

Neighborly

QUARTERLY NEWSLETTER



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(Beyond Pink for Pink's Sake)

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visit our [website](#)

Finding Your Way Through Local Support

HELPING YOU NAVIGATE ON YOUR JOURNEY

A cancer diagnosis brings questions - often more than anyone expects. And while the internet offers endless information, it can be hard to know what's accurate, what's relevant, and what's just noise. That's why having local support matters.

At Oregon Cancer Foundation, our staff serve as lay navigators. We are not medical professionals, and we don't provide clinical guidance or weigh in on treatment decisions. Your medical team is always the expert on your care.

Because we work right here in Lane County, we know the local landscape—who offers what, and where to turn when you're unsure. Cancer is overwhelming. Finding support shouldn't be.

If you need help navigating what comes next, we're here to help.

Oregon Cancer Foundation | 2296 Oakmont Way, Eugene, OR 97401
(541) 632-3654 | info@oregoncancerfoundation.org

FOLLOW OCF



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SAVE THE DATE!

**Gift Wrap Station
Valley River Center**

Saturday Dec
6 - 11am-5pm

Sunday Dec.
7 - 12p-6pm

Saturday Dec.
13 - 11am-5pm

Sunday Dec.
14 - 12p-6pm

**Volunteer
Appreciation Party**

Tuesday Dec. 16
4pm-6pm

**Hope for the Holidays
End of Year Fundraiser**

Online at OCFHope.org
All December

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Meet Our Team
WE'RE SMALL BUT MIGHTY

Amy Johnston, Executive Director

Amy has been with the Foundation since its early days in 2014, when it was a small organization with a big dream. She believes deeply in the power of community and has played a key role in shaping OCF into the thriving organization it is today. In her free time, Amy loves to travel, read, and spend time with her husband and their two (almost) grown children.



AMY JOHNSTON

Andrew King, Program Coordinator

Andrew has worked as OCF's Program Coordinator since 2017. As the organization's second ever employee, he is immensely proud of the work OCF continues to do to provide a wide range of support services for cancer patients in our community. When not at work, Andrew is an avid birdwatcher, and enjoys exploring all Eugene has to offer with his wife.



ANDREW KING

Damon Garner, Development Coordinator

Having joined the foundation just months before the pandemic, Damon brings decades of retail and event management experience to his work at OCF. His expertise in creating strong relationships and driving successful operations has been instrumental in enhancing our fundraising efforts and expanding our reach. When not overseeing OCF events, Damon can be found cheering on the Ducks from the stands.



DAMON GARNER

Financial Assistance with OCF

Are you undergoing cancer treatment and struggling with expenses? **We're here to help.**

During cancer treatment, finances can be difficult to manage with unexpected expenses and lost work time. Small amounts of financial assistance, delivered quickly, can make a big difference.

The foundation provides these stopgap funds so no patient has to choose between basic needs and optimal cancer treatment.

Applying for financial assistance through the Oregon Cancer Foundation is simple, confidential and fast. Most applications can be processed within one week. To be eligible to apply, individuals must live in Lane County and be in treatment, within 6 months of treatment, or in hospice.

To find out more about our Financial Assistance Program, please call 541-632-3654.

HOW WE CAN HELP

- Household Bills
- Insurance premiums
- Medical Equipment
- Transportation Costs

HOW IT WORKS

- All payments are made directly to the creditor
- We are **not** able to assist with medical bills, credit cards, or reimbursements for any bill already paid
- Assistance can be used across multiple bills or months, up to the \$500 total limit

Hope for the Holidays

Give the Gift of Hope
this Season



Every day, individuals and families right here in our community hear the words no one ever wants to hear: “You have cancer.” And in that moment, life changes. Treatment becomes the focus.

Everything else - work, family routines, daily expenses - suddenly becomes more complicated and more fragile. Families juggle medical appointments, emotional stress, and financial strain all at once.

