



*Focused on our mission  
in a changing world*

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*Jeffrey Keith, President and Co-Founder*

*Bob Mazzone, Executive Director*

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### **Board of Directors**

*Jane Barrett, JD*

*Chuck Mattes*

*Jeffrey Keith*

*John Ragland, Co-Founder*

*Matthew Vossler*

*Evan Vosburgh, MD*

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### **Program Staff**

*Christian McEvoy, Director, Survivorship Information*

*Julia Pemberton, Director, Survivorship Network*

*Sharyn Taymor, Director, Survivorship Outreach*

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*Peter Cutler, Fairfield CT*

*Amy Kaplan, Westport CT*

*Kim Kiner, Darien CT*

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*Peter Lamothe, Hamden CT*

*Kathleen Schif, Shelton CT*

*Pat Sclafani, Marlborough CT*

*Sharyn Taymor, Norwalk CT*

*Joan Weber, Fairfield CT*

*John Zenie, Guilford CT*

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### **Connecticut Challenge**

860 Canal Street, 3rd Floor  
Stamford, CT 06902

Tel 203.353.7690

Fax 203.621.3279

[www.CTChallenge.org](http://www.CTChallenge.org)

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# Mission Statement

The Connecticut Challenge empowers cancer survivors to live longer, happier, healthier lives by creating and funding programs, offering credible resources and building a community of support.

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LETTER FROM OUR FOUNDER

## OUR SHARED JOURNEY

Dear Friends,

We are privileged to serve a group of people who have battled cancer, many of whom lack the tools and resources to move on with their lives. The personal stories of courage from our survivors have given us the power of hope and, time and again, inspire each one of us to do our work.

At our annual CTC bike event this past summer, we witnessed 24 survivors ride in a lap of honor to lead a record number of 500 participants on their way to do 12, 25, 50 and 100 mile rides. Volunteers cried tears of joy, families cheered their loved ones, and riders looked on in amazement at this valiant group of riders—seeing firsthand the people they are helping.

The financial tsunami that swept across our nation's shorelines this past year caused many Americans to struggle in their daily lives, but the thought of cancer survivors struggling was even more motivating for us to take a stand and think creatively about new ways to help them.

What we learned from these uncertain times is stay true to our mission and become laser-focused on delivering resources to cancer survivors in the most productive formats.

First, we created the CT Challenge Network which consists of healthcare organizations across the state offering survivorship programs so that no matter where a cancer survivor lives they have access to care they need. Second, we expanded our technology base by launching an enriching website that

offers educational resources on-line through video presentations, survivor focused reading material, real-life stories of survivors and filtered news content and blogs. Third, we expanded the list of partners we provide grants to, enabling us to reach more survivors in communities we never served before, and creating new relationships with dedicated organizations. Finally, we expanded our Board of Directors, created a Medical Advisory Board, and added fresh faces to our ever-growing Survivor Advisory Board. All of these efforts have helped contribute to expanding the number of survivor's lives we touch to a record 5,000 people.

The decisions we have made over the past year have required an entrepreneurial approach that we are confident will strengthen our mission and provide a solid roadmap in managing our organization. The Connecticut Challenge is now firmly established as a thought leader in the field of survivorship. We are committed to using the money our riders and donors have given us to deliver measureable results. Impact is what drives us to get out of bed every day and say "we touched one more survivor's life!"

Jeffrey Keith

A handwritten signature in black ink that reads "Jeffrey Keith". The signature is written in a cursive, flowing style.

*President and Co-Founder  
The Connecticut Challenge*



LETTER FROM OUR EXECUTIVE DIRECTOR

## DEAR FRIENDS

Dear Friends,

Thanks to your support, 2009 was a year of transformation and expansion for the Connecticut Challenge. Our mission states that we will help cancer survivors. Our objective is to help as many of them as possible. Serving that mission and meeting that objective made for an exciting 12 months.

Unquestionably, our largest initiative of 2009 was the development of the Connecticut Challenge Survivorship Network, a true network of hospitals, each offering comprehensive survivorship care.

We provided financial support to several members of the Survivorship Network to help them fund their cancer survivorship programs, and we provided "mini grants" to four institutions to fund specific survivorship activities.

