

PROGRESS REPORT

JUNE 25, 2020 - APRIL 15, 2021



SERVING OUR BELOVED
COMMUNITIES OF

Riverside County
San Bernardino County



On March 16 2020, shortly before submitting our grant application for Stater Bros Charities, Riverside Community Health Foundation's closed its physical locations and transitioned all staff to remote work due to the COVID-19 pandemic.

Assessing the needs. RCHF conducted needs assessments to identify the rapidly changing needs of the community and focused on adapting to our new circumstances. These assessments gave us insight as to what the community, as a whole, was facing and what types of services were needed the most. We also used our client navigation services at The Pink Ribbon Place to conduct nearly 1,000 wellness calls to existing clients, speaking with over 300 of them. Through these conversations, we gained specific insight as to what was most challenging for those impacted by cancer. Loneliness, economic hardship, loss of routine were all major factors for our target population. These factors led to stress, anxiety, depression and weight gain which can all negatively affect a cancer journey, even those long into remission.

Responding to the needs. In response to our findings, The Pink Ribbon Place **transitioned all service categories virtually** and **expanded on the following services:**

- We revived our **counseling sessions** and increased access by partnering with Central Counseling Services. This partnership gave our clients access to 22 counselors with sessions available 7 days a week.
- We doubled the size of our **SoCal Women's Cancer Conference** and we're proud to offer the entire conference in Spanish for the first time ever.
- We expanded our **product offerings** to include grocery assistance in the hope of reducing stress due to financial hardship. Also included in packages were masks and hand sanitizer, two essentials for helping our clients stay well during the pandemic. Our team also expanded product offerings to include a 10- to 17-piece treatment kit full of sample-sized products that help alleviate some of the most common side effects experienced during cancer treatment, such as nausea, dry mouth, fatigue, stress, dry skin, cracked cuticles and mouth sores. For a personal touch, we included hand crafted items from volunteers and information about our available services: education, exercise, support groups and counseling services to support their efforts to find new routines and opportunities to connect with others.

What we learned. There was much to learn over the course of the last year. Our team learned a great deal about approaching challenges and change with open minds, can-do attitudes, and creativity. What was possible before, simply, was not an option anymore. We learned to brainstorm, try new things, pivot and adapt to variables outside of our control. We learned that services could continue to be offered at a distance and that virtual services significantly decreased barriers to accessing care and support services, especially for those living in more rural parts of the Inland Empire and to those who are unable to attend in-person services due to physical restriction and/or caregiver limitations. Additionally, we learned how to connect with people without being able to see them in person. A thoughtful voicemail to a long-time client, a note of encouragement included in a care package, a social media post reminding people to be kind to themselves all allowed our team to maintain some of the personality and compassion that our center is known for.

GOAL

To Improve the quality of life for individuals and families impacted by cancer.

ACTIVITIES IN 2020

OBJECTIVE 1

50% of those participating in TPRP educational services will report an increase in knowledge and/or skills.

- 31 Health Education
- 70 Aquamotion Strength Recovery Classes
- 52 Yoga Classes
- 12 Look Good Feel Better Sessions
- 1 SoCal Women's Cancer Conference
- 10,000 Breast Cancer Educational Doorhangs

OBJECTIVE 2

80% of those who seek a TPRP financial support service will receive the service or be referred to a partner

- 1 Holiday Giving Program
- 1,300 Support Products

OBJECTIVE 3

50% of participants in mental health services will report an increase in sense of confidence or connectivity.

- 196 Counseling Sessions
- 313 Client Navigation Calls
- 8 Ovarian Cancer Support Groups
- 8 English Cancer Support Group
- 8 Spanish Cancer Support Group
- 8 Metastatic Cancer Support Group
- Pink on Parade

44,963

service related encounters

10,709

services provided



CLIENT DEMOGRAPHICS

ETHNICITY

57% Latino Hispanic
22.6% Caucasian, Non-Hispanic
12.2% Black/African American
3.7% Asian/ Pacific-Islander
3.6% Caucasian Hispanic
0.5% Multi-racial
0.5% Prefer not to say

SEX

84.6% female
0.6% male
14.9% prefer not to say.