The Oregon Cancer Foundation is here to meet those moments with practical, local support that helps people stay grounded while they navigate one of the hardest chapters of their lives.

Our Hope for the Holidays campaign is our annual call to come together as a community and ensure that no one in our community goes through cancer alone.

This year, Hope for the Holidays will take place entirely online, making it easy for anyone to participate. The change in format doesn't mean less impact; in fact, the need has grown.

More patients are reaching out for help. The cost of living continues to rise. And the demand for services like support groups, resource navigation, and wig fittings continues to increase. These programs matter.

Patients tell us that they are lifelines - places where they feel understood and less alone.

At the same time, we are actively planning for the future of cancer support in our community. That includes growing our team so we can serve more patients, expanding educational offerings, adding more survivorship programming, and increasing outreach to communities who have historically been under-supported.

Every dollar raised stays in our community providing financial assistance essentials like rent, utilities, transportation to treatment - and also fuels the programs that help people feel cared for, informed, and connected through every phase of treatment and survivorship.

Your support ensures that when someone calls and says, “I don't know where to start,” we can answer, “We're here to help.”

Our goal this year for our Hope for the Holidays campaign is \$50,000. If you are able, please give. If you can share the campaign, invite others to join you. Hope doesn't happen by accident. It begins with all of us. Hope begins here.



Support Cancer Patients in Lane County today!

Visit www.OCFHope.org to learn more about our Hope for the Holidays campaign.

Events & Programs Calendar

All event dates are accurate at the time of this publication. All events are hosted at the Oregon Cancer Foundation office unless otherwise listed. For all events, visit www.oregoncancerfoundation.org/events to learn more or to register.

QUARTERLY SERIES

SUPPORT GROUP

SUPPORT EVENT

EDUCATIONAL CLASS

NOVEMBER

- BRA-vo Bras for Cause Wrap-Up Event** 11/4 @ 6:30 PM - 8:00 PM
- Young Women’s Cancer Support Group** 11/5 @ 6:30 PM - 8:00 PM
- Breast Cancer Support Group (virtual)** 11/12 @ 6:00 PM - 7:30 PM
- “What’s Your Color?” Tote & Crafts Painting Party** 11/19 @ 6:00 PM - 7:30 PM

DECEMBER

- Young Women’s Cancer Support Group** 12/3 @ 6:30 PM - 8:00 PM
- Gift Wrap Station (Valley River Center)** 12/6 11:00 AM - 5:00 PM
- Gift Wrap Station (Valley River Center)** 12/7 12:00 PM - 6:00 PM
- Breast Cancer Support Group (virtual)** 12/10 @ 6:00 PM - 7:30 PM
- Gift Wrap Station (Valley River Center)** 12/13 11:00 AM - 5:00 PM
- Gift Wrap Station (Valley River Center)** 12/14 12:00 PM - 6:00 PM
- OCF Volunteer Appreciation Event** 12/16 @ 4:00 PM - 6:00 PM



THE Believe BOUTIQUE

Wigs, Scarves, Hats, and More!

Oregon Cancer Foundation’s Believe Boutique carries complimentary wigs, hats, scarves, and other accessories for cancer patients undergoing treatment. A trained volunteer is available to assist with selection and styling.

Fittings by appointment only.

Call (541) 632-3654 today to schedule your appointment!



Support for every stage of their journey.

Volunteer or become a monthly donor and help us provide vital support to cancer patients in Lane County. Learn more by visiting OregonCancerFoundation.org today.



Ongoing Programs & Support

NEWCOMER ORIENTATION

Oregon Cancer Foundation offers an introduction to resources and services available to cancer patients in Lane County. OCF staff will provide an overview of our organization's services, including support groups, educational classes, assistance programs, and other community resources. **Meetings can be scheduled either in person or remotely via Zoom.** Caregivers and family members are welcome and encouraged to attend.

