



Wellwood

2015-2016 REPORT TO THE COMMUNITY



**“Being at Wellwood helps you to understand that
*you are not alone...and, even in the midst of crisis, there can be
peace, beauty & companionship.*”**

Jennifer – Former Client and Current Volunteer



Wellwood

Your financial support provides amazing

KIDS IN THE KITCHEN/ POWER UP:

Wellwood (in collaboration with the Boys and Girls Clubs of Hamilton) offers a safe, secure and caring environment for children living with serious illness in the family, including healthy meal preparation (and sharing) while being helped with homework on a personalized level. Supervised transportation is provided, to and from the child's home (within Hamilton) by our partners at Queenston Chevrolet/Image Honda.



“Wellwood is *fun*. It feels like *home* to me.”

Nicolas, 11 – Kid in the Kitchen

MEDITATION & RELAXATION:

The range of programs within this theme improve self-awareness, granting participants a greater sense of well-being and empowering clients to manage stress and anxiety. The exercises are designed to allow for full participation regardless of fitness level and mobility, and are simple enough that participants can incorporate what they have learned by continuing to practice daily in their home. The labyrinth in the healing garden at our community site allows everyone, including our neighbours to participate in the meditative practice of journeying to its center.



“My cancer journey has been much easier to navigate with Wellwood’s guidance.”

Heather – Client and Student of Art, Yoga, Meditation, Qi Gong – and Life!

Our programs are funded by grants from:

Hamilton Community Foundation:
Shirley Elford Gift of Today Fund
Edith Turner Foundation Fund
Two privately-held funds
Michael L. Lamont, Lawyer
David Thompson, Lawyer
Hamilton Police Project Concern
Trisura Guarantee Insurance Co.
CIBC
RBC

We are also grateful for the in-kind support provided by:

Queenston Chevrolet Buick GMC
Image Honda
Ciccarelli Group
PX Dermody
Staircase Theatre
Wally Barubek All-Risks Insurance
Indigo, Stoney Creek Mountain
Jennifer Walker & April Juhlke
Vipond Systems Group
Mike Best, Contractor
Annette & Grant Kutchaw

Michelle Guitard & Jane Thompson
RP Graphics / Stuart Seldon
Evelyn Myrie / Singing Her Praises
Keltie Steele
Mohawk College Classes:
Public Relations Graduate Certificate
Broadcasting - Television & Communications
Mohawk Students' Association
Wellwood Art Students

programs – like these – absolutely free of charge.



EXERCISE AND MOVEMENT:

Wellwood offers a series of classes introducing clients to guided exercises focusing on gentle movement, meant to quiet the mind and improve range of motion. Emphasizing breathing, stretching and balancing, these traditional practices help participants achieve mindfulness and greater control over their sense of well-being and ability to manage stress.

“It helps me *relax*...and that’s been one of my biggest problems. Here, I can *let everything go*.”

Brian – Client and Student Yogi

CREATIVE EXPRESSION:

Wellwood’s visual art workshops are a popular and necessary outlet for participants to express themselves as part of their own practice. Art is also an important way of preserving and documenting the personal cancer journey. Moreover, the techniques are simple enough that participants can continue what they have learned and enjoy a lifelong means of visual expression.

“Now I think of myself as an *art student* rather than a cancer person.”

George – Client and Artist



Major Sponsors – 17th Annual Walk/Run/Wheel:

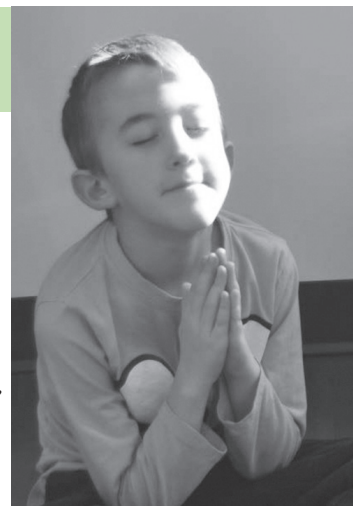
Great West Life / London Life /
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Effort Trust
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Race Kit Event Services
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Hamilton Harriers
McMaster University
Runner's Den
The Hamilton Spectator
Hamilton All Star Jazz Bands
Boston Pizza, Westdale
Stephen Dunn, State Farm Insurance

Restaurant Sponsors – Eat Well for Wellwood:

The Works
Wendel Clark's
Boston Pizza, Westdale
Bitten
Serve Ping Pong Bar & Lounge
My Thai
Mother's Pizza

On behalf of our clients, thank you for your support.



Financial Notes and Appreciation



Wellwood



As a registered charity, Wellwood depends entirely on donations, grants and funds raised through special events to continue to provide all of our services absolutely free of charge to everyone affected by cancer.

Our detailed audited financial statements are readily available on our website. Visit www.wellwood.on.ca and select *About Us*, then click on the link to view the past seven years of reports. There, you can also see previous Reports to the Community and Board policies, as well as make an online donation.

