

hope

THE WellnessConnection

Fall/Winter 2007

cancer support, education and hope

Life Lessons



Evelyn & Jimmy Lamenti

“I knew I had found exactly what I was looking for when I walked through the door of The Wellness Community,” Evelyn Lamenti said. “After attending the newcomers group I told my husband about it. Early on, I attended a weekly support group. Now I’m in the Life After Cancer group that meets twice a month. My husband and I also attend the dream group where we’ve been able to take advantage of the support we get there.”

Evelyn and her husband Jimmy have been attending support groups and workshops since shortly after Evelyn’s diagnosis of a rare cancer in 2004. Her husband, Jimmy Lamenti said, “I found that when Mrs. Lamenti was diagnosed, they already had her on the deathbed, so, going to the support groups helped me work through things we were confronting.

It has helped deepen the relationship between us. You know, being together for so long, you communicate in a certain way. The cancer placed us in a situation where there was this realization that we needed to develop a new way of talking about what we were feeling. I understood that I needed to grow into my role more fully as a support person.”

“We look forward to receiving the program calendar so we can arrange our schedule to take advantage of workshops and educational series.”

Three years after her diagnosis and thriving, Evelyn still looks forward to receiving her monthly calendar. She’s attended the yoga group and the series on meditation. “I found the meditation so calming. Now, I practice because it fills a need that enhances my life. We participate in as many things as we can that The Wellness Community offers. I’m just so glad they exist.”

Wellness Golf Classic *The Wellness Golf Classic has become one of Northern California’s premier charity golf events. The 13th annual tournament was our most successful ever, featuring McKesson and Accenture as Title Sponsors.*

The Wellness Golf Classic was also sponsored by the following corporate and community leaders: **Gold Sponsors**—GlaxoSmithKline, The Rite Aid Foundation; **Silver Sponsors**—Bain, Bell-Carter Foods, Capgemini, IBM, SAP; **Bronze Sponsors**—Comerica Bank, ConocoPhillips, Ernst & Young, First Bank, John Muir Health, Mechanics Bank, Miramonte, PMI, PricewaterhouseCoopers, Steven’s Printing, Tesoro, Tyris Corporation, Sunvalley Shopping Center, Union Bank; **Contributing Sponsors**—

A&B Die Casting, Amgen, Cooper White & Cooper, Foley Lardner, Pascusso & Pate, Progressive Transportation, Scott Valley Bank, Saylor & Hill, Sequoia Landscape, Verizon, Walgreens.

Thanks to their support, the Wellness Golf Classic raised over \$150,000 this year. The proceeds will underwrite three ongoing support groups, three classes and series, eight educational workshops, and one of our Kids Circle/Teen Talk workshops for children whose parents have cancer—supporting over 180 cancer patients and their families. *Thank you!*

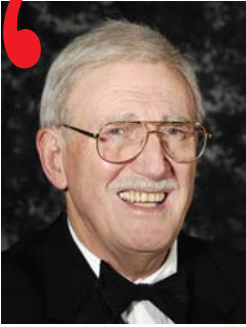
The proceeds will underwrite support for over 180 cancer patients and their families.

13th Annual Golf Tournament		
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GOLD	GlaxoSmithKline	Bell Carter
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CONTRIBUTING	A&B Die Casting	Amgen
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	Progressive Transportation	Verizon/Berkowitz
	Comerica Bank	First Bank
	Saylor & Hill	Scott Valley Bank
	Sequoia Landscape Spec.	Walgreens
TOTAL FUNDS RAISED		\$157,000

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“



Bill Clarkson Cancer Survivor

The Wellness Community helped me take down the barriers that impeded my way to better health. I have accessed new therapies—like acupuncture and learned about nutrition—that may allow me to live longer.

My support group and the educational workshops have given me the communication tools to get to the heart of things when I talk to my family.

I continue to be mystified by life and overjoyed by those I love.

I think anyone who does not avail themselves of what The Wellness Community has to offer is short-changing themselves in a big way.

Capital Campaign Update

Your support has made a critical difference in people's lives!

Since we opened our home in Walnut Creek in 1997, over 8,000 people have been served at The Wellness Community. During 2006 alone, we received 10,847 visits from 1,409 cancer patients and their family members.

With your help, we are committed to do more. In 2007, the Board of Directors announced our Capstone Capital Campaign, which will allow us to expand and improve our home facility. Over the next five years, we will be able to double our services for people affected by cancer.

The first initiative in the campaign is to pay off our mortgage. We are pleased to announce that the McKesson Foundation recently awarded a grant of \$30,000 to this project. In total, over \$130,000 in donations and grants have been raised so far to retire the mortgage on our home.

The second initiative in the campaign is to remodel and expand the foyer, living room and outdoor patio area. This will allow us to serve more people by creating larger meeting spaces for workshops and classes, and to grow our library and education center.

We are also very pleased to announce that our remodeling project will be supported by a recent challenge grant from The HEDCO Foundation. Each gift to this initiative will be matched by HEDCO, up to a total of \$80,000!

Please consider a special gift this year to the Capstone Capital Campaign, in addition to your annual support for The Wellness Community. This is an opportunity to make a lasting difference for cancer patients and their families in our beautiful home.

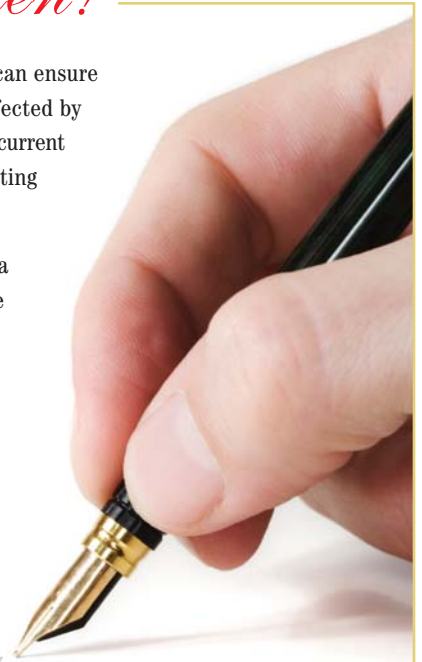
Planned Giving

with the stroke of a pen!

Through a charitable bequest in your will or living trust, you can ensure that The Wellness Community will continue serving people affected by cancer, free of charge. This thoughtful act, which has little or no current financial impact on you, may result in the largest and most lasting one-time gift you ever make.

You don't have to be wealthy to leave a planned gift. If you own a home, stocks or even a car, you have an "estate." You can donate your house or car, cash, life insurance, stocks, bonds, furniture or art. Often you and your heirs can reap substantial tax benefits by donating a portion of your car to charity.

Please contact us at (925) 933-0107 for more information on our Planned Giving programs.



planned giving

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for more information about
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their loved ones.

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