

A DAY IN THE LIFE

CANCER
COMMUNITY
CENTER

2012
ANNUAL
REPORT





Dear Friends,

I am very excited to share this year's annual report. We've taken a different approach, which we feel captures the originality of the Cancer Community Center. A wellspring of hope and inspiration, we truly are the place to start when you don't know where to begin.

The number of participants attending our programs has increased by more than 20% each year for the past three years. Our classes and groups are filled with laughter and a sense of renewal, as people who may have nothing more in common than a disease, come together to heal in a nurturing environment.

In the pages that follow, you'll read about Pat Deignan, a beloved member of our community who exemplifies what we're all about. We hope you find her story uplifting.

We are grateful for all of you in our donor community who refer those in need, attend our special events, make generous gifts, and volunteer your time and talent. The Center couldn't exist without you. All of us on staff feel privileged to work here, and get to know the incredible people who inspire us on a daily basis. We are particularly thankful that you have made that possible by helping to keep us in the black again this year.

Since our inception in 1998, the Cancer Community Center has helped thousands of people connect and support one another. If you haven't visited, we invite you to drop in for a tour and meet some of those who make our program so special. If you time your visit right, you might even have the opportunity to meet Pat.

Sincerely,

Michele Johns
Executive Director

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“The Cancer Community Center
was the right place at
the right time for me.”

Pat Deignan



Eight years ago, Pat Deignan read an article about a local woman diagnosed with three types of cancer, who believed she had cured herself through diet. Pat was moved by the piece, and filed the information away should friends or family require it in the future. One month later Pat was diagnosed with ovarian cancer.

Pat came to the Cancer Community Center for the first time two weeks after surgery, to take a cooking class offered by the woman whose story had so impressed her. She's been coming here ever since.

“I believe we can be taught anything at any age if we remain willing and open,” says Pat. “The Cancer Community Center has been my teacher throughout this journey. And I am eternally grateful.”



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ON THE WEB
Find a full listing of free programs and services for adults impacted by cancer as well as a digital version of this annual report. Visit www.CancerCommunityCenter.org

Special thanks to annual report contributors:
Kevin Brusie, Kevin Brusie Photography
Martha Fenton, Copywriting
Christopher Hadden, CH Design

5:50 AM

I'm an early riser.

I get up at ten minutes to six each morning, make a cup of coffee, and sit down to read and write in my journal. A person doesn't always wake up in the best of moods. This is my way of bringing my thoughts back into balance.

Pat found the same regenerative energy at the Cancer Community Center.

I learned to be myself again here. The Center has been my touchstone, reconnecting me with my sense of humor and all that I truly am. Thanks to this place, and my wonderful family, I continue to look at life as an opportunity.

Pat's husband, Tom, joins her around 8:00 and they discuss the day before she's off to the Center.

Tom has been a dear and true partner on this journey. He even learned to cook fish.



9:00 AM

It's important to live your life in between treatments.

The Cancer Community Center provides many opportunities for those touched by cancer to try new things and explore new aspects of themselves. Free classes and activities include Pilates, painting, knitting, cooking, scrapbooking, zumba, tai chi, yoga, and meditation.

Pat visits the Center five days a week, often three or four times a day. She started taking Pilates the first day it was offered, and attends class Monday, Wednesday, and Friday mornings.

The Pilates program is so beneficial because it strengthens the core muscles. I've had two major abdominal surgeries since I began doing Pilates, and in both cases, my recovery was expedited because of the core strength I've developed. During the second surgery, my spleen was accidentally cut and I nearly bled to death. If I had not been as fit and strong as I've become through the Pilates, I wouldn't be sitting here today.

But it's not just the benefits of exercise that make this class special, it's the encouragement we all give each other. It's like attending an active support group.





3:00 PM

Supporting others on their journeys is a meaningful way for me to give back.

The Maine Buddy Program™ is offered by the Cancer Community Center to those facing their own or a loved one's cancer diagnosis and treatment, or grieving a loss. Participants are matched with trained volunteers who have shared a similar cancer experience.

The Center has given me so much—physically, emotionally, and spiritually. Supporting others on their journeys is a meaningful way for me to give back. I've been a volunteer for four years now, and I've had nine buddies. The one-on-one dialogue is helpful for people who might fear being completely open in a group situation. And geography is no boundary. I've had phone buddies from all over the state.



7:00 PM

I have a wonderful husband and wonderful children; they're extremely supportive. But they have not had cancer.

Spending time with others who have cancer or are cancer survivors is important for coping and healing. The Cancer Community Center offers more than a dozen different support groups, casual, intimate gatherings for those with similar cancer experiences, as well as groups for care-givers and families. Pat Deignan co-facilitates a group twice a month.

One of the most helpful tips I picked up in group was how beneficial massage is for the neuropathy that's often a side effect of chemotherapy. Another tip was meditation. I was receiving chemo treatments at the time, and having trouble sleeping. Thanks to the techniques I learned in the meditation class, I haven't missed a night's sleep since.



The biggest misconception I've encountered is that the Cancer Community Center is a sad place, that those of us in this community aren't happy. I have never known anyone who has come here and not left in a better place. No matter how low your mood when you walk in, you always feel better when you leave.

Judith “JR” Akerley
Kathy Kelly-Murphy
Barbara & Tom Nelson
Lillian D. & Richard P. Pestilli
Sons of Amvets, Post 2
Eric & Melanie Tennyson
Marlene D. & Edward W. Young, Jr.

