



Wellwood

2018-2019

REPORT TO THE COMMUNITY



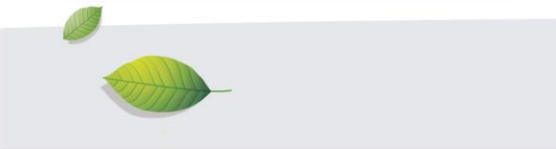
ALUMNI DAY is just one of many new grant-funded initiatives that can only happen because of Hamilton Community Foundation. Children who have graduated from “Kids in the Kitchen/Power Up” have the chance to bring back their family members to show them “their” special place, share some new memories through art, yoga, meditation, games and lunch – plus take a new family portrait. Not only does this make for a happy new memory, it also helps to ease the transition for the child as they leave Wellwood programs.

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Cancer is heavy.

At Wellwood the weight is lifted.





Wellwood

Kicking Cancer's Butt for 20 Years



Wellwood Walk | Run | Wheel
for Colorectal Cancer Awareness

AT McMASTER • 1K | 5K | 10K

KICKING cancer's BUTT



The 20th anniversary edition of the Walk/Run/Wheel for Colorectal Cancer Awareness was held at McMaster University on October 14 and netted a record \$70,000, thanks to our sponsors, teams and individual participant pledge collectors – including Mike George, shown below with a Springsteen-inspired message of encouragement that a supporter left on the route. (He personally raised \$40,000.) Race founder, Trish Murphy (above center) created this event in honour of her brother, Mike Murphy (on Trish's right), and his own journey with colorectal cancer. Twenty years later, he ran the 10K with the surgeon who his sister says "saved his life", Peter Tam (on left). Thanks to EVERYONE who made this such a phenomenal success. We are already planning our 21st annual race on Sunday, October 20, with great value in fees and an easier-to-use registration and pledge collection website.



OUR SPONSORS:

McMaster University: Student Centre, Parking, President's Office		
Runner's Den	Trisura Guarantee	Pendopharm
Aldo DeSantis Realty	Mackesy Smye	Effort Trust
Great West Life	London Life	Canada Life
Scotiabank (King St. E.)	B'nai Brith Sports Celebrity Dinner	

Braemar Building Systems
 Millcroft Financial Group
 Losani Homes
 Grant Thornton LLP
 Frank D'Alvise, Dental Surgeon
 Scotiabank (Hamilton Main Branch)
 Fresh Radio 95.3
 Coca-Cola
 Pauliegraphics
 New Horizon Homes
 Seasons Retirement
 Hamilton Tiger Cats
 95.3 Fresh Radio
 Vipond
 Trinity Natural Health Centre
 The Second City Revue

Boston Pizza (West Hamilton)
 Hamilton Marathon/Road2Hope
 Hamilton All Star Jazz Band
 Jennifer Kaye Designs
 Race Kit Event Service
 Carter Truck Rentals
 Around the Bay Road Race
 Regent Health Centre
 Kreationz Custom Embroidery
 Stephen Dunn Insurance
 Siria Szkurhan
 Boston Pizza (Ancaster)
 Carter Lease & Rentals
 Vineland Estates
 Posh Gal Leggings & More
 Binbrook Tim Horton's



Wellwood

Financial Notes

Our sustainability is largely due to the gift of time and talent provided by our team of more than 250 organizational volunteers, which keeps staffing costs to an absolute minimum. (We also have over 100 situational volunteers, who help out with projects and events.) The foundation of our revenue generation is also the result of an endowment fund that is invested in its entirety and provides income on an annual basis to support operating costs; however, it is just one-quarter of the money needed to run the organization. Frankly, these are tough economic times for our entire sector and fundraising will, out of necessity, continue to be high priority.

The in-kind support provided by our community partners at Hamilton Health Sciences continues to be so important to our success. That said, **Wellwood is not government or hospital funded, nor is it financed by user fees.** We provide all of our programs at no cost to everyone who needs them.

Two things drive Wellwood’s financial sustainability – donors and volunteers. Our donors provide the financial resources Wellwood needs to operate, and our unique volunteer-driven service model ensures that those dollars deliver as much impact as possible. In fact, volunteers play key roles in *every* program – creating a service model and donor value that is unique among Ontario’s community cancer support centres.

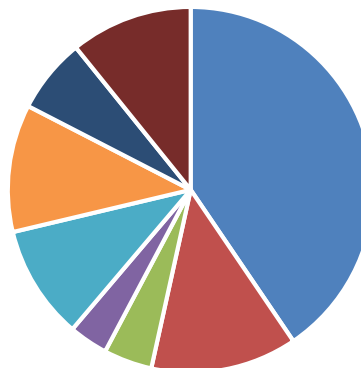
In every case, your support will directly impact the people accessing Wellwood’s programs. It generates exceptional return-on-investment because of the financial efficiency of our volunteer-driven delivery model. And it will help us meet the needs of the growing number of people in our local community who live with cancer.

Our detailed audited financial statements are readily available on our website:

Visit www.wellwood.ca and select *About Us*, then click on the link to view the past ten years of statements. There, you can also see previous Reports to the Community and Board policies, as well as make an online donation.