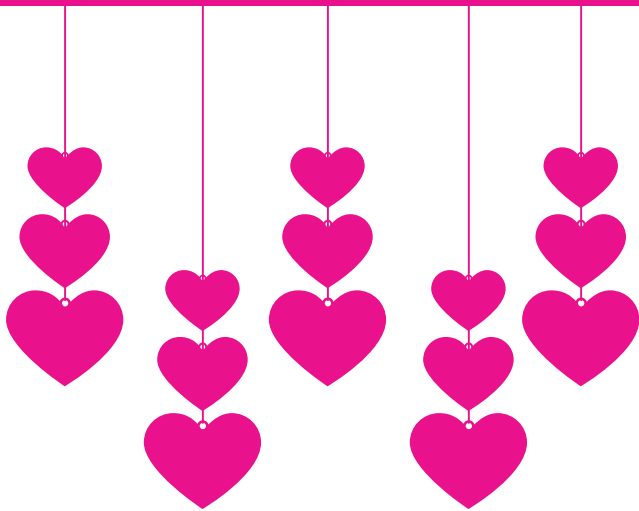
AGES

Under 18: 1%
18-24: 1%
25-44: 21%
45-64: 56%
65+: 21%

CANCER STATUS

91.5% cancer survivors
8.5% support persons

PROGRESS OF STATER BROS. CHARITIES IMPACT



Stater Bros. Charities funding supported the following services: educational services, product support services and behavioral health services between:

JUNE 25, 2020 - APRIL 15, 2020

HOLIDAY GIVING PROGRAM

- 22** INDIVIDUALS SERVED
- 4** FAMILIES
- 7** MINOR CHILDREN
- 3** YOUNG ADULT CHILDREN
- 40** GIFTS
- 80** IN GROCERY ASSISTANCE
- 4** HOLIDAY FEASTS
- 3** CHRISTMAS TREES

All Holiday Giving Program recipients had one family in active treatment and/or had lost a parent to cancer within the past year. Gifts were delivered directly to families' homes before Christmas Day.



SUPPORT PRODUCTS



PRODUCTS & SHIPPING

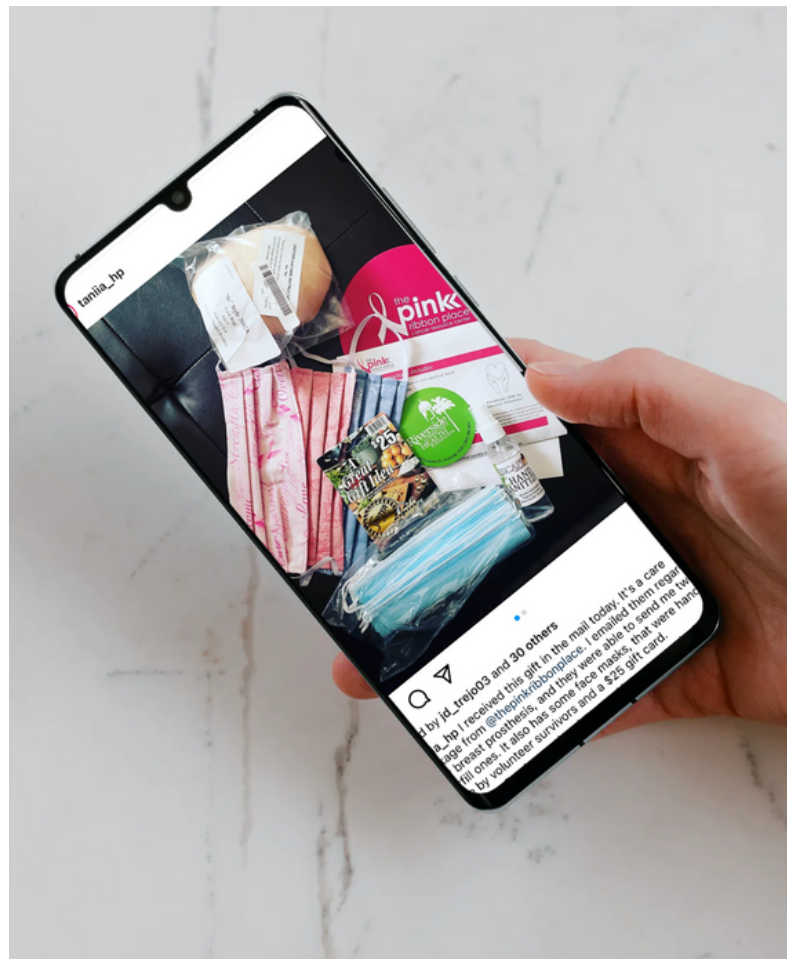
- Treatment Kits (17 items)
- Soft-fill Protheses
- Hand sanitizer
- Head wear
- Cotton Masks
- Disposable Masks
- Grocery Assistance
- Clip-on Bangs

1,300
support items
distributed

96
packages
shipped

CLIENT TESTIMONIAL

"I received this gift in the mail today. It's a care package from @thepinkribbonplace. I emailed them regarding their prosthesis, and they were able to send me two fiberfill ones. It also has some face masks that were hand-made by volunteer survivors and a \$25 gift card. I spoke to Sarah over the phone and have to say she is an amazing person. She took time to talk about how I'm doin. She is very helpful and resourceful. The prosthesis will help me until I get the left breast tissue expander put back on in a few months."