This has been a tumultuous year for the not-for-profit sector, and many charities are struggling. As mentioned in the note from our President and Executive Director, Wellwood's financial sustainability

is largely due to the gift of time and talent provided by our team of almost 300 volunteers, which keeps staffing costs to an absolute minimum. The solid foundation is also the result of an endowment fund that is invested in its entirety and was created to generate revenue on an annual basis to support operating costs.

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 is a *sound financial investment* because they are community-based with a reputable, credible Board of Directors... They manage the property and material resources, as well as volunteers and staff, in a sound, *responsible* way that doesn't put financial resources at risk."

Linda Learn & Albert Graham – Volunteers and Donors

MEMORIAL DONATIONS

January 1 - December 31, 2015

Pat & Tony Adams	Gail Darby	Morley Gorsky	Ann McKinley	Elissa Siroonian (Davis)
Jerome "Jed" Andrews	Cathy Day	Ascenza Grande	Trudy McLaughlin	Binnew Smosarski
Joseph Norman Armstrong	Jim Dean	Elaine Hardwick	Donna McMurray	Olivia Smosarski
Patricia Armstrong	Antonietta & Vincenzo	Jordyn Hastings	Anthony McNulty	Diane Stewart
Martha Barwa	Di Sano	Milton Hess	Pura Mevissen	Linda Stewart
Chuck Beaudoin	Doug Drury	Robert Howarth	Audrey Moffett	Maureen Stroud
Maria Billone	Kim Ernst	Jane Humphreys	David Morrison	Leslie N. Szollosy
Antoinette Campanelli	John Erridge	Jessie & Mary	Dorothy Neale	Bill Thomas
Janet Campbell	Martin Evanoff	Thresiamma Joseph	Greg O'Connell	John E. Thomas
Florence Clewley	Paul Fawcett	Nicola Jones	Della O'Connor's mother	Andrea Toepell
(Beverley) Gail Clothier	Vincent Fazari	Susan Knight	John Stewart Patterson	Peter Turnbull
(nee Haskett)	Marnie Fisher	Khatoon Ladhani	Robert Leo Reise	Jean Turton
Rose & Sol Cohn	Katrine Foss	Tad Lang	Franca Ricciardone	Caroline (Cari) Trautrimus
Amy Costello	Simone Francoeur	Carl Lashbrook	Michelle Robinson	Chip Trueman
Judy Cossette	Helene & Karel Fuchs	William Liston	Anne Safranyos	Chris Trull
Elaine Cox	Gwen George	Lawrence (Larry) Lopinski	Gino Salem	Robert Wayne Underdown
Eleanor Craney	Raymond Geraghty	Carolyn Lundy	Wilma Sawell	Mary van Hoorn
Carter Cummings	Gerry Gibson	Barb Lynen	Derrick Scott	Phillip Ward
Mitchell Czekay	Bill Glazar	Giovanni Marazzato	Donna Sergeant	Joanne Williston
Paul Davis	Albert Gold	Len Martin	Josephine Simioni	

HONORARY DONATIONS

January 1 - December 31, 2015

Judi Corkery	Jane & Kira	Judy McLellan	Donna Reise	Lea & Frank Silvestri's 60th
D'Aurelio/Gentile Families	Knot a Breast Members	Terry & Kent Newcomb	Corrina Rush	Wedding Anniversary
Lorraine Duffy	George Koblyk	Oluzak Family	Sharon & Elton's Wedding	Kathy Smithson
Nathaniel Hammond	Maureen Lethbridge	Kathy Peters		Bob & Fran Taylor

From the President and Executive Director



Wellwood

Dear Friends:

In the twenty years since Wellwood was incorporated, we continue to experience phenomenal growth, which is always conducted in ways that are respectful, consultative and thoughtful. We remain deeply committed to creating an inclusive, safe and barrier-free space and our community site now hums with activity – days, evenings and, now, even on weekends. This past year, we have been strategically focused on meeting the increasing needs of young people. Supporting our unique and diverse communities within greater Hamilton as we collectively work to better meet the needs of those living with cancer is a key priority for the coming year.

As we all know too well, these are challenging times for charities. Our sector is always deeply affected in periods of economic crisis, and all not-for-profits in Canada are feeling the pressure. This year, not surprisingly, we encountered some hurdles with regard to a decrease in revenues and a predicted dip in our investment portfolio. It is prudent for us to be cautious, but – at the same time – we are confident that our approach to managing finances remains conscientious and reflective of our organizational values.

A large part of Wellwood's ability to remain sustainable – regardless of the financial climate – is because every one

of our programs is delivered by experienced, trained volunteers. There are almost 300 people who donate their time and talents here, making our operational costs very low. Because we are accredited through Imagine Canada's rigorous new standards program, you can also be assured that our ethical, transparent fundraising practices make us responsible custodians of your donor dollars. In March, we hired Tracey Warren, a former volunteer, to develop a comprehensive fundraising program for Wellwood. This further demonstrates the Board's commitment to ensuring we build on a solid financial foundation as we secure the future long-term strength and viability of the organization.

Whether you donate your time, talents or treasure, the value of your contribution is truly immