



## Words from weSPARK

38 years ago, I met an incredible woman who was larger than life—Wendie Jo Sperber. She was an inspirational human being and because of her, my life took a direction that I could never have imagined.

During one of the most challenging times in her life, Wendie rose above her illness and created the magnificent gift that we all know as weSPARK. I have met so many guests here at weSPARK; people who tell me they feel safe here, that they were lost before finding us, and that they are forever grateful that we exist. Wendie would be so

happy to know that her dream has enriched and fulfilled the lives of thousands. In November, it will be ten years since she has been gone; I cannot help but feel overwhelming appreciation for Wendie and for all the supporters who have been keeping the weSPARK mission alive and our services free to everyone who comes through our doors.

With Love and Gratitude,

Nancy Allen, Executive Director

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## OUR MISSION

weSPARK is dedicated to enhancing the quality of life for cancer patients, their families, and friends. weSPARK provides, free of charge, multiple services designed to heal the mind, body and spirit of all those whose lives have been affected by cancer. 818.906.3022 • [www.wespark.org](http://www.wespark.org)



## Marjorie's weSPARK Story

Let me be the first to admit that I personally knew nothing about cancer. I had no family history or close friends who had been through it.

Let's just say that when I went to the ER to get a CT scan, a stage 3C ovarian cancer diagnosis was the furthest thing from my mind, but that is exactly what was wrong.

I had emergency surgery within a week of my prognosis. My dad flew in for the operation and my mom flew in three weeks later. I have a sister here, but no one was equipped for the severity of my diagnosis or the emotional support that I would require.

weSPARK was recommended to me at the hospital and by a friend who told me that there were two things that got her through her ovarian cancer. One of them was weSPARK. Enough said for me — that was a glowing recommendation.

After recuperating from surgery, I went to my first in-treatment session. From that moment on, I have been a weSPARK regular.

**"I found  
kindred spirits —  
we call ourselves  
'port sisters'..."**

I cannot express how much weSPARK has helped me and how important the programs and sessions are. I found a place to feel safe and to express my thoughts, hopes and fears. I found kindred spirits — we call ourselves "port sisters" for this lovely port that we all share. We go to jewelry making class and laugh at our crazy life-altering situations. We know we are not alone and that we will get through this together.

They are so positive and I feel the love every time that I step into weSPARK. I look forward to coming here and being surrounded by so many others sharing this same journey with bravery and smiling faces.

One day, someone will ask me what helped me get through my cancer journey and I will look at them and smile, while I proudly say "weSPARK."





Program Director Lea Salvatore, Rabbi Ed Feinstein & Executive Director Nancy Allen



Office Manager Carlin Bell welcomes guests



Esther Mercado & Tanya S. McMahon



Guest Speaker Shauana Birdsall, ND of Cancer Treatment Centers of America



Eileen Zegar, L. AC.

# RISE & Shine



Winning the fight against cancer, every day.™

## We were all inspired at the 2nd annual weSPARK Rise & Shine: Celebration of Life!

The event served as a celebration for survivors, an inspiration for those who have been recently diagnosed and an opportunity for people to connect, recognize and support one another in the community. As guests arrived, they were encouraged to network and visit our community partner booth hosted by **Cancer Legal Resource Center**. The event was kicked off by keynote speaker, **Shauna Birdsall, ND, FABNO, Director of Naturopathic Medicine and Vice Chief of Staff at Cancer Treatment Centers of America Western Regional Medical Center** who shared her expertise on the use of natural therapies for cancer treatment. Shauna's amazing words were followed by a chair yoga session by yoga instructor **Nina Siemaszko** and a talk by **Eileen Zegar, L. AC.** on the benefits of Acupressure and Oriental Medicine. Author and Cancer Survivor **Rabbi Ed Feinstein** then shared his personal story and journey as a cancer patient and took questions from the audience. All of our attendees left with a sense of community, words of wisdom, and a new network of support. A special thank you to our sponsor **Cancer Treatment Centers of America** and to all our speakers and attendees for such an inspiring event! 🌈

Sylvia Silver's

# CASINO NIGHT



*If anyone knows how to throw a party, it's Sylvia Silver!*

Guests arrived for Sylvia Silver's Casino Night on August 22 ready



Jeanine Imperiale and Claudia DeCea

Our gracious hostess, Sylvia Silver with Nancy Allen



Sylvia's guests enjoy Blackjack



to mingle, try their luck at casino games, and enjoy delectable dishes and desserts prepared by the one and only Sylvia Silver. From roulette to blackjack to craps, this night had it all and raised over \$7,500 for

weSPARK! A special thanks to Sylvia Silver and all who joined us for this night of fun, food, and games and congratulations to our big winners who went home with some exciting prizes! 🌈

## Look Good...Feel Better

Join us at weSPARK for a night of beauty & fun, plus a make-up kit provided by the American Cancer Society.



