

SAN PABLO ANNUAL COMMUNITY GRANT PROGRAM FY 2018-19 FINANCIAL REPORT



Please provide a brief description of how the FY 2018-19 grant was used including program events and any activities that were implemented. Use the following questions as a guideline to complete this report. You may include no more than four (4) additional pages to this report. **Only one (1) set is required as staff will make necessary copies. DO NOT INCLUDE ANY CONFIDENTIAL INFORMATION, (e.g. Social Security Numbers, Bank Account, etc.) THIS IS A PUBLIC DOCUMENT**

I. CONTACT INFORMATION

Agency Name	Cancer Support Community San Francisco Bay Area	
Street Address	3276 McNutt Ave	
City/State/Zip Code	Walnut Creek / CA / 94609	
Phone/Fax/Email	925-933-0107 / 925-933-0249 / pdudley@cancersupport.net	
Contact Person/Title	Peter Dudley / Chief Development Officer	
Community Activity/Event Name	Pláticas de Apoyo de Cáncer	
Date of Event(s)	2018-19 fiscal year	
Amount of grant funding received:	\$ 5,000	
Amount of grant funding spent:	\$ 5,000	
Summary of sponsored event participants	Age range: 12 - 80 years old # of San Pablo Residents: 1	
	Target # of people served: up to 50 low income Latinos	Actual # of people served: 22 low income Latinos
	Target goal: 25 individual counseling sessions 45 support group sessions 4 educational programs/workshops	Actual goal: 33 indiv. counseling sessions 42 support group sessions 10 ppl at Regrasar al Bienestar 3 ppl at Salud Financiera

II. PROGRAM AND EVENT INFORMATION

The Annual San Pablo Community Foundation Grant program is intended to focus on grant awards that promote any of the recommended activities, policies or programs identified in the recently adopted **City of San Pablo Childhood Obesity Prevention Task Force: Community Action Plan** adopted by the San Pablo City Council on April 21, 2014. A copy of this plan may be referenced from the City's website (www.SanPabloCA.gov), under the "City Council" Department webpage. Please describe where and how your program or event falls in one or more categories:

Cancer Support Community focuses on healthy living for anyone facing cancer, including patients, caregivers, and family members. Our healthy living programs include nutrition education programs promoting healthy diets and general nutrition information relating to wellness, cancer treatment, and recovery. We also have workshops and classes that help cancer patients and their families work with their doctors to achieve the best possible medical outcomes.

The grant awards should also focus on enhancing or promoting any of the "**Major Policy Goals and/or Strategic Policy Initiative**" identified under the **San Pablo Adopted FY 2018-21 Priority Workplan Update**, effective November 1, 2017. A copy of this plan may be referenced from the City's website (www.SanPabloCA.gov), under the "City Council" Department webpage. Please describe where and how your program or event falls in one or more categories:

The programs covered under this grant include workshops and classes that focus on the areas of Health Eating/Active Living, and on Fiscal Responsibility. We offer nutrition classes that focus on healthy diets. We also offer Salud Financiera program, focusing on financial literacy and financial stability for those faced with the crippling burdens that cancer can place on a family.

Please provide a description of the program(s), event(s) and/activity, including date(s). If you were not able to complete or achieve the goals outlined on your grant application please provide a brief explanation:

We held our support groups twice monthly on the first and third Tuesdays of every month, from 10 a.m. to noon at the West County Health center in San Pablo. Our financial capability classes occurred quarterly at our center in Walnut Creek, with transportation made available to San Pablo clients who wished to attend and needed help. Additionally, individual counseling took place at various locations including home visits. Specifically: Since July 1st, 2018, we have served 22 unique individuals through our Latino programs. Five individuals had 33 counseling sessions or home visits. 10 individuals made 10 visits to Regresar al Bienestar. 3 individuals made 9 visits to our Salud Financiera program. 4 people made 42 visits to the San Pablo Support Group.

Please provide financial information on how the grant funds were used and the number of San Pablo residents the program/event/activity serviced (requirement of at least 75% San Pablo Residents)

The grant funds went to support the overall program as part of the general cost of running the support groups, workshops, and classes. Our annual budget is over \$80,000 to provide these programs, and all our services are entirely free of charge. Only one San Pablo resident made use of these services during this period. Although we make an effort to publicize the programs and make medical professionals aware, we cannot predict where cancer patients will come from or who will use our services, and we serve anyone who comes to us.

The individual from San Pablo benefitted from the program by feeling less alone. She lives with her sister, is originally from Nicaragua and has metastatic breast cancer. At first, she found it difficult to leave the house, but as she became connected with the other people in the group, her demeanor changed. She felt empowered both by sharing her own story and learning how other members worked with their medical team or managed side effects. She learned how to work with the pain she was experiencing. After attending the group for almost a year, her cancer has progressed. She has been offered home visits so that the support she needs can continue.

III. PROGRAM/EVENT ATTACHMENTS

Please include any applicable supplemental documents not limited to: financial spreadsheet, revenues vs. expenses, invoices, stories, program agenda, etc. (Limited to **ONLY** four (4) pages – size 8 1/2" x 11" – single sheets)

<input checked="" type="checkbox"/>	Page 1 description	Program calendar page showing our "offsite programs"
<input checked="" type="checkbox"/>	Page 2 description	2018 CSC mission delivery report (covering all programs)
<input type="checkbox"/>	Page 3 description	
<input type="checkbox"/>	Page 4 description	

IV. ADDITIONAL SUPPORT

Please list any in-kind donations provided (printing, promotional items, education materials) by any other organizations:

V. ADDITIONAL COMMENTS

Please share with us any additional comments:

VI. SIGNATURE

Peter Dudley Chief Development Officer
Name & Title


Authorized Signature & Date

Please mail this * financial report and * supporting documents to the address below. Document must be received in the City Manager's Office (postmarks NOT accepted) by Monday, April 1, 2019 at 6:00pm.