QUARTERLY SERIES

MONTHLY SUPPORT GROUPS

EDUCATIONAL CLASSES



YOUNG WOMEN'S CANCER SURVIVOR GROUP

1st Wednesday of every month 6:30-8:00 pm

This group is an informal, peer-facilitated group for women ages 18-50 who are going through or have completed treatment.

BREAST CANCER SUPPORT GROUP (VIRTUAL)

2nd Wednesday of every month 6:00-7:30 pm

This group is for anyone diagnosed with breast cancer at any stage of their journey.

I FINISHED TREATMENT. NOW WHAT?

7-Week series on surviving cancer | Call or email events@oregoncancerfoundation.org for date

When cancer treatment ends, a new chapter of life begins. Our seven-week Survivorship Series will provide the information and support you need to manage the challenges that arise after cancer treatment. Presenters will be experts on the topics presented and may include local physicians, other medical staff, and other professionals from the community.

WARRIOR WITHIN: MAKEUP APPLICATION CLASS

5:30 pm - 6:30 pm | Call or email events@oregoncancerfoundation.org for dates

Join us for a free one-hour makeup application class that teaches you how to look and feel beautiful & confident. Local makeup artist and cancer survivor, Corina Tsuda, will share tips and tricks to help you find your new look, focusing on eyebrows and enhancing facial features. Please bring your favorite makeup products to class.

PATIENT SPOTLIGHT

Each season, we highlight someone in our community who is an inspiration to those affected by cancer.

Stephanie Kornman

“Focus on what brings you joy at this moment.”



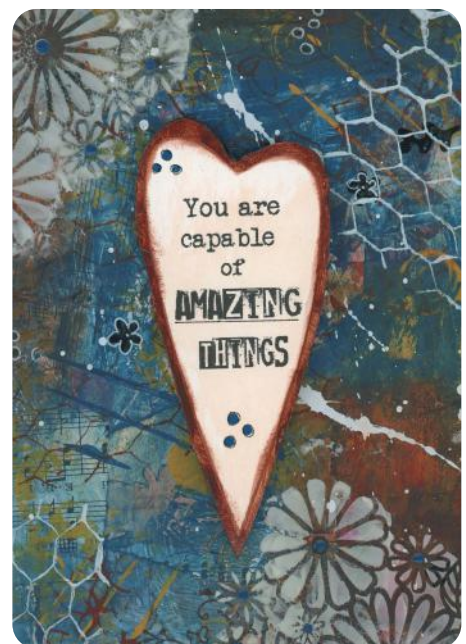
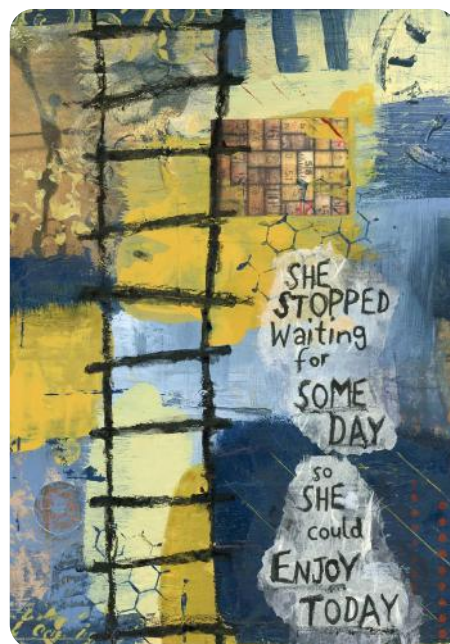
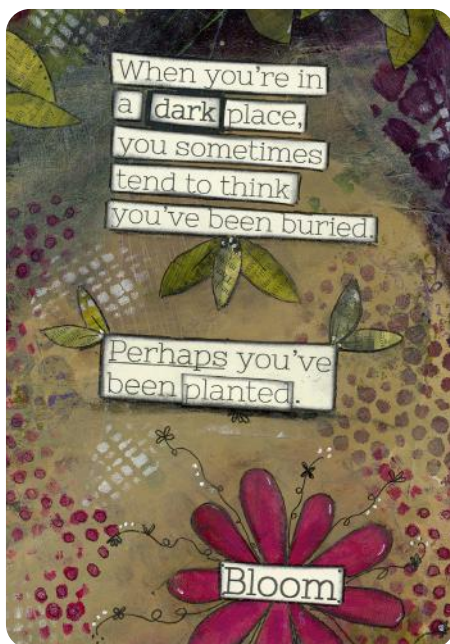
When Stephanie Kornman was first diagnosed with breast cancer 15 years ago, doctors caught it early at stage zero. After a lumpectomy and radiation, she was declared clear. “They got it,” she recalls. “Everything was great.”