Program Delivery (based on hours of service per year)

- Info/Intake/Frontline Support - 1020 hours
- Peer Mentoring - 326 hours
- Peer Groups - 108 hours
- Hosted External Groups/Programs - 87 hours
- Creative Expression - 254 hours
- Exercise/Movement - 284 hours
- Relaxation/Meditation - 167 hours
- Kids with illness in family - 272 hours



Wellwood is committed to transparency and privacy.

Our accreditation through Imagine Canada’s rigorous Standards Program for demonstrated excellence in fundraising practices is a source of great pride to us, given the relatively small size of our organization in comparison with others who share this designation.





Wellwood

Who We ARE & What We DO



Cancer is **heavy**.

Second only to a cure, the thing you want most for the people carrying that diagnosis is that they find some one, some place, some thing to take a little of the weight. Wellwood is a place where cancer loses some of its power, where it's lighter. It's being around people who understand, so you don't need to explain. You can relax and be yourself. You can find – paradoxically in a cancer-support centre – a zone where cancer almost doesn't matter.

And the weight gets **lifted**.

For nearly a quarter century, Wellwood has operated with the vision and principles forged by our founding volunteers. Our mission is to connect people living with cancer, as well as their supporters and caregivers, with the reliable information, effective strategies, engaging activities and trained peer support that will help them live *well*. We are community based, client driven, volunteer run and guided by the experience and insight of people who have faced cancer themselves. Wellwood supports more than 4,500 people annually because of generous donors, dedicated staff and the commitment of more than 250 trained and dedicated volunteers.

Wellwood's team of volunteers and staff provides *supportive care* – programs designed to help people understand cancer, manage the side effects of treatment and thrive despite the psychological, social, physical and cognitive challenges of cancer. We offer reliable information and effective coping strategies. Everything we do helps foster resilience in people living with cancer or in people caring for someone with the disease.

Our approach is always ethically-sound and evidence-informed, driven by the input of our clients. We believe in the self-help model which makes us partners with our clients. When someone joins a Wellwood program, they're not just along for a ride – they are pursuing their own health and well-being goals. Our volunteer-driven approach also helps ensure that we can interact with every client on a personal level, providing the kind of accessible, understanding attention that is our hallmark. We operate from an office within JHCC and from our community site in West Hamilton. Wellwood's clients come from communities like Hamilton, Burlington, Brantford, Brant, Niagara and Haldimand. All are welcome.



And the weight gets **lifted**.



Wellwood

Memorial & Honorary Gifts

Wellwood is grateful to individuals who made memorial donations between August 1, 2017 and December 31, 2018, in support of our programs and services. We honour the memories of the following individuals in whose name donations have been received, with grateful appreciation for their lives and legacies:

Remembering...

Adams, Pat & Tony
 Andersen, Simon
 Andrews, Jerome (Jed)
 Armstrong, Patricia
 Barr, Mrs. (mother of Mike)
 Basadur, Eleanor
 Beaudoin, Chuck
 Bienert, Ronald Frank
 Brezden, Stan
 Civiero, Tracey
 Cooper, Bill
 Cox, Elaine
 Craney, Eleanor
 Day, Cathy
 Denham, Linda
 Downey, Dorothy May
 Durward, George

Faria, Joan
 Fazari, Vincent
 George, Gwen
 George, Peter
 Geric, Elizabeth
 Giosi, Domenic
 Goodfellow, Julie
 Gross, Rita
 Halford, Clyde
 Hammond, Nathaniel
 Harrop, Ken
 Hartnett, Barbara
 Haynes, Rev. W. Allison
 Hopf, Raymond (Dusty)
 Horton, Carl
 Horton, Steve
 Horvath, Elvia
 Hrabok, Glenn & Paul

Kinnear, Helen
 Knight, Cassie
 Knight, Susan
 Koblyk, George
 Koblyk, Patty
 Lord, Irene
 Marrazzo, Frank
 McClue, Robert
 Minnie, Lois
 Misceovich, George
 Moffett, Audrey
 Morrison, David
 Mossuto, Frank
 Muir, Cathy
 Myers, Phyl
 Nelson, Janis
 Neville, Bruce
 O'Connell, Dr. Greg

Peyout, Claude
 Raftis, Susan Loris
 Robinson, Emma
 Robinson, Karen
 Schneider, Elisabeth & Michael
 Siroonian-Davis, Elissa
 Smith, Ernie
 Smosarski, Olivia (Liv)
 Tersigni, Jack
 Tofani, Virginia
 Treleven, Richard
 Trull, Chris
 Turner, Joceline
 van Hoorn, Mary
 Vaters, Rev. Grace
 Watson, Sean
 Waymouth, Gayle
 Wilkinson, Lynsie

Wellwood also extends our sincere appreciation to individuals who have made donations between August 1, 2017 and December 31, 2018, in honour of the following:

Aiello, Joe
 Barwa, Martha
 Currie, Lynda
 Doherty, Catherine
 Durance-Hine, Rebecca
 Fletcher, Victoria
 Garden, Kella
 Garden, Lincoln
 Garden, Trenton