Space is limited, must call to sign up. Call Carlin at

(818) 906-3022

We meet on the 2nd Wednesday of each month in Sherman Oaks.

## weSPARK's Online Program Videos



Access weSPARK Cancer Support Center services from the comfort and privacy of your home.

Purchase one or all of our videos for a one-time fee to use at your convenience, and know that **weSPARK is here for you no matter where you are.**

Find videos at [www.wespark.org](http://www.wespark.org) under the Resources pull down menu, click on **weSPARK Online Programs**.

weSPARK guests can use the code "wesparkguest" to receive 90% off the one-time fee for each video.



# Breast Cancer Awareness Month Testimonials



**"weSPARK has been my sanctuary and a place of refuge. I would not have continued to thrive without their support.** Group therapy, individual treatments, Qi Gong, Acupuncture, Guided Imagery and Hypnotherapy...these are the gifts of weSPARK. Each time I need their love and support, I'm grateful to hear that help is on the way. They support and empower the warrior goddess in all of us and I'm beyond grateful for this amazing place." — Katy Veadov 🌈



**"Seven years ago, I was recuperating from a bilateral mastectomy, chemotherapy, and a complete hysterectomy. I had a medical team and the love and support of my family and friends, but it was the healing of my mind, body, and spirit that I attribute to weSPARK.** From Support Groups, Tai Chi, Yoga, Creative Writing, Qi Gong, Reiki, my life became enriched and my healing truly began. I am truly blessed to be here today; healthy, strong, and a survivor." — Marla Zack 🌈

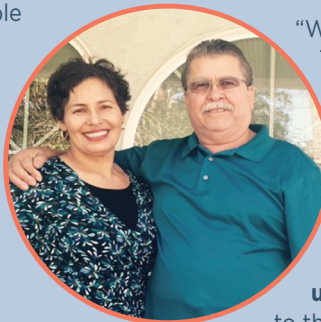
**"My first visit to weSPARK was in 2004 and it became a place for me to go when I had nowhere else to turn. Whenever I was feeling down after chemotherapy, I came to weSPARK to relax. weSPARK made me feel welcomed and at home. I enjoyed everything they offered, especially the classes, staff and volunteers. weSPARK became my second home** and anytime I visit I still feel welcomed." — Mary Peters 🌈



**"Surviving breast cancer last year, along with six different kinds of cancer in the past, has prompted my cousin to name me "Super Cancer Fighting Woman." Receiving the support from my weekly group along with Yoga, Qi Gong and Mah Jongg has lifted my spirits and reminds me of the compassion and joy available at weSPARK."** — Leslie Langham 🌈



**"I have been affiliated with weSPARK for years, but when I was diagnosed with breast cancer earlier this year, it was my first time as a guest. It was only then that I fully experienced the remarkable healing support that weSPARK truly offers. I felt welcomed, comforted and most importantly understood.** The services I have received have given me the strength to beat this diagnosis. With the support groups, Reiki, acupuncture and receptive ear from the therapists and counselors, I never felt alone." — Judy Kain 🌈



**"We are very happy to have found weSPARK. They have provided us with a place to vent, cope, and meet others experiencing the same things. Going through breast cancer has been difficult, but weSPARK's Acupuncture, Hypnotherapy, and Drum classes have helped us relax and feel better. I want to thank weSPARK for all the love, support, kindness and resources they have provided us and our family. We will forever be grateful to them."** — Rosa and Leo Villegas 🌈



**"weSPARK was a lifesaver when I was diagnosed with breast cancer.** The in-treatment support group provided me with a safe place to vent my frustrations, ask questions, cry, whatever. I especially loved the Qi Gong sessions with Ed. He always helped me refocus my energy and change my mindset. I met some really incredible, strong, amazing individuals through weSPARK. I always felt so much better after each visit, even if it was just to stop and say hi! weSPARK rocks!" — Michelle Berenson 🌈



OFFICIAL weSPARK COMMUNITY PARTNERS

**PATTERSON | VENDETTE**  
REALTORS HELPING THOSE WHO HELP OTHERS



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JOIN US

An Evening with  
**Michael McDonald  
& Friends**

Featuring **TOTO** and **ambrosia**

Honoring **Charlene Sperber** with  
*The Heart of weSPARK Award*

**Wednesday, November 4, 2015**

For Table Sponsorship and Tickets,  
visit [wespark.org](http://wespark.org)

**6TH ANNUAL  
10K RUN &  
5K RUN/WALK**

**SATURDAY, JAN. 23rd, 2016**

8:00 A.M. • LAKE BALBOA PARK

To register and for more information visit: [wespark.org/runwalk](http://wespark.org/runwalk)  
or contact Jessica at [jessica@wespark.org](mailto:jessica@wespark.org) or (818) 906-3022

**weRUN weWALK**

**weSPARK**  
Cancer Support Center