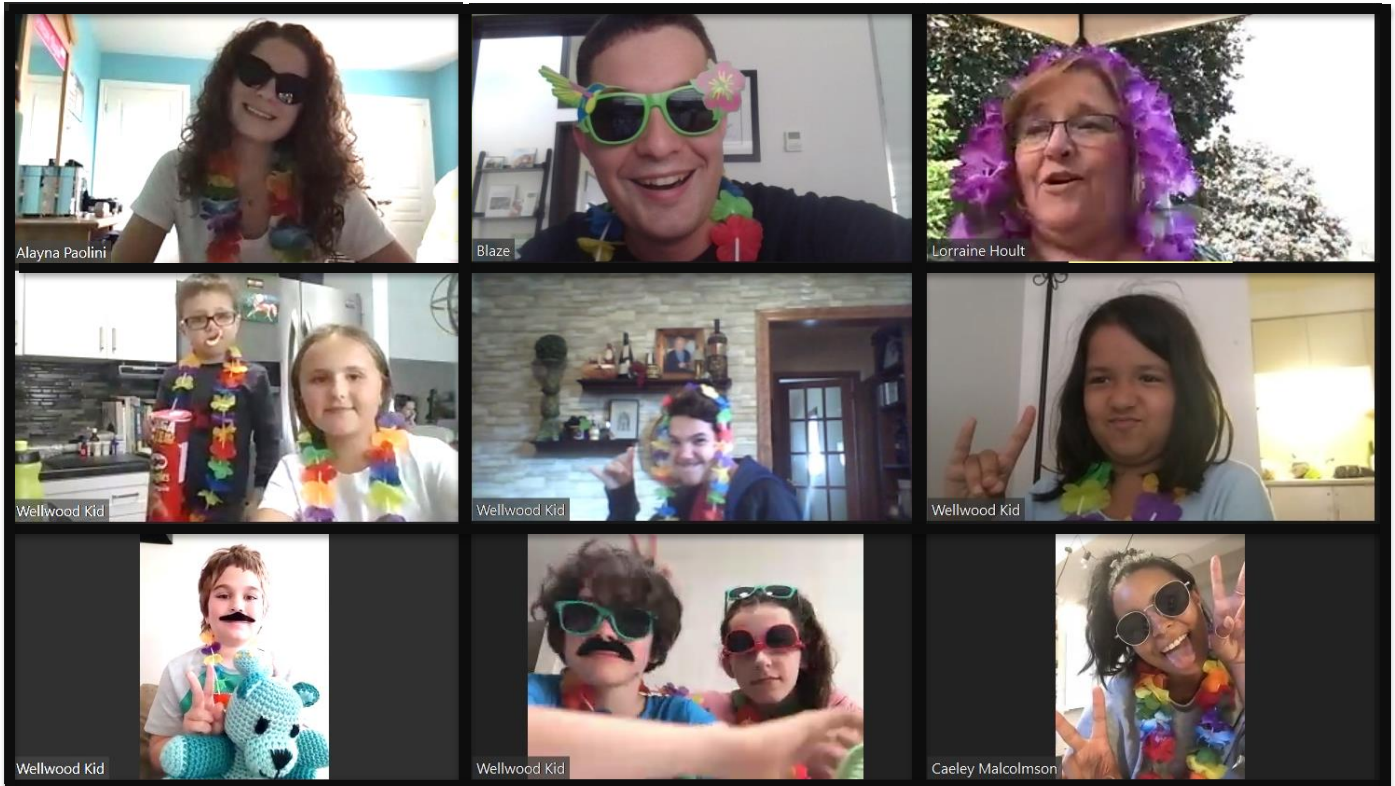


2020



Wellwood

REPORT to the COMMUNITY



Virtual Wellwood Kids' Program, Summer 2020

Cancer is already isolating.

Thousands of people in our community are still living with cancer right now.

Many are facing serious or life-threatening illness and most are immune-compromised, making the current situation all the more challenging. Our clients are reporting unprecedented levels of anxiety, as they must go to hospitals and clinical settings for surgeries, tests and treatment.

They are counting on us – now more than ever.



No one should have to go through it alone.

2020



Wellwood

Dear Friends & Supporters:

These are anxious times for everyone.

In the wake of the pandemic, fear and anxiety are radically magnified when also dealing with a potentially life threatening diagnosis. Cancer is already isolating. No one should feel they are going through all of this alone. That is why Wellwood quickly mobilized to meet new needs in new ways.

Wellwood continues to be resilient and responsive.

Through the mandate of physical-distancing, Wellwood has been reimagined. We introduced a wide range of virtual programs, expanded online self-help resources and have seen a dramatic increase in usage of one-on-one peer mentoring. Our summer session for kids with serious illness in the family, enthusiastically pictured on the front page of this report, is just one shining example.