Fifteen years later, a strange feeling near her scar led to another mammogram, then a biopsy. “Yes, it was cancer,” she says. In July 2024, Stephanie underwent a double mastectomy. Recovery went smoothly, and she began taking hormone blockers. But just six months later, a persistent cough led to another round of scans. “It’s metastasized all over,” she shares matter-of-factly. “So, I started chemo in August.”

Through it all, Stephanie describes feeling surrounded by kindness, from her care team at Willamette Valley Cancer Institute to the Oregon Cancer Foundation. “Between you guys and WVCI, I felt like I knew enough. I could handle this.” She also leans on a strong circle of friends who, she says with a laugh, “yelled at me when I first told them, because they made me promise I’d call them for help.”



“It’s okay to ask for help, and it’s okay to accept it.”



That willingness to accept help, she says, has been one of the biggest lessons. “It’s okay to ask for help, and it’s okay to accept it. People want to support you. They’re just waiting to.”

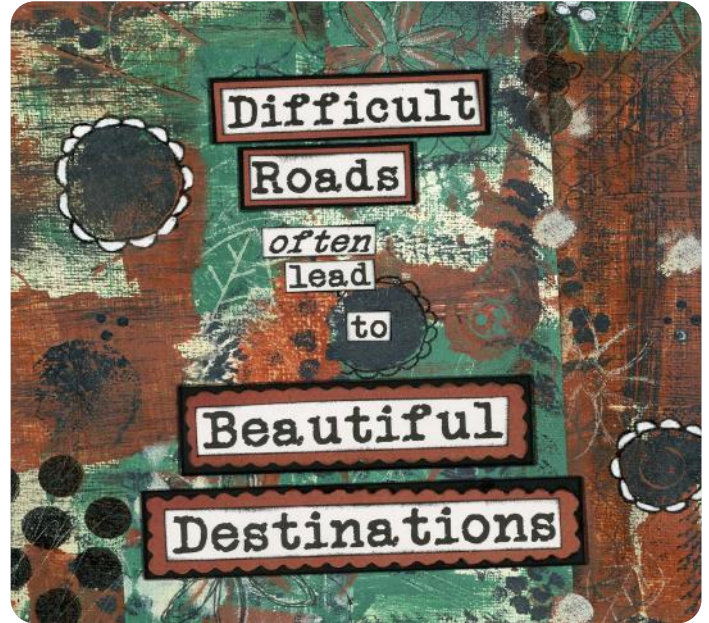
Stephanie’s perspective on life has also shifted. “I try not to worry ahead,” she says. “The things I can control, I do, like getting my trust done and my advanced directive. But I’m also not waiting anymore. If there’s something I want to do, I do it now.”

These days, what brings her joy is creating. Stephanie owns Creative Steph 13, an art business she runs from her home in Creswell. Her pieces, inspired by encouragement and empowerment, feature quotes, some beloved and others her own. “I make the art for myself first, then I share it,” she explains.

Stephanie has been part of the Willamette Valley Handmade Market for several years, supporting Oregon Cancer Foundation through her work. “There’s just so much positivity around OCF,” she says. “You can feel it.”

Her message to others facing cancer is simple: “Focus on what brings you joy. Don’t wait.”