2020 VIRTUAL SOCIAL WOMEN'S CANCER CONFERENCE

57
sessions

2
languages

31
speakers

14
survivor stories

8
cancer types



Attendee Testimonials on why staying up to date on cancer treatment and survivorship information throughout the journey is important.

"In my opinion it's a must, and it's very important to stay on top of cancer information. Throughout your journey for however long it's going to be, things change, information gets better so it's important to stay on top of this."

"There is a constant influx of new information coming out so it's important to stay on top of it, or have a caretaker and/or friend or family member stay on top of it for you. My mom, sister and maternal aunt all had breast cancer. My mom had it nearly 20 years before me, so a lot of the information she shared from her experience was obsolete."

"This space and the options available to those at risk and those in treatment changes frequently; it's important to stay up to date on current information to fully understand and explore all available options."

308
registrants

OVERALL ATTENDEE EXPERIENCE

Excellent
58%

Very Good
30%

Good
10%

SESSIONS OFFERED IN ENGLISH

LIVE SESSIONS

- Living with Meaning: Finding Purpose and Joy in Everyday Life
- Eating Well: During and After Cancer Treatment
- Navigating Cannabis Use for Cancer
- The Impact of a Cancer Diagnosis on Relationships and Tips to Help Promote Healthy Connection and Communication
- Patient Advocacy and Cancer Data Working Together
- Let's Talk About Sex - Intimacy and Sexual Health After Cancer
- Palliative Care - Complex Pain and Symptom Management

ON DEMAND SESSIONS

- Nutrition in Cancer Care
- The Connection Between Genetics and Cancer
- The Conversation You Shouldn't Avoid: A discussion of estate planning documents you need including an Advance Health Care Directive
- Behind the Scenes of City of Hope Clinical Trials
- Emotional Impact of a Cancer Diagnosis
- Physical Therapy Management of Lymphedema and Lymphedema Related Pain
- Legal Tips for Cancer Patients
- Understanding Breast Cancer: A Surgeon's Perspective
- Dispensary Navigation 101
- Rehabilitation After Cancer Treatment: The Road to Recovery
- Breast Cancer 101: A Medical Oncologist's Perspective
- Breast Reconstruction: A Plastic Surgeon's Perspective
- Breast Cancer and Radiation Therapy
- Genetic Counseling for Hereditary Breast and Ovarian Cancer Syndrome, am I at Risk?
- Navigating Health Insurance
- Living with Metastatic Breast Cancer: Metastatic Breast Cancer Collateral Damage Project
- Disability Insurance and Financial Assistance
- Gynecological cancers: What you need to know
- Emotional Impact of a Metastatic Cancer Diagnosis
- Ovarian Cancer-What Every Woman Should Know
- Skin Cancer: A Medical Oncologist's Perspective
- Colorectal Cancer Updates 2020: What Every Patient Should Know
- Genetic Counseling for Lynch Syndrome, am I at risk?
- Robotic Surgery in Gynecologic Cancer
- Lung Cancer: A Medical Oncologist's Perspective
- Blood Cancer and Women's Issues
- Thyroid Cancer 101
- Lung Cancer: What you need to know

SESSIONS OFFERED IN SPANISH

LIVE SESSIONS

- Discovering Resilience
- Understanding Family Dynamics
- Eating Well During and After Your Cancer Treatment
- Advocacy: How to Speak Up with Confidence and Be Heard to Improve Your Health
- The Benefits of Palliative Care for Cancer Treatment
- The Use of Cannabis to Treat Cancer
- Sexuality, Intimacy, and Cancer

ON DEMAND SESSIONS

- Nutrition for Cancer Care
- Addressing the Emotional Changes of Cancer and Providing Well-Being
- What Every Women Should Know about Breast Cancer
- Genetic Counseling for Hereditary Breast and Ovarian Cancer Syndrome, Am I at Risk?
- How to Prepare for An Effective Visit with Your Doctor
- Legal Advice for Cancer Patients
- Dispensary Navigation 101
- Navigating Health Insurance
- Support - Communication between Cancer Patients and their Partner
- Disability Insurance and Financial Assistance
- Colon and Rectal Cancer
- Genetic Counseling for Lynch Syndrome, Am I at Risk?
- When Can Gynecological Surgery Be Done with a Robot?
- What Every Women Should Know about Ovarian Cancer
- Talk on Hematologic Cancers: Symptoms and Options for Therapy