This is not a reaction to a crisis. This is a long term plan.

Creating a virtual community of support for those who were unable to come to our sites was already a strategic direction. These populations include individuals and families living in remote communities, those who are not well enough to physically attend programs, and all who face socio-economic, accessibility, transportation or health inequity barriers, as well as caregiving and other situational demands posed by the crisis of cancer. This is a shift in the timing of carefully considered priorities.

Most of our clients are immune-compromised.

This reality means that Wellwood will remain a virtual community for the foreseeable future. From this point on, we will always offer some virtual programming. Whatever the future holds, we do know that we will emerge from the COVID-19 crisis as both a physical and virtual gathering space.

These are also incredibly difficult times for charities.

Our entire sector has faced a dramatic impact on revenues during the pandemic and its accompanying financial crisis. Frankly, Wellwood has been hit particularly hard. Please continue to invest in us, knowing that we are invested in you and in our community. Not only do we need to survive, we need to thrive. Our clients deserve no less. We are grateful for your support, and hope that this report might inspire you to continue to invest your time, talent and treasure in Wellwood.

Wishing you safe days ahead,

K. Jane George
Executive Director

I don't like the phrase "moving on" because you never move on,
you just adapt...survive...change. Steven Sabados

2020



Wellwood

Organizational Priorities:

- Programmatic innovations to meet the urgent needs for support in an era of physical distancing;
- Delivery mechanisms that ensure the inclusion of those facing poverty or health inequity;
- Safety, confidentiality, privacy, integrity, quality and equity in the delivery of virtual services;
- Engaging our diverse, trained, dedicated team of volunteers in the delivery of virtual services;
- Engaging and communicating strategically with all other community partners and stakeholders.

Cancer is already isolating. You are not alone.

Staff and volunteers are available by phone, text and email.



To arrange a peer mentor, please leave a message for Norma at 905-667-8870 x203 | frankoff@hhsc.ca



wellwood.ca

905-667-8870

wellwood@hhsc.ca



Coping skills that meet you where you are.

We've expanded our text, audio and video self-care online resources to help you during these anxious times.

- Yoga
- Meditation
- Art
- Kids' Stuff

New resources are being uploaded every week.



wellwood.ca/self-care

905-667-8870

wellwood@hhsc.ca

Our programs are going virtual.

Wellwood is being re-imagined to help you continue to live well with cancer during this challenging time.



- Peer Support
- Yoga
- Meditation
- Art



Please visit the link below for updates.

wellwood.ca/calendar

905-667-8870

wellwood@hhsc.ca

Take your voice to where it will be most effective.

Buffly Sainte-Marie

2020



Wellwood

Memorial & Honorary Gifts:

Wellwood is grateful to individuals who made memorial donations between January 1, 2019 and July 1, 2020. We honour the memories of the following individuals in whose name donations have been received, with grateful appreciation for their lives and legacies:

Adams, Pat & Tony	Duffy, Donna	Humphreys, Ronald	O'Connell, Dr. Greg
Accardi, Sam	Evanoff, Martin	Huschilt, Dr. Nicholas Peter	Officer, William
Andersen, Simon	Fazari, Vincent	Iarusso, Jeffrey	Pokoradi, Gary
Ballarano, Giuliana	Fiorino, Lidia	Knight, Cassie	Raso, Nancy
Barrows, Maria	Figley, Kevin	Knight, Susan	Rizzo, Elda
Beaudoin, Chuck	Fisher, John	Koblyk, George	Ryan, Edla Annie
Beaudoin, Jean	Ford, Evelyn	Koblyk, Patty	Sgro, Antonio
Bienert, Ronald Frank	George, Gwen	MacDonald, Marguerite	Shaver, Margie Lou
Brezden, Stan	George, Peter	McClue, Robert	Siroonian-Davis, Elissa
Businskas, Jura	Gould, Milli	McCulloch, Dr. Peter B.	Smosarski, Olivia (Liv)
Carrigan, Eileen	Gruning, Katharina	McLeod, Gloria	Steele, Randy
Charles, Linda	Halford, Clyde	Montague, Maggie	Trull, Chris
Cox, Elaine	Hammond, Nathaniel	Mossuto, Frank	Walker, Jenny
Craney, Eleanor	Hartnett, Barbara	Nelson, Janis	Watson, Sean
Davy, Marg	Haynes, Rev. W. A.	Nenadovich, Christine	West, Donna & Bob
Doherty, Steve	Held, Jeanne	Neville, Bruce	Wilkinson, Lysine
	Howarth, Robert	Northey, Mona	Woodard, Bill

Wellwood also extends our sincere appreciation to individuals who made donations between January 1, 2019 and July 1, 2020, in honour of the following:

Durance-Hine, Rebecca	Lanigan, Brendan	Oluszk Family
Frankoff, Sergei & Shannon	Lawruk, Christine	Pronesti, Lois Marie
George, Jane	Levy, Marilyn	Silvestri, Cesare
George, Mike	Lukosius, Ray	Silvestri, Frank
Hooper, Lisa Tara	McDonald, Tom	Steele Family
Iarusso, Greg	Newcomb, Kent & Terry	Wellnitz, Lukas
Kras, Carolyn	Odom, Matthew	Zwolak Family
	Oliver, Lorraine	

Every effort has been made to ensure the accuracy of these lists. Please contact us if you note errors or omissions.