If you visited our website prior to 2009 you would have found a charity bike ride. It's a great event, but we felt it was important for our website to reflect our true mission, which is helping cancer survivors. If you visit [CTChallenge.org](http://CTChallenge.org) today, you will see a very different face. As it grows, our new website will educate cancer survivors about the challenges they may face, motivate them to be proactive in their own care and direct them to the resources that can offer expert, qualified support.

We continue to fund research projects and a Symposium for medical professionals.

Looking forward, we will continue to pursue our mission, guided by the best interests of cancer survivors in Connecticut. We want Connecticut to be a model for the nation to follow in cancer survivorship care. This is ambitious and it will take time and money. We will need your continued help to succeed.

On behalf of the Connecticut Challenge and the cancer survivors we serve, thank you for your continued generosity, hard work and compassion in 2009. Together, we are changing lives.

With warmest regards,

A handwritten signature in black ink, appearing to read "Bob Mazzone".

Bob Mazzone  
*Executive Director*

# SURVIVORSHIP NETWORK



In May 2009, The CT Challenge launched the CT Challenge Survivorship Network. This was a strategic decision that will further our mission, helping Connecticut's 120,000+ cancer survivors lead longer, happier, healthier lives, and will ensure that we achieve our short-term goal of 30,000 survivors impacted in five years.

Since the establishment of the CT Challenge Survivorship Clinic at Yale Cancer Center in 2006, there has been little growth in programs designed specifically to help cancer survivors, and a lack of consistency in the programs that do exist. Yet more survivors need help, and the CT Challenge is committed to ensuring that cancer survivors get the help they need, close to home.

Through the CT Challenge Survivorship Network, we will provide grant funding to help develop and support survivorship programs at healthcare institutions throughout Connecticut that meet our high standards for survivorship programs and follow medically established best practices. These programs become members of the CT Challenge Survivorship Network.

The Network has 5 Charter Members, a number we will double in the next fiscal year and every year thereafter, until every major healthcare institution serving cancer patients in Connecticut has a survivorship program.

## Charter Members of the Survivorship Network

- ☀ CT Challenge Survivorship Program at Yale Cancer Center
- ☀ HEROS Clinic at Yale University
- ☀ REACH for the STARS Survivorship Program at CCMC
- ☀ Stamford Hospital
- ☀ UCONN Health Center

Requirements for membership in the CT Challenge Survivorship Network were established to ensure that survivors receive the highest quality survivorship care at institutions receiving funding from the CT Challenge.

All Network member programs provide survivors with a Treatment Plan: a summary of medical treatments and recommended future surveillance.

Other important components of a plan for healthy survivorship include recommendations for: nutrition, exercise, psychosocial counseling, and support groups. Complementary therapies like yoga, massage and reiki are often part of survivorship programs, with some including art, music and journaling as additional therapeutic offerings.

*This year, Connecticut Challenge funded programs have positively impacted the lives of over 5,000 survivors.*

Awareness of the issues cancer survivors face as a result of their treatments is growing, among cancer survivors themselves and in the healthcare community. In order to meet the growing need for programs to serve cancer survivors, the CT Challenge awarded grants to fund survivorship programs at leading healthcare institutions across the state through the CT Challenge Survivorship Network.



### Major grants fund survivorship programs at:



**St. Vincent's Medical Center**  
CT Challenge Integrative  
Survivorship Center



**Yale Cancer Center**  
CT Challenge Survivorship  
Clinic



**Yale University**  
HEROS Clinic for  
Pediatric Cancer Survivors



**Connecticut Children's Medical Center**  
REACH for the STARS Survivorship Program



**Stamford Hospital**  
Bennett Cancer Center's  
Transitions Survivorship Program

### Mini-grants

The CT Challenge awarded mini-grants of \$5,000 each to fund specific survivorship programs and activities that are aligned with the CT Challenge mission and directly benefit individual survivors.

