4777.

United Way

You can designate TWC in your United Way contributions by filling in the name and address of The Wellness Community Valley/Ventura in the pledge designation space.

TWC Wishlist - Donated Items

We need the following items. If you can help, donations can be dropped at our Westlake Village office.

- Digital Camera (3.1 megapixel minimum),
- LCD Projector
- Colored or white reams of paper
- Kitchen and bathroom paper and plastic items
- Laser labels, 30 per sheet

Holiday Homes Tour 2003

You are cordially invited to our
12th Annual Holiday Homes Tour
 to be held
Saturday, December 6
 11:00 a.m. to 8:00 p.m.
Sunday, December 7
 11:00 a.m. to 5:00 p.m.

Enjoy a wonderful day, tour four fabulous homes decorated in the homeowners' private holiday collections and shop in our boutiques, located in the Lake Sherwood and Agoura homes!

**Ticket prices: \$25 in advance
 \$30 at door**

Tickets can be purchased at The Wellness Community or by calling us at 805-379-4777 for a list of ticket outlets.

Volunteers are needed for a variety of positions that weekend. Please call Ellyn Wallen at 805-379-4777.



National Wellness Community Strides for Hope Marathon Fundraiser

Get fit as you train for the experience of a lifetime and help cancer patients find hope! Join Strides for Hope and walk or run a half or full marathon. The Wellness Community will join teams from across the country to participate in the 33rd annual Adidas Vancouver International Marathon on May 2nd, 2004.



Training begins under the direction of professional trainer Robert Mills of CLUB26.2 at the beginning of January, a 16-week comprehensive training program. Each Saturday, the team of people, some of whom have always wanted to compete in a marathon and others who already have, will train to run or walk a full or half marathon.

Each has the goal of raising a minimum of \$2,900 for cancer support programs at our Westlake Village facility. The Strides for Hope team will depart Los Angeles on Friday, April 30, 2004 and will return Monday, May 3, 2004. The trip includes three nights hotel accommodations in Vancouver. In addition to airfare and accommodations, the trip includes Group

Airport transfers in Vancouver, Pre Race and Post Race Party, and Marathon Entry.

Last year, The Wellness Community Valley/Ventura joined other Wellness Communities in New Orleans for the Mardi Gras Marathon. **Please attend an informational meeting on Wednesday, December 17 at 6pm at The Wellness Community.** To

join the team for Strides for Hope, call Ellyn Wallen, special events coordinator, at 805-379-4777 or visit our web site at www.wellnesscommunityhope.org. For more information on Strides for Hope and a list of participating cities go to: www.stridesforhope.org.

-article by Ellen Wallen

Calendar of Events

Weekly:

Orientation led by cancer survivors
Tuesdays, 7pm
Fridays, 10 am

Participant and Family Groups

Ongoing weekly support groups in Westlake Village, Camarillo and Encino
Orientation and interview required.
At various days and times.

Family and Friends Drop-In Group
Tuesdays, 6pm Westlake
Wednesdays, 6pm Camarillo

Beginning Yoga
Wednesdays, 4:15pm-5:15pm

QiGong
Saturdays, 9am-10am

Bridge Club
Mondays, 1pm-3pm

Quilting Club
2nd Wednesday, 1pm-4pm
2nd Saturday, 1pm-4pm

Monthly:

Gynecological Cancer Networking Group
1st Monday, 7:00pm-9:00pm

Breast Cancer Networking Group
3rd Tuesday, 6:30pm-8:30pm

Brain Tumor Networking Group
1st Thursday, 6:30pm-8:30pm

Lung Cancer Networking Group
1st Thursday, 6:30pm-8:30pm

Leukemia Society Support Group
2nd and 4th Thursday, 6:30pm-8:30pm

Prostate Cancer Networking Group
3rd Saturday, 10:30am-12:30pm

The Wellness Connection
For those beyond the day-to-day fight for recovery
2nd and 4th Tuesday, 6:30pm-8:30pm
1st and 3rd Tuesday, 11:00am-1:00pm

Programs in Spanish

2nd and 4th Tuesdays, 7pm, Our Lady of the Valley Catholic Church in Canoga Park
Wednesdays, 10am-Noon at L.A. County Olive View-UCLA Med Center, Sylmar
1st & 3rd Thursday, 7pm, Cesar Chavez School in Oxnard
Workshops & social events, call for details
Spanish Helpline: 1-888-707-9355

Programs in the San Fernando Valley

VBS Counseling Center at Valley Beth Shalom, Encino. Call for dates and times

Relaxation/Visualization sessions
Fridays, 1pm-2pm

Special Programs:

Kids' Circle, A Support Program for Children with a Parent or Grandparent with Cancer
Children 5-12 years of age. Call for schedule.

Mindfulness Based Stress Reduction – 8-week course. Offered throughout the year.
Next class: Tuesdays, Jan. 6-Feb. 24, 1pm-3pm at The Cancer Center of Ventura County
Call (805) 988-2641 to register

Yoga for Stress Management – 8-week course
Mondays, 11:30am-12:45pm.
Call for schedule.

Integrating Complimentary & Conventional Medical Cancer Care
Sunday, January 25, 1pm-3pm.
Keith Block, MD

Social Events

Annual Holiday Party
Saturday, Dec 12, 2003, 6pm
Call to RSVP

Fiesta de Navidad
Call the Spanish Helpline for more info, 1-888-707-9355

Call 805-379-4777 to be added to our monthly calendar mailing list or visit our website for a complete list of Wellness Community Valley/Ventura programs.

the wellness community
valley/ventura

530 Hampshire Road
Westlake Village, CA 91361

The Wellness Community is a national nonprofit organization with the mission to help people with cancer and their loved ones enhance their health and well being by providing a professional program of emotional support, education and hope.

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