- o Reporting criteria – single side document – 8 1/2" x 11"
 - ❖ 3 Page Financial Report
 - ❖ 4 additional pages – Program/Event Attachments (if applicable)

City of San Pablo
City Manager's Department, Bldg. 1
13831 San Pablo Avenue
San Pablo, CA 94806
c/o FY 18-19 San Pablo Community Grant Program

OFFSITE PROGRAMS

NOVEMBER | DECEMBER | 2018

For more information, please call (925) 933-0107.

Offsite Support Groups

ANTIOCH: Tuesdays: 1–3 pm

Location: Epic Care Antioch, 4721 Dallas Ranch Road
Weekly group for people with cancer and their loved ones.

CASTRO VALLEY: 1st and 3rd Wednesdays: 6–8 pm

Location: Eden Medical Center, Medical Office Building, 2nd Floor, 20101 Lake Chabot Road
Twice monthly drop-in group for people with cancer and their loved ones.

SAN RAMON: 2nd Tuesday: 7:30–9 pm

Location: San Ramon Regional Medical, Center South Building, West Day Room, 7777 Norris Canyon Road
Drop-in Prostate Cancer Group for men and their loved ones.

VALLEJO: 1st and 3rd Wednesday: 4–6 pm

Location: Sutter Solano Cancer Center, First Floor Conference Room, 100 Hospital Drive
Twice monthly drop-in group for people with cancer and their loved ones.

Offsite Healthy Lifestyle Class

ANTIOCH: HEALING YOGA FOR CANCER

Thursdays: 1:30–2:45 pm

NEW Location: Brentwood Yoga Center, 55 Broderick Drive, Suite C, Brentwood
Drop-in gentle, hatha yoga class designed to help improve range of motion, strength and balance along with enhancing a sense of calm and well-being. Open to anyone affected by cancer regardless of where treatment is received. Instructor: Mirtha Carballo.

VALLEJO: HEALING YOGA FOR CANCER

Tuesdays: 10–11 am

Location: Foley Cultural Center, Dan Foley Park, 1499 N. Camino Alto
Drop-in gentle, hatha yoga class designed to help improve range of motion, strength and balance along with enhancing a sense of calm and well-being. Open to anyone affected by cancer regardless of where treatment is received. Instructor: Lorianne Bender.

Servicios En Español

GRUPO DE APOYO EMOCIONAL EN ESPAÑOL

El Primer y Tercer Martes De Cada Mes: 10 am–12 pm en San Pablo

Si está interesado en un grupo de apoyo para usted o su ser querido en español, por favor llame al 925-953-1206.

TALLER EN ESPAÑOL: REGRESAR AL BIENESTAR

Sábado: 17 de Noviembre, 2–5 pm

Esta serie es para los pacientes de cáncer, y seres queridos luchando juntos para mejorar su calidad de vida durante y después del tratamiento. Este programa incluye tres partes; Yoga y el Cáncer (con Lilia Roman); Salud Emocional y Bienestar — De Paciente a Sobreviviente (con Marco Regalado); y una comida nutritiva. Para más información o para inscribirse en esta programa, llame a Marco Regalado al 925-953-1206.

SERVICIOS DE TERAPIA

Ofrecemos servicios de terapia breve a los miembros con cáncer y sus familias para ayudar a enfrentar las cuestiones relacionadas con su experiencia con el cáncer. Para obtener más información, por favor llame 925-953-1206.

Offsite Workshops

To register, please call 925-933-0107.

VALLEJO:

BEAD CREATIVE

Wednesday: November 28, 5–7 pm

Location: Sutter Solano Cancer Center, First Floor Conference Room, 100 Hospital Drive

With Pam Taylor

Design your own bracelet using stone and crystal. Everything is provided in this fun, interactive class. Pam is a long-time breast cancer survivor and artist.

CASTRO VALLEY:

AUTUMN SOUNDS OF NATURE TO ALLEVIATE STRESS

Thursday: November 1, 6–8 pm

Location: Eden Medical Center, Medical Office Building, 2nd Floor, 20101 Lake Chabot Road

With R. Consuelo Inez, Certified Sound Healer and Acupressure Practitioner

Revive and connect with the innocence of life, find a sense of calm and release with the healing sounds of nature. Journey through the forest of peace, the mountain of stability and the ocean of healing. Reclaim the balance from within your nature.

MISSION DELIVERY

2018

CANCER SUPPORT COMMUNITY SAN FRANCISCO BAY AREA

PROGRAMS AND SERVICES



971

SUPPORT GROUP
SESSIONS

7,497 VISITS



430

EDUCATIONAL PROGRAMS
& CREATIVE EXPRESSIVE
WORKSHOPS

5,194 VISITS



904

EXERCISE,
HEALTHY LIFESTYLE &
MIND/BODY CLASSES

6,829 VISITS



104

SOCIAL
CONNECTIONS

945 VISITS



51

CHILDREN,
FAMILY,
TEEN GROUPS

966 VISITS



1,462

INDIVIDUAL,
COUPLES OR FAMILY
COUNSELING, INTAKES,
OPEN TO OPTIONS

1,462 VISITS

OUTCOMES



90%

LESS LONELY AND
MORE CONNECTED



81%

MORE EMPOWERED TO
MANAGE THEIR ILLNESS



78%

COPING BETTER WITH
DEPRESSION



86%

QUALITY OF LIFE
HAS IMPROVED



98%

WOULD RECOMMEND CSC
TO OTHERS

2,201

CANCER PATIENTS
AND THEIR FAMILIES

10% increase over 2017

23,004

VISITS TO CSC

3% increase over 2017