**Harold LEEVER Regional Cancer Center** – Survivor Day

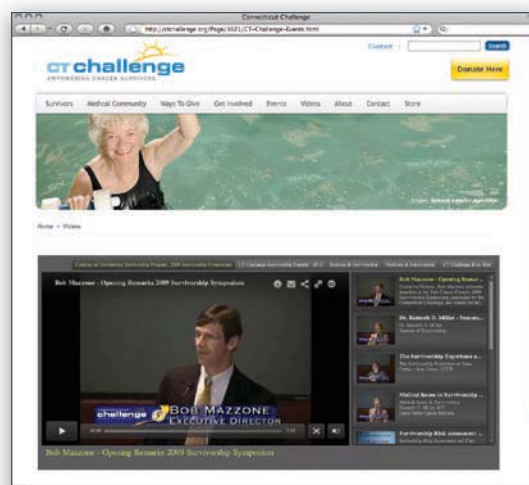
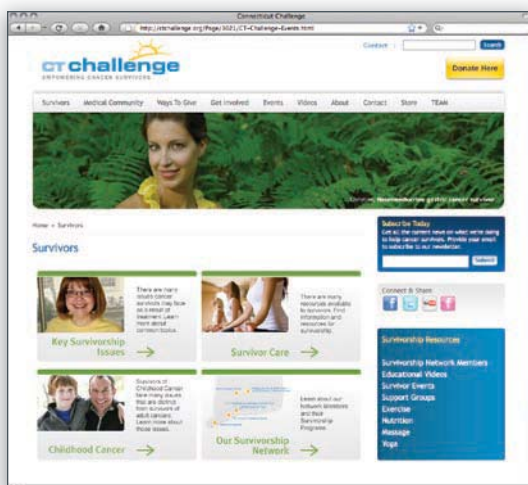
**Day Kimball Hospital** – Survivor Day

**Ann's Place, the Home of I Can** – Support for psychosocial services

# SURVIVORSHIP NETWORK WEBSITE

In addition to funding bricks and mortar survivorship programs, the Connecticut Challenge website is now a comprehensive resource for cancer survivors in Connecticut, the first of its kind.

The website is a dynamic component of our outreach to the growing population of cancer survivors in our state, where they can find information about survivorship issues, statewide listing for events and programs, educational videos, links to Network Member programs, and the latest news in the field of survivorship.



# RESEARCH

This year the CT Challenge funded three new research projects at Yale Cancer Center:

| Research Project  | Principal Investigator | Grant Period |
|---|------------------------|--------------|
| Smoking Cessation to Improve Survival Rates of Head and Neck Cancer Patients  | Benjamin Toll, PhD     | 2009         |
| Evaluating the Effects of Androgen Deprivation Therapy on Cognitive Function and their Impact on Quality of Life in Patients with Prostate Cancer | Herta Chao, PhD        | 2009         |
| Needs of Long-term Cancer Survivors and their Use of the Internet   | Brenda Cartmel, PhD    | 2009         |

*Data developed from these studies will be used in future applications for larger federal research grants.*



# MEDICAL PROFESSIONALS

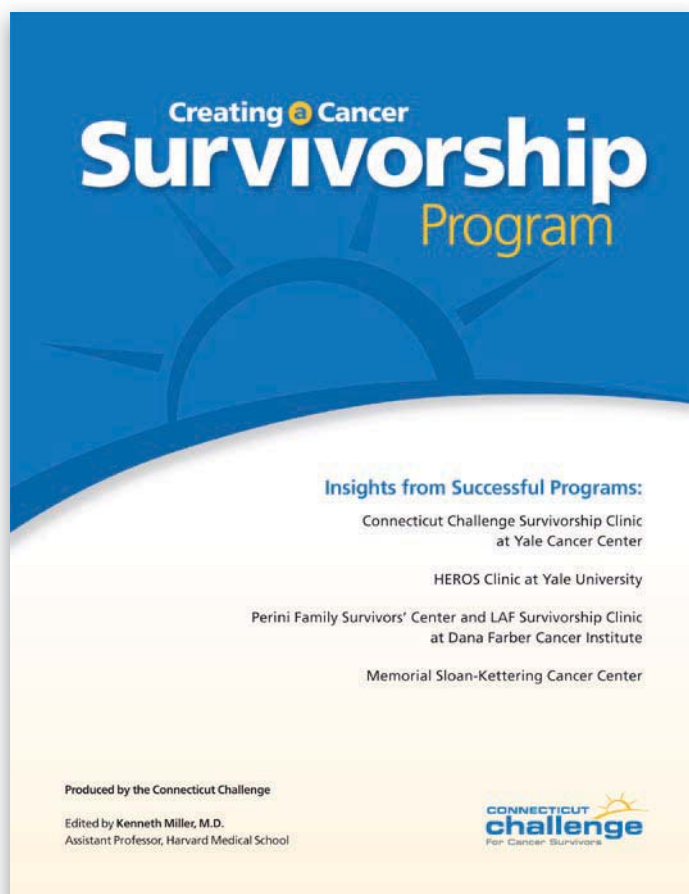


## Annual Symposium

The CT Challenge sponsored a day long symposium: Creating An Outstanding Survivorship Program. The Symposium was held at Yale Cancer Center's West Campus and attended by close to 200 health care professionals.

