



# NBCA

NORTH BAY CANCER ALLIANCE

## Men's Cancer Support

Historically we men have not been first in line to attend support groups, talk about our feelings, share our stories, and be vulnerable, generally speaking. Yet we get cancer at a higher rate than women. So when Cindi Cantril, Regional Director of Cancer Support Services and Patient Navigation at Sutter Bay Medical Foundation (center above) asked NBCA if we would fund a first ever Men's cohort of the long-running Mending Under the Moon Survivorship Retreat, we said Yes!

NBCA requested that there be a scientific research study attached to the program. That study yielded statistically significant results including that anxiety and depression were lowered and self-efficacy was raised over the 12 week post-retreat period. This validates what participants have said about the program for years. We can clearly see from those smiling faces above that the men developed friendships, comradery and have new skills with which to approach their lives. Well done men!

—Kent Corley

### Men's Mending Under the Moon

*“ I am and will forever be grateful for this retreat opportunity. To be able to get away, and not have the worry or stress to pay for a venue for a few days has been such a blessing. The financial struggle for many who are living with or have had cancer continues to be a struggle. ”*

—Participant

*“ And to the men who were courageous enough to bare their hearts and souls at this retreat; I can only wish I can continue to be as brave and as strong as our group has been. ”*

—Participant



## NBCA serves North Bay cancer patients through partnerships with local oncology offices and cancer agencies.

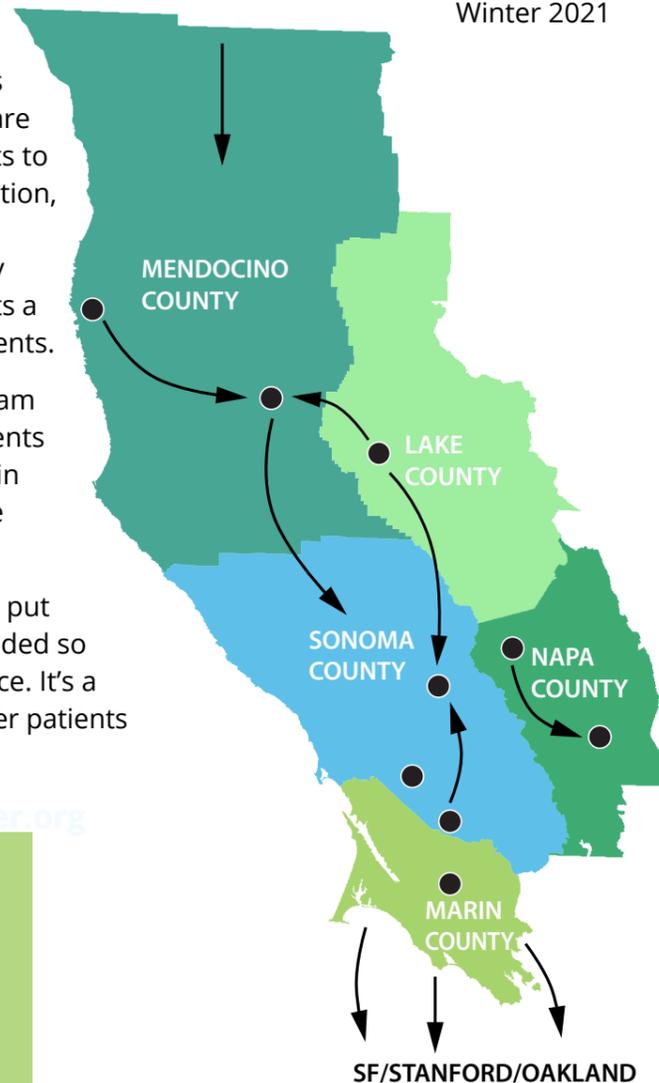
NBCA is an independent nonprofit community resource supported entirely from donations. We receive no state or federal funding. To date we have supported local cancer patients with more than \$850,000 in the form of cancer risk assessments, complementary therapies, health and wellness classes, nutrition programs, support groups, and most importantly financial assistance for transportation expenses, groceries and even lodging during vital cancer treatments.