“Life is too short, and sometimes shorter for us. Don’t wait for the bucket list...do the little things that make you happy now.”



Visit Stephanie’s Etsy store at [CreativeSteph13Art](https://www.etsy.com/shop/CreativeSteph13Art)

FARM TO TABLE IN 48 HOURS



BRAS FOR CAUSE

PRESENTED BY



Our family's best.



AN OREGON CANCER FOUNDATION EVENT

Creativity Raises \$29,265

For 14 years, the Oregon Cancer Foundation's *Bras for Cause* campaign has rallied the community with its unique and colorful bra-decorating competition. This year's campaign raised \$29,265 for patients in our community.



OUR FEATHERED FRIENDS

By DariMart

Amount Raised: \$15,000.00

Longtime OCF supporter and avid competitor DariMart rises to the top once more, following their win in 2023. Owner Pat Straube is synonymous with philanthropy in the area cancer community and her annual investment in Bras for Cause is a fantastic example. This year DariMart played hardball with their donations and outpaced the second place finisher by \$10K - We cannot thank you enough for your passionate support!

SHOWGIRL OF SUPPORT

By Val Steele

Amount Raised: \$1091.00

I've supported OCF for years because their care for local cancer patients is so human, kind, and community-rooted. My "Showgirl of Support" bra nods to Taylor Swift's showgirl spirit, but it's OCF's neighbor-helping-neighbor mission that really inspires me.





Awareness Into Action

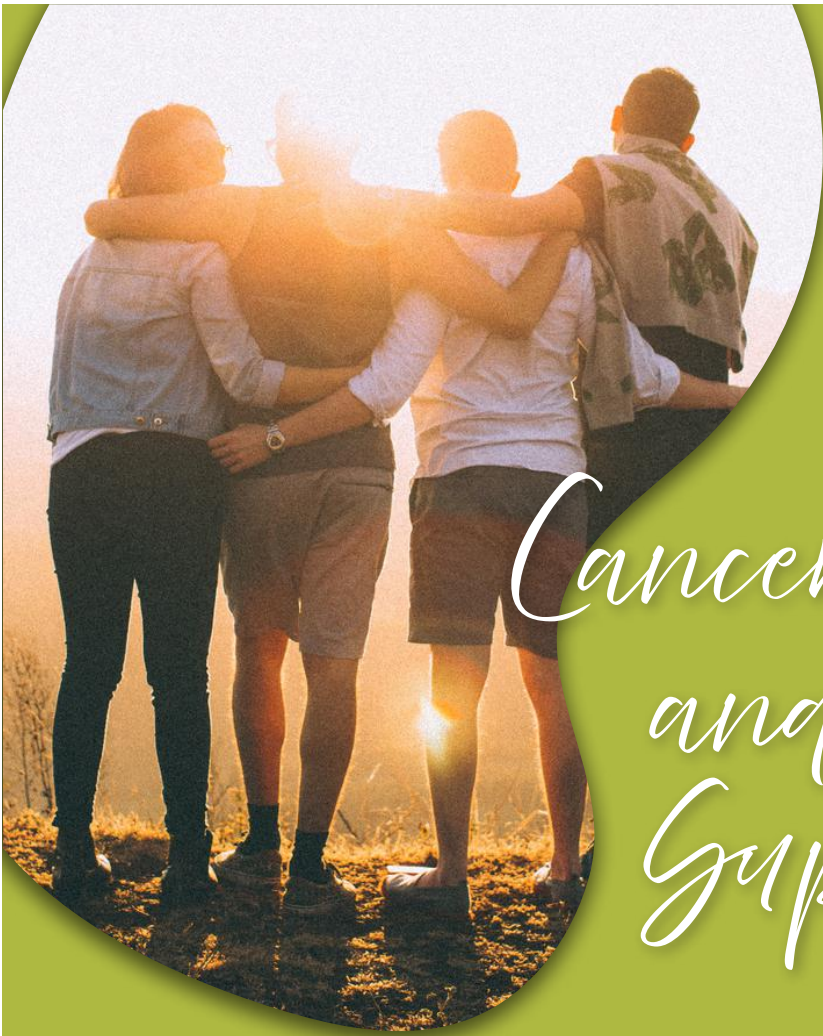
BEYOND JUST PINK FOR PINK'S SAKE

October brings a wave of pink each year, and while raising awareness matters, what truly makes a difference is turning that awareness into action.