George, Jane
 George, Mike
 Geraghty, Raymond
 Howarth, Robert
 Howarth, Samuel & Katie
 Johnstone, Isabel
 Johnstone, Margaret
 Johnston, Howard
 Knot-A-Breast Members

McKellar, Marion
 McLaughlin, Anne
 Meyer, Dr. Ralph
 Neale, Dorothy
 Newcomb, Kent & Terry
 Northey, Mona
 Odom, Matthew
 Oluszak Family
 Pilzecker, Jennifer

Pronesti, Lois
 Riley, Jack
 Spark, Anne
 Sullivan, Joseph J.
 Van Boom, Patricia
 Williston, Joanne
 Wilson, Dr. William
 Woolfe, Kevin
 Zwolak Family



*Tell me, what is it you plan to do with
your one wild and precious life?*

~ Mary Oliver





Wellwood



Dr. Pauline De Leon-Hutson (third from the left) of PACE presents a giant cheque to Suqing Fan, Christopher Baignet, Bishal Podder, Maja Perisic, Jane George and Tejasvi Kaler.

“What would your charity do with \$5,000?”

That is the question that has been posed since 2014 at the annual DeGroote School of Business “Pitching In for Charity” competition, where teams of MBA students are matched with real world charities (and their real world challenges) and compete with peers in front of a panel of judges. The “best” solution equals a presentation of \$5,000 to the charity that team is representing, with \$1,000 given to the runners-up.

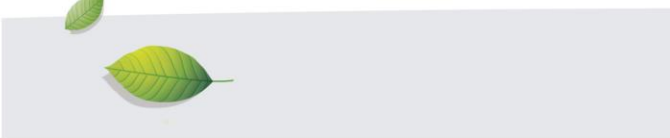
This year, the generous sponsorship of Paletta International Corporation, PACE Credit Union and the DeGroote MBA Association meant double the prizes. Wellwood and Mark Preece Family House each received \$5,000, while Neighbour 2 Neighbour and Threshold School of Building were presented with \$1,000. With some help from Coast Appliances, Wellwood’s windfall will be used to replace equipment in the community kitchen – the hub and heart of our home.

THANK YOU TO OUR FUNDERS & IN-KIND SUPPORTERS:

- Image Honda
- Queenston Chevrolet Buick GMC
- DeGroote School of Business, McMaster University
- Doug & June Barber Family Foundation
- City of Hamilton Enrichment Fund
- Grant Thornton Foundation Fund
- Project Concern, Hamilton Police
- Trisura Guarantee Insurance Company
- Greater Hamilton district branches of TD
- Taylor Leibow LLP Accountants & Advisors
- Coleford Investment Management
- P.X. Dermody Funeral Homes
- Wholesale Framing & Fundraising
- Coast Appliances & Whirlpool Canada
- Ambitious Realty
- Losani Homes
- Epic Books on Locke
- Mark Matthews
- Maggie & Keltie Steele
- Annette & Grant Kutshaw
- Melissa Kaczmariski
- Kira Salena
- Chris Farias
- Jane Allison, Dovetail Community
- Kitestring Creative Branding Studio
- Jamie West, Westpro Media
- Scott Koblyk, Macmillan Rae Communications Inc.
- Krysta Marinic, Euphoria Esthetics
- Michelle Guitard & Jane Thompson, Art & Soul
- Heather Greaves, Body Therapies Yoga
- Parmjit Singh, Passing Clouds Mindfulness Meditation
- Walter Barubek, All Risks Insurance Brokers
- Knot-A-Breast Dragon Boat Team
- Staff of McKeil Marine & McKeil Cares Committee
- Hamilton Tiger Cats
- Wellwood Art Students
- Estate of William Johnstone
- Estate of Winnifred Curry

HAMILTON COMMUNITY FOUNDATION

- Ontario Endowment for Children & Youth in Recreation
- Edith H. Turner Foundation Fund
- Malloch Foundation Fund
- Martin Foundation Fund
- John & Esther Marshall Memorial Fund
- Milne-McGrath Fund
- W.L. Carpenter Memorial Fund
- Creative Arts Fund
- Shirley M. Elford Gift of Today Fund





Wellwood

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Hospital Site

O'Connor-O'Connell Family Support Centre
Juravinski Hospital, E1
711 Concession St., Hamilton, ON L8V 1C3

Community Site

Juravinski House, presented by HHHBA
501 Sanatorium Rd., Hamilton, ON L9C 0C3

www.wellwood.ca wellwood@hhsc.ca

Charitable Registration #89695-5036-RR0001

STAFF TEAM

Questions? Please contact us!
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K. Jane George – Executive Director
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with support from
Vicky Grimshaw – Finance Administrator

It's NOT about the money...

Even though we are talking a lot about funding throughout this report, Wellwood is really about PEOPLE. It is about EMPOWERMENT. It is about SELF DISCOVERY. It is about COMPASSION and COMMUNITY ... and, sometimes, it is about getting A LOT OF PAINT ON YOUR HANDS.



On behalf of our clients – big and little – thank you for your support.