## Creating A Cancer Survivorship Program

The CT Challenge published a guide for medical professionals to complement the program at the annual symposium. The guide, *Creating a Cancer Survivorship Program*, edited by Ken Miller, MD, Assistant Professor of Medicine, Harvard Medical School, includes insights from successful survivorship programs at Yale Cancer Center, Yale University, Dana Farber Cancer Institute, and Memorial Sloan-Kettering Cancer Center.



## EDUCATION & OUTREACH

# SURVIVORS



### Survivor Days

The CT Challenge provided funding to support programs for survivors and their families, that both celebrate survivorship and provide helpful and healthful information.

#### **Harold Leever Regional Cancer Center**

Survivor Day

#### **Day Kimball Hospital**

Survivor Day

#### **Yale Cancer Center**

Survivor Day

#### **HEROS Clinic**

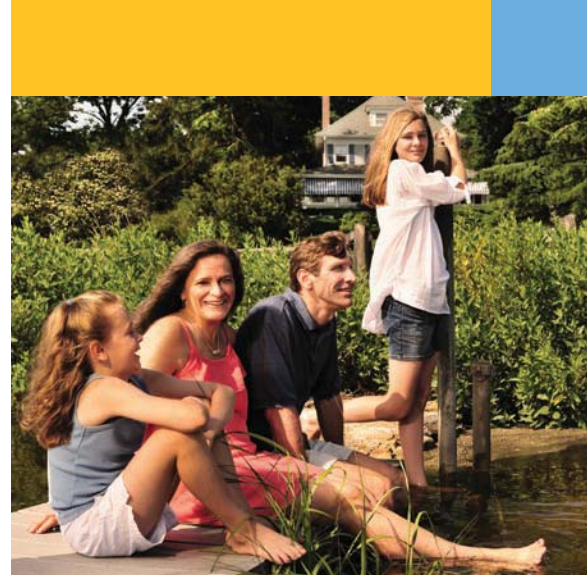
Ready, Set, Go...The Journey Forward After Childhood Cancer Treatment

#### **Connecticut Children's Medical Center's Reach for the STARS Survivorship Program**

Cycle of Life

### Educational Resources

The CT Challenge produced a series of educational videos on a broad range of topics including: the benefits of exercise, yoga, nutrition, weight training, the importance of a survivorship plan, pain, and depression among cancer survivors.



# FUNDING OUR PROGRAMS



## The Connecticut Challenge Bike Ride

2009 marked the 5th Anniversary of the Connecticut Challenge Bike Ride. Proceeds from the ride fund the survivorship programs of the Connecticut Challenge and the CT Challenge Survivorship Network.

### 500 Riders from 54 Connecticut Towns and 11 States

|              |               |            |               |
|--------------|---------------|------------|---------------|
| Connecticut  | Florida       | Illinois   | Massachusetts |
| Maryland     | New Hampshire | New Jersey | New York      |
| Pennsylvania | Virginia      | Vermont    |               |

182 Volunteers

Donors

Raised:

**\$621,148**

5,453 from 45 States, the District of Columbia and 16 foreign countries

## WHY I RIDE



**Pat Sclafani**  
Marlborough, CT

*On July 28th, 2007 I rode in my first CT Challenge and it was a day I shall never forget.*

Just seven weeks prior, I had completed my treatment for Stage IV Thymoma (cancer of the Thymus gland). Riding 50 miles that day with family and friends was a triumph against the disease and the experience was an enormous boost to my survivorship and what survivorship means to my family, my friends and me. Having cancer opened many new doors for me and in many ways, it has been a new beginning for my family and me. I am blessed to be able to get on my bike and enjoy such a great day after going through so much. Cancer is not an individual disease as it affects all of those around you. To celebrate survivorship is to celebrate family and relationships.

