



Peter Baker

PRESIDENT'S LETTER

In today's world of philanthropy, donors want to see measurable results in the support they provide and our mission is aligned with this philosophy. We are proud to announce that the CT Challenge impacted the lives of over 9,000 survivors in 2010 through our collaborative partnerships and programs.

We invite new friends to reach out and help us in this cause that undoubtedly touches everyone. If you are energetic, passionate and committed to making a difference in this world, then please join us. Now is the time we must band together as a community in order to have a measurable impact on the lives of all cancer survivors.

Sincerely,

Jeffrey S. Keith
President & CEO

Our Mission | Empowering cancer survivors to live longer, happier, healthier lives by creating and funding programs, offering credible resources, and building a community of support.

Photo Courtesy of the Susan Fund



2010 Susan Fund grant recipients

SCHOLARSHIPS BENEFIT CANCER SURVIVORS

A CT Challenge grant to the Susan Fund will help send 30 cancer survivors to college next Fall.

The Susan Fund was established in 1982 to honor the memory of Susan Davis Lloyd, a Westport, CT teenager and student at Staples High School, who was diagnosed with osteogenic sarcoma in the fall of senior year. CT Challenge President & Co-founder Jeffrey Keith, was himself among the first recipients of a Susan Fund scholarship to attend Boston College in 1982. "Being able to provide an opportunity for young cancer survivors to attend college has special meaning for me. It's hard enough being a teenager. Add battling cancer to that, dealing with all the stresses of teenage life and academics while at the same time being in a fight for your life. And then throw in the tremendous financial burden a cancer diagnosis places on a family. We're very pleased to be helping these courageous young adults, all of whom have very bright futures ahead." Scholarships are awarded at the annual reception in June.

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Your support helped us to impact the lives of

9,325 Cancer Survivors in 2010!

WELCOME

Welcome to the first edition of the CT Challenge Newsletter. We are grateful for your support and

are pleased to share with you the many ways in which your donations are making a difference in the lives of cancer survivors.

Despite a challenging economic climate, support for CT Challenge cancer survivorship programs reached a record level in 2010.

Through the generosity of our riders, donors and volunteers, \$1.4 million was raised to support programs that benefit cancer survivors, with 86 cents of every dollar raised used for programs and services to meet the needs of cancer survivors. We are grateful for the support of our volunteers, whose participation allows us to keep administrative costs low and direct funds where they are most needed – helping cancer survivors!

CT Challenge programs directly impacted the lives of 9,325 cancer survivors, up from 5,000 in 2009. The population of cancer survivors who need help continues to grow, as does our commitment to fulfilling that need.

Leadership

Jeffrey Keith *President & CEO*

Robert Mazzone *Executive Director*

Board of Directors

Jane Barrett, JD

Jeffrey Keith *co-founder*

Chuck Mattes

John Ragland *co-founder*

Dan Rose, MD

Evan Vosburgh, MD

Matt Vossler



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GRANTS SUPPORT GROWTH OF SURVIVORSHIP PROGRAMS

In 2010, we are able to extend financial support to 9 Survivorship Programs across Connecticut. All recipients are members of the CT Challenge Survivorship Network and provide the highest quality survivorship care to survivors.



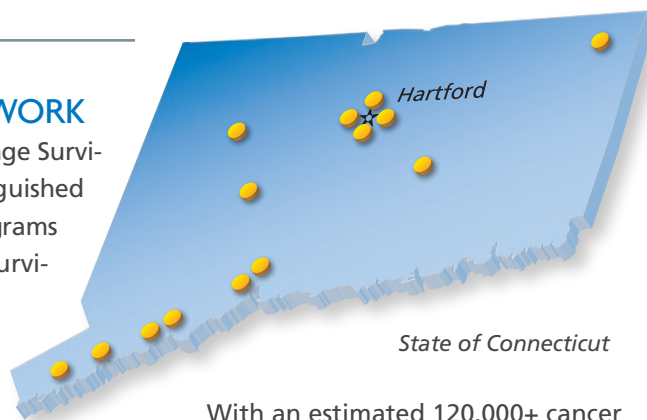
Matt Vossler, Jeff Keith, John Ragland & Bob Mazzone at the dedication of the CT Challenge Integrative Survivorship Center at St. Vincent's Medical Center, April 2010

Grant recipients: Bridgeport Hospital, Bridgeport CT; Charlotte Hungerford Hospital, Torrington CT; Connecticut Children's Medical Center, Hartford CT; Day Kimball Hospital, Putnam CT; ECHN (Eastern Connecticut Health Network), Manchester CT; Hartford Hospital, Hartford CT; Leever Cancer Center, Waterbury CT; Middlesex Hospital, Middletown CT; St. Vincent's Medical Center, Bridgeport CT.

