

## Star Caregiver



**the wellness community**  
silicon valley  
where support, education and hope

# Thanking the Stars in Our Lives

November 10, 2009

## STAR Caregiver Appreciation Dinner

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The purpose of the STAR Caregiver Appreciation dinner is to recognize and say thank you to the often – unrecognized and under-appreciated work of individuals who provide care that makes a difference in the quality of life for cancer patients and their loved ones. All proceeds from the dinner will be used to open a local affiliate of The Wellness Community dedicated to providing support, education and hope for people affected by cancer, *free of charge*.

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## STAR Caregivers

Show love and compassion

Take care of themselves because they understand that if they are not physically and mentally healthy, they cannot effectively care for others

Actively seek out information, advocate for their patients or loved one, ask for and accept help willingly

Recognize that change - good or bad - is a natural part of caregiving and remain flexible

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The Wellness Community-Silicon Valley and  
Honorary Dinner Chair Mary Curtis,  
*Founder, President, CEO, Pacifico, Inc.*

Invite you to attend the

★ **2009 STAR Caregiver Appreciation Dinner** ★

Tuesday, November 10, 2009

Villa Ragusa

35 South Second Street, Campbell CA

6 p.m. Registration Check-in

No-host Bar and Not-So-Silent Auction

7 p.m. Dinner and program

*Dressy Business Attire*



# 2009 STAR Caregiver Honorees



Teresa Attebery  
Gemma Concepcion  
Karen TenEyck D'Augusta  
Pam Dickinson  
Dr. Shane Dormandy  
Dr. George Fisher  
Leah Folck  
Michele Gray  
Robin Hedden  
Dr. Susan Kutner  
Janet Laverty  
Jen Lee  
Pam Lehner  
Sherrie Lima  
Joanna Losito  
Connors McConville  
Tom Service  
Margarita Vizcaya  
Kelly Wilcox  
Dr. H. Irene Wu



## The Wellness Community-Silicon Valley Board of Directors

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Rusty Hammer, Co-founder (1953-2008)

Pamela Hammer, Chair

Patricia Lawson, Vice Chair

Mike Culcasi, Secretary

Julianne Biagini, Treasurer

Steve Tedesco, Immediate Past Chair

### **Directors**

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Susan Rodin

Randy Walden

Jasan Zimmerman

*Karen Storey – Executive Director*

## About The Wellness Community

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In 2006, Rusty and Pamela Hammer participated in The Wellness Community in Pasadena, where they found helpful resources and a nurturing community while Rusty was going through treatment for acute myeloid leukemia. When they moved back to San Jose, they were very frustrated to find there was nothing like the Wellness Community in the local area. So along with friends Karen Storey and Steve Tedesco they were determined to start a grass roots effort to establish The Wellness Community in Silicon Valley.

Today, a dedicated group of community volunteers, along with your support, hope to make the vision a reality by opening The Wellness Community in Silicon Valley in early 2010. We will begin providing free support, education and hope to cancer patients, caregivers and loved ones. Through participation in professionally led support groups, survivorship workshops, nutrition and exercise programs and mind/body workshops, people affected by cancer will learn vital skills that will enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease.

Nationally, The Wellness Community, beginning its 28th year, and Gilda's Club have joined forces to become the largest provider of psychosocial cancer support in North America. Our combined organization will also be the largest employer of psychosocial oncology support professionals, advancing the idea that psychosocial care is as important as medical care in the face of a cancer diagnosis. Today there are over 50 facilities in the United States, two centers abroad (in Tokyo and Tel Aviv), and support on-line through The Virtual Wellness Community. TWC also provides on-line resources for teens with cancer and their parents at Group Loop.

*For more information, please visit our website at [www.svwellness.org](http://www.svwellness.org).*



[www.svwellness.org](http://www.svwellness.org) 408.768.3963