So on July 25th 2009, I will, once again, be riding for my wife Lucille and my children AnnPatrice and Marie because they have been my rocks from the

day I was diagnosed. I will be riding for my siblings, relatives, friends, fellow employees, neighbors, and well wishers as they have been such a huge part of my team that got me thru my treatment and got me on the road to survivorship. I am riding for the entire team at Yale Cancer Center that has treated me with amazing care and concern. I am riding for all my supporters at my employer as they have helped me to continue to work throughout much of my treatment. I am riding for the Survivorship Clinic at Yale Cancer Center because I truly believe in their mission to help all survivors live longer and healthier lives. Finally, I am riding for all survivors in order that they can be supported in their quest to become a thriving survivor.

# SELECTED FINANCIAL INFORMATION

The Connecticut Challenge is committed to making a real difference in the lives of cancer survivors. As part of our commitment, we continue to monitor our costs dedicating as much money as we can to program services. By relying on a team of volunteers and keeping administrative and fundraising expenses low, the Connecticut Challenge is committed to invest \$410,000 in grants and program services related to cancer survivorship through public health, education and research.

## Consolidated statement of financial position:

| As of December 31, 2008 and 2009      | 2008       | 2009       |
|---------------------------------------|------------|------------|
| <b>Assets</b>                         |            |            |
| Cash and investments                  | \$ 641,594 | \$ 514,197 |
| Security deposit                      | \$ –       | \$ 1,000   |
| Total Current Assets                  | \$ 641,594 | \$ 515,197 |
| Website development costs             | \$ –       | \$ 20,000  |
| Total assets                          | \$ 641,594 | \$ 535,197 |
| <b>Liabilities</b>                    |            |            |
| Accounts payable and accrued expenses | \$ 17,371  | \$ 10,186  |
| Grants payable                        | \$ 365,000 | \$ 225,000 |
| Total liabilities                     | \$ 382,371 | \$ 235,186 |
| Total net assets                      | \$ 259,223 | \$ 300,011 |
| Total liabilities and net assets      | \$ 641,594 | \$ 535,197 |

In February 2010, the Board Of Directors elected to set aside \$185,000 for development of special educational content and programming to serve the organization's mission to help the largest number of cancer survivors possible, including those who may not visit one of the CT Challenge-sponsored, hospital-based survivor programs.

For the fiscal year ending December 31, 2009, the Connecticut Challenge recognized more than \$641,565 in revenues to support cancer survivors, thanks to the dedication of riders, volunteers and staff who helped raise this money through the CTC's marquee charity bike event, numerous individual donors and special fundraising events. Because of the hard work of all our friends and family 83 cents of every dollar spent was directed toward program services and grants.

### Consolidated statement of activities:

| As of December 31, 2008 and 2009   | 2008       | 2009       |
|------------------------------------|------------|------------|
| <b>Public support and revenue:</b> |            |            |
| Contributions:                     |            |            |
| Riders and general donations       | \$ 681,085 | \$ 489,366 |
| Foundation contributions           | \$ 21,000  | \$ 31,750  |
| Corporate sponsorships             | \$ 59,598  | \$ 52,500  |
| Special fundraising events         | \$ 6,500   | \$ –       |
| Donor restricted contributions     | \$ –       | \$ 30,000  |
| Other:                             |            |            |
| Rider registration fees            | \$ 64,997  | \$ 35,753  |
| Interest income                    | \$ 2,036   | \$ 2,196   |
| Total public support               | \$ 835,216 | \$ 641,565 |
| <b>Expenses:</b>                   |            |            |
| Program Services & grants          | \$ 712,129 | \$ 497,873 |
| Fundraising                        | \$ 29,135  | \$ 49,343  |
| General & administrative           | \$ 88,373  | \$ 53,561  |
| Total expenses                     | \$ 829,637 | \$ 600,777 |
| Change in unrestricted net assets  | \$ 5,579   | \$ 5,788   |

Muskus & Wilemski, LLC performed the 2009 consolidated audit for the Connecticut Challenge. Audited financial statements are available on request.



Connecticut Challenge • 860 Canal Street, 3rd Floor • Stamford, CT 06902 • 203-353-7690 • Fax 203-621-3279

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