The circle of life and death interconnect. We don't go up or down.

We stay in another part of the circle. Tomson Highway

2020



Wellwood

Together...

We kicked cancer's butt in 2019:

Last year, we raised \$80,000 at the 21st annual Walk/Run/Wheel at Mac!



SPONSORS

McMaster University

Office of the President Student Centre Parking Services

Braemar Building Systems

Canada Life

Trisura Guarantee

Effort Trust

Pendopharm

Mackesy Smye

B'Nai Brith Sports Celebrity Dinner

Runner's Den

Millcroft Financial

Losani Homes

Aldo DeSantis Realty

Grant Thornton

Franklin Templeton

Mackenzie Investments

Carter Lease & Rentals

Marvall Designs

Race Kit Event Service

Around the Bay

Coca-Cola Canada Bottling Ltd.

Tim Hortons, Binbrook

Taylor Leibow LLP - Staff Team

Second City

Dr. Frank D'Alvise FamilyDentistry

Binbrook Little Theatre

Stephen J. Dunn Insurance

Theatre Aquarius

Trinity Natural Health Centre

Splitsville, Hamilton

Southbrook Golf & Country Club

Southern Pines

Seasons Retirement Community

Farm Boy Company Inc.

Salon Indulge

Puddicombe Farms

Niagara Parks

Vineland Estates

Sports Clips, Hamilton

Green Horizons Sod

Toronto Raptors

Toronto Blue Jays

Mike Scott & Suzanne Primeau

Jennifer Kaye Designs

TOP FUNDRAISERS

ADULTS:

Mike George

Greg Iarusso

Craig Stevens

Mark Matthews

Susan Daignault

Valerie Howes

YOUTH:

Lukas Wellnitz

KIDS:

Maddyson Garbett

Alex & Avery Russell

TEAMS:

Racing in the Street

Legs for Legacy

Team Boyle

Liv Out Loud

Team Trisura

Simon Says RUN!!!

Running for Daddy

Our Thanks to Wellwood

Barb's Baskets

GrammyPammy's Hummingbirds



Greg Iarusso
Legs for Legacy
Running for Jeff

Let's kick butt again in 2020! Free registration.

virtually

KICKING cancer's BUTT

WELLWOOD.CA

All week long: October 18 to 24

Giving is not just about making a donation.

It is about making a difference.

Kathy Calvin

2020



Wellwood

Enthusiastic appreciation:

*The Wellwood Zoom programs have already changed my life. I am really enjoying the yoga classes and it's also like having friends when you live by yourself. Thank you to everyone who has aided in my road to recovery. You are all amazing people. Thank you for making our journeys a little bit easier. Wellwood Zoom has really boosted my creativity and my health. Thanks so much for **without the support of each of the wonderful classes and fellowship!** Thank you for what you do for children and families! Thank you for all you are doing at this difficult time. Online resources have been helpful. I applaud everyone at Wellwood for their tireless efforts in tending to those in need. **our caring, generous donors.** Keep up the good work. You really make a difference in people's lives. Thanks for doing the important work you do to support people living with cancer. I think I'm going to cry.*

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
 Project Concern, Hamilton Police Employees
 Coleford Investment Management
 PX Dermody Funeral Homes
 Ambitious Realty
 Knot-A-Breast Dragon Boat Team
 McKeil Marine – Staff Team
 Hamilton Oldtimers' Baseball
 Lakeside Asphalt Maintenance Ltd.
 Modo Yoga Hamilton
 Kiwanis Club of Hamilton East Inc.
 Vipond Inc.
 JKR Telecom
 CR Landscape
 Dee Signs
 Farm Boy Company Inc.
 The Burlington "Square Ladies"
 Wellwood Art Students
 Wellwood Holiday Bazaar Vendors
 Estate of William Johnston
 Estate of Winnifred Curry
 Walter Barubek, All-Risks Insurance
 Dana Bee, Chiptime Results
 Scott Koblyk, Macmillan Rae Inc.
 Maggie & Keltie Steele
 Michelle Guitard & Jane Thompson
 Rob Young
 Peter Gorman
 Bert Dorpmans
 Stuart Seldon
 Keith Revie