For us, these events aren't about pink for pink's sake—they're about showing up for the people in our community who are living with and beyond breast cancer. Every dollar raised during our October events stays right here in our community, providing financial assistance, support groups, wig fittings, transportation help, and survivorship classes for all cancer patients, not just those with breast cancer.

The pink you see in these photos represents neighbors helping neighbors. It represents compassion being turned into something practical and real. And it reflects a community that doesn't just acknowledge cancer, but stands with those facing it, every step of the way.





Emotional Support Program for Cancer

Wellness Services to Support Your Journey

Cancer Companions and Caregivers Support Group

Find connection and support with fellow cancer companions and caregivers. Facilitated Carolyn Rexius, LCSW, Corey Jackson, LPC, and Rebekah Snider, who have lived experience as caregivers, these groups will help build skills for emotional wellness. Groups are covered by most insurance. Needs-based financial assistance is available.

This Zoom group happens on Thursdays from 5-6 pm. (you may arrive at 4:45 for optional grounding and relaxation skills development).

Topics include:

- Navigating emotional impact of diagnosis
- Managing emotions through mindfulness
- Managing the impact of stress on the nervous system
- Is your faith helping?
- Attachment styles
- Tools for emotional regulation
- Grief and loss
- Crying helps!
- Self-care



Scan to Sign up

Or Call 541-686-6000 x586



FALL EVENT RECAP

Fall at the Foundation always feels like a reminder of what this community is capable of. We started in September with the Topics in Cancer Conference, one day that brought together patients, survivors, caregivers, providers and vendors to learn, listen, and connect. Then, in October, we saw that same spirit ripple out into Bras for Cause and the many “pink” events hosted throughout our community.

What stands out isn’t the number of events. It is the people who showed up for one another. These photos are just a glimpse of that. The real impact is quieter and lasts longer. It’s care, turned into community. And community, turned into support.



THANK YOU SPONSORS!



Pumpkin Energy Bites

SEASONAL RECIPE

Take advantage of the delicious flavors of Fall by making a batch of Sharon Palmer's Pumpkin Spice Energy Bites! Healthy, nutrient-rich pumpkins are the star ingredient of this plant-based recipe that contains no added sugar and is gluten-free.



INGREDIENTS

- ¾ cup old-fashioned oats
- 2 Tbsp. hemp seeds
- 2 Tbsp. chia seeds
- 2 Tbsp. flax seeds
- ½ cup walnut pieces
- ¼ cup pumpkin seeds
- 2 tsp. pumpkin pie spice blend
- 1/3 cup dried cranberries*
- 1 cup canned or cooked pumpkin
- 10 small soft dates, pitted
- 1/3 cup creamy natural peanut butter
- 1 tsp. vanilla

DIRECTIONS

- Place oats, hemp, chia, flax, walnuts, ¼ cup pumpkin seeds, pumpkin pie spice and dried raisins in container of food processor. Process a few seconds, just until ingredients are finely ground.
- Add pumpkin, dates, peanut butter and vanilla and process for a few minutes until smooth, pausing to scrape down sides as needed. Texture should be smooth, finely ground and sticky.
- Pour mixture into bowl, cover and chill for about 1 hour.
- Remove from refrigerator and form into small balls (makes 28 balls) with hands. Place 1/3 cup pumpkin seeds in small dish and roll each ball in pumpkin seeds to coat.
- Store in refrigerator in airtight container.