## NBCA's Cancer Patient Assistance

NBCA supports local cancer patients with services and a wide variety of programs, none of which are as impactful as those that enable cancer patients to begin, stay in, and complete their chemotherapy, radiation, and other lifesaving treatments. In many cases the treatments are covered by insurance yet the frequency and distances involved to receive these treatments puts a heavy burden on families just to get to their appointments.

Every time we add a new oncology center to our program (we now have 7) we see the same thing; there are patients faced with the financial dilemma of starting or staying in treatment which all too often is set against keeping the lights on and food on the table at home.

NBCA doesn't have applications or waiting periods. We put funding in place at the oncology centers before it's needed so low-income patients can draw on it at a moment's notice. It's a unique and very effective approach at helping the cancer patients who need it the most.



[www.northbaycancer.org](http://www.northbaycancer.org)

## A brief history :

### We have distributed \$862,181 to cancer patients in the North Bay!

#### Ongoing Cancer Patient Assistance

- Travel Assistance, Grocery Cards, Gas Cards, Lodging Expenses
- STRENGTH Blankets donated to patients and families
- Classes: Health & Healing, Rebuild & Renew, Gentle Sound Healing & Yoga, Nutrition
- Education & Empowerment lectures
- Cancer Support Groups
- Spanish Translation

#### Sonoma County Cancer Risk Assessment Project

- Free Mammograms
- Free genetic risk assessments
- Financial Aid
- 5,500 cancer patients helped
- This pilot program was adopted by St. Joseph Health
- Completed 2012



#### Cancer Support Sonoma (Sonoma Valley Hospital)

- Complementary and integrative oncology services (more than 2,000 sessions)
- Acupuncture, Cranial Sacral Therapy, Feldenkrais, Jin Shin Jyutsu, Naturopathy, Qi Gong, etc.
- Research paper published by UCSF
- This pilot program was adopted—visit [www.cancersupportsonoma.org](http://www.cancersupportsonoma.org)
- Completed 2017

#### Leukemia Lymphoma Society

- Transportation Assistance
- Research
- 180 cancer patients supported
- Completed 2018

#### Sutter Health Cancer Support Services

- Mending Under the Moon Survivorship Retreat
- Three-day retreat, two programs for women, one men's program
- Completed spring 2019

#### Ceres Community Project

- Transition support program and research for low-income cancer patients
- Phase 2 Transition support program and research for low-income cancer patients
- Completed 2020

#### Institute for Health and Healing—Santa Rosa

- 54 free services for patients
- Ongoing

## If you need to travel for treatment, we'll help you get there.

Life is hard enough these days. Now add a cancer diagnosis that needs to be translated into Spanish.

Do you know anyone who needs assistance?



# Have you ever felt powerless to help a friend or family member through cancer?

Consider donating to NBCA and let us put your money to work. In 2021 we will shift support dollars previously allocated to educational programs and support groups to 100% financially supporting patients in treatment.

NBCA does not have a national infrastructure to support and we don't receive any state or federal funding. We support patients in the North Bay and make all of our decisions locally. Our focus is on helping low-income patients and we will always support patients with all cancer types.

Visit [www.northbaycancer.org](http://www.northbaycancer.org) and donate online or send in a check today.

Note our new address:  
2360 Mendocino Ave. A2 - #363  
Santa Rosa, CA 95403

## Portraits of Strength

While we focus on helping those in treatment we also want to recognize the STRENGTH and RESOLVE of those on the other side. We are inspired every time we speak with cancer survivors. Acclaimed photographer **Eric Stampfli** is building a **Portrait of Cancer** through a series of black and white photographs. If you or someone you know is interested in being part of this powerful project please reach out to Eric at [estampfli@gmail.com](mailto:estampfli@gmail.com).



Mr. Kent Corley,

From 'out of the blue' tangible help materializes, the heart pumps wildly with relief and surprise at the notion that 'not only do some folks care about us, but we are shown extraordinary support.' Such help comes at important milestones in fighting for a good solution against cancer.

Kent, you and North Bay Cancer Alliance have stood with us through trials of Chemo-Therapy, Surgery, and Radiation. We are profoundly affected by your professionalism and personal empathy.

Most Sincerely,  
Bill Huffman

We received \$25,000 from the Safeway Nourishing Neighbors Program – Thank You Safeway!



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NBCA Newsletter  
Website: [www.northbaycancer.org](http://www.northbaycancer.org)