SURVIVORSHIP NETWORK

Members of the CT Challenge Survivorship Network are distinguished by the quality of their programs and their commitment to survivorship.

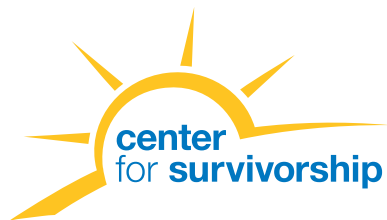
Our members range in size, scope and breadth, from the largest cancer treatment and research hospitals, to community hospitals and community based support organizations. We now count 13 programs across the State as members of the Network, up from 5 last year. Thousand of cancer survivors now have resources that would not exist without your support.



With an estimated 120,000+ cancer survivors in Connecticut, a number that will continue to grow, the CT Challenge is committed to supporting the development of survivorship programs and resources for cancer survivors and their families, so that no matter where they live, they have access to care within their local communities.



Left: Presenting a \$5,000 grant to Ann's Place, The Home of I CAN, Cancer Support Services
Right: Rita Trieger and Sharon Taymor



CENTER FOR SURVIVORSHIP

Opening this Fall in Fairfield

The Programs offered at the Center for Survivorship are central to our ongoing mission to advance survivorship care. Here are just a few of the offerings that cancer survivors will find at the Center:

Exercise: Strength and Balance Classes, Yoga

Psychosocial: Support Groups, Counseling

Nutrition: Professional Consultation, Diet Planning, Cooking Classes

Education: Seminars, Survivorship Guides, Video Series

Kate Lieder and family



“ I feel more positive about everything and with the kind of support this group offered I went away every week feeling that I had a purpose and I am going to be OK.” – CT Challenge support group member

YOGA FOR CANCER SURVIVORS

A 2010 study published by the ASCO concluded that cancer survivors who participated in gentle yoga, including breathing, stretching and other exercises, experienced a reduction in fatigue and sleep related issues.

Last fall the CT Challenge introduced a series of free yoga classes for cancer survivors led by noted instructor Rita Trieger, founder and editor-in-chief of Fit Yoga magazine. According to Rita, “in addition to getting the joints moving and muscles stretched, one of the most important aspects of a yoga class devoted to cancer survivors is the sense of community that survivors feel with each other and providing the opportunity for survivors to share stories and experiences. During that “yoga” time they’re able to forget what is going on with their bodies and just let themselves go.”

The CT Challenge also worked with Rita to produce a series of instructional videos with for cancer survivors featuring basic yoga poses, gentle stretches, and breathing exercises, that can be viewed on our website and performed at home.

SUPPORT GROUPS

Meeting the needs of an underserved population

In the first quarter of 2011, the CT Challenge launched an outreach initiative specifically geared to support cancer survivors from low-income and low-access-to-care backgrounds. The first program in this initiative was a 12-week support group for women living with cancer in Bridgeport, CT. The group was held at the United Congregational Church of Bridgeport. Kate Lieder, a breast cancer survivor and a marriage and family therapist, led the program with help and support from Amy Nessel, a breast cancer survivor and counselor from the Fairfield Public Schools. This intensive program met once-per-week for twelve weeks and incorporated psychosocial support, yoga, meditation, and specialized lectures from medical professionals. The CT Challenge provided group members with dinner and childcare during the group meetings. The group was so successful that the CT Challenge has committed to operate it again in September, and is currently working to expand the program to other locations.



BIKE RIDE

The CT Challenge Bike Ride is the engine that fuels our mission. On July 30th, 2011, the 7th Annual CT Challenge Bike Ride will take to the roads of CT. With a record number of riders expected to participate, the ride is moving to a new, larger location at the Fairfield County Hunt Club. We hope you will join us in helping to build upon the success of 2010. With your help, cancer survivors throughout CT will benefit!

2010 RIDE FACTS

752 riders, including 52 cancer survivors, rode distances of 12, 25, 50, 75, and 100 miles of beautiful Connecticut countryside in support of cancer survivors.

Riders came from 64 Connecticut towns & cities and 13 states, ranging in age from 6 to 80 years, proving that there is something for everyone.

Avg. Amount Raised/Rider: **\$1,370**

Total Donors: **9616**

Total Donations: **\$1,100,000**

States represented by donors: **46**

Foreign Countries represented
by Donors: **18**

CT Towns represented by donors: **42**



Visit <http://bike.ctchallenge.org> to register to ride, volunteer, or to make a donation!

You'll have the time of your life and know that you are making a difference in the lives of cancer survivors.

“CT Challenge programs had a big impact on my recovery, from the yoga classes and wellness seminars to the bike ride. Now I want to pay it forward. I plan to be involved for a long time.” – Jenn Lewis, cancer survivor