The following Hamilton Community Foundation funds have provided grants to our programs:

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
 Shirley M. Elford Gift of Today Fund

Chedoke Cairn Restoration Project



City of Hamilton
 Ward 14
 Terry Whitehead
 StressCrete Group
 Northwall Riders
 Association
 Royal Canadian
 Legion Branch 163

HOLIDAY MARKET BAZAAR

HANDMADE & LOCAL

coming Nov. 2020



(virtually)

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

Mary Oliver

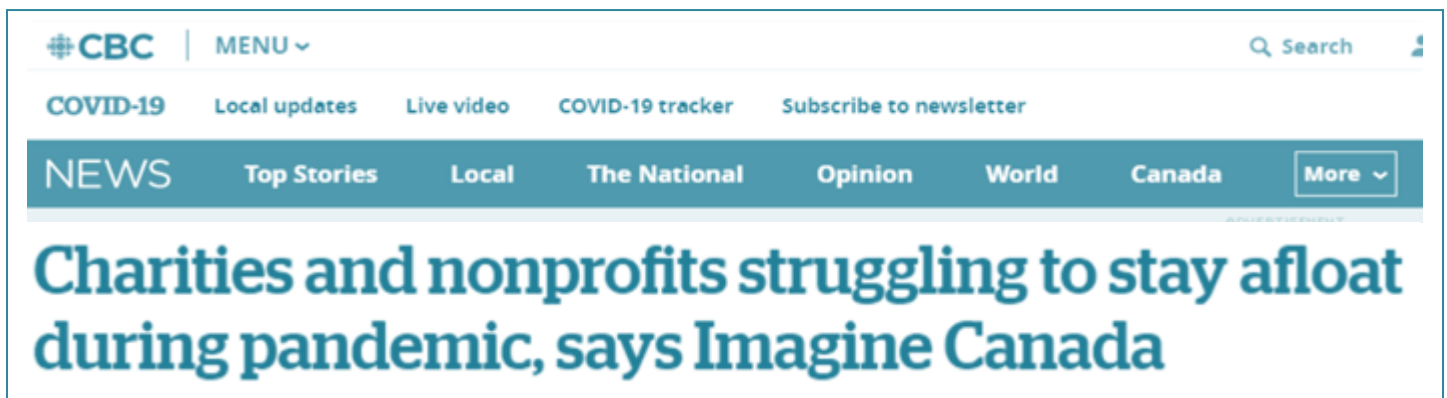


It is a grim reality that the landscape of our sector will look very different in 2021. Many charities will not survive this crisis.

While we can't know what the future holds, ultimately, Wellwood's sustainability is largely due to the gift of time and talent provided by our team of more than 250 organizational and situational volunteers. All programs are volunteer-delivered, which keeps staffing costs to an absolute minimum.

The foundation of our revenue generation is 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. We have also been eligible for the pandemic fund wage subsidy program during the past difficult months.

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.



Frankly, these are tough economic times for our entire sector. Our donors can rest assured that you will see exceptional return-on-investment because of the efficiency of our volunteer-driven delivery model, and know that we are transparent, responsible, accountable custodians of your gifts.

Our audited financial statements are available at www.wellwood.ca.

Visit the website, click on "Start Here" and then select the link to our financials to view more than ten years of statements. There, you can also see previous Reports to the Community and Board policies, as well as make an online donation.



Every little thing is gonna be alright. *Bob Marley*

2020



Wellwood

Cancer is HEAVY:

BOARD OF DIRECTORS

Kenneth Raddatz *President*
Dianne de Freitas *Vice-President*
Anna Ruta *Treasurer*

Catherine Higgins
Christine Torry
David Angus
Denise Bryant Lukosius
Donald Cummings
Greg Iaruso
Karen Zhang
Kathleen Hudson
Richard Tozer
Sadisha Galappatti
Salma Ladhani
Sandi Bell

BOARD CONSULTANTS:

Alejandro Jadad
Barbara Love
Denny DePetrillo
Fred Hopkinson
Gary Warner
Jan Kahehtio Longboat
Maureen O'Connor
Patricia Gagic



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!
905-667-8870

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forgie@hhsc.ca

Norma Frankoff
Director of Programs & Organizational Development
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K. Jane George
Executive Director
ext. 204
georgej@hhsc.ca

with support from
Vicky Grimshaw
Finance Administrator

It's NOT about the money...

Even though we talk a lot about funding in this report, Wellwood is about PEOPLE. It is about EMPOWERMENT, SELF DISCOVERY, COMPASSION and COMMUNITY. Until it is safe to gather, let's raise our hopes for better days ahead.



At Wellwood, the weight is

lifted

. Scott Koblyk