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Jane Bakke
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Heather Nelson
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Marlene D. & Edward W. Young, Jr.

Emma Albert
Rosalie & Peter Tubbs

Nancy Alward
Amy Alward

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Bev & Charlie Sowerby

Richard Baker
Family Preventive Dental Care, P.A.

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Pat Boone-Tilley & Steven E. Tilley

Patricia Barr
American Legion Post #128
Laura Richardson Briggs
Barbara Cherecwich
Marjorie Clancy
Jocelyn Dill
Sue Estabrook
Friends at the Eileen Beauchamp
Invitational Tournament
Patricia & Anthony Gonsalves
Brad Holt
Linda Hunt
Claudia C. Lackee & Joanne Lannin
Barbara MacNeil & Mary Griffin
Massachusetts Miracles Sr. Women’s
Basketball Team
Majorie Masse
NAPUS - Maine Chapter #29
Christine Peduto
Sarah & Brian Razak
Katherine Roy
Anita & Gregory Smith
Debra J. Smith
Julie & Curtis Smyth
Mary & James Sucharewicz
Bonnie Tepfer
John Tumiel
University of New England
Sue Weatherbie
Mary A. Whited
Dyanna Wittman

Barbara B. Gordon
John Gordon

Howard D. Grant
Ernie Grant

Lois Cooper
Greenleaf Elementary School
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Joanne & Gene Parker

Ann Hagan
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Waltrud Herman

Alyson Hunter
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Stu Hunter

Susan Iatesta
Kathy & Robert Crispin

Nancy Jimino
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Barbara & Ron Boutet

Ann Carlsson
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Nancy Gibson & Jim Bailinson
David Robinson
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Carol Lynne Stark
Nancy & Christopher Pierce

Ron Strout
Don Roy Trio Tribute Concert
Deb Strout

William Thayer
Jennie H. Clark

Mark Thibeault
2nd Annual Legends
Memorial Classic Run

Betsy Tiemann
Elizabeth Jamison

Jennifer Urbano
Erin B. Melhuish

Florance von Reyn
Knit Wit

Florence Mezoian VonWiller
Jeannine F. & George U. Mezoian

Marador Wagner
Family Preventive Dental Care, P.A.

Jennifer Willey
Vi & Thomas A. Willey

Karen Wogan
Joan & Richard Beard

Robert Julius Yamartino
Carla Marcus & Lawrence Mohr

Special Events

Laughter is the Best Medicine
Comedy Show
Marie Wood & The Red Hatter’s
Flea Market
My Stache Fights Cancer Campaign
Perform for a Cure
Portland Sea Dog’s Mother’s
Day Race
Sebago Brewing Company &
Big Moose Harley Davidson 3rd
Annual Charity Bike Run
Sebago Brewing Company Classic
Car Night Cruise In
Sebago Brewing Company Soft
Opening – Fore Street
Spring Art Festival
Summertime Social & Barn Dance
University of New England
Dance-a-thon & Dunk Tank
Whole Food’s Market
Portland 5% Day
Women’s Ice Hockey Tournament
WJBQ 97.9 Cans for a Cure

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South Portland
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TD Bank
Thompson’s Orchards
Toot’s Ice Cream
Vont
Yankee Marina
Yarmouth Boat Yard
WMTW 8
Zone 3 Fitness

Financial Report - Tax Basis

Statement of Financial Position (unaudited) (tax basis) as of June 30, 2012 and 2011

	2012	2011
ASSETS		
Cash and cash equivalents	381,795	296,518
Investments	601,278	618,006
Property and equipment, net of depreciation	40,144	9,999
Other Assets	<u>35,166</u>	<u>35,410</u>
TOTAL ASSETS	<u>1,058,383</u>	<u>959,933</u>

LIABILITIES		
Accrued Expenses and Deferred Revenue	<u>38,265</u>	<u>6,004</u>

NET ASSETS		
Unrestricted	510,583	444,394
Board Designated for Endowment	300,000	300,000
Endowment (unrestricted)	209,535	209,535
TOTAL NET ASSETS	<u>1,020,118</u>	<u>953,929</u>
TOTAL LIABILITIES AND NET ASSETS	<u>1,058,383</u>	<u>959,933</u>

Statement of Activities (unaudited) for the years ended June 30, 2011 and 2010

	2012	2011
REVENUES		
Fundraising Events	311,499	228,955
Contributions and Grants	307,351	272,561
Investment Income (Including unrealized gain (loss))	<u>-11,267</u>	<u>109,948</u>
TOTAL REVENUES	607,583	611,464

EXPENSES		
Program Services	318,082	317,066
Supporting Services		
Management and General	69,366	56,164
Development	<u>153,949</u>	<u>144,439</u>
TOTAL EXPENSES	541,396	517,669
INCREASE (DECREASE) IN NET ASSETS	66,187	93,795
NET ASSETS BEGINNING OF YEAR	953,929	860,134
NET ASSETS ENDING OF YEAR	<u>1,020,116</u>	<u>953,929</u>

Cancer Community Center
778 Main Street
South Portland, ME 04106

Non Profit
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U.S. Postage
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Portland, ME

The place to start when you don't know where to begin.

The Cancer Community Center offers free programs, activities, and support for adults impacted by cancer.



www.CancerCommunityCenter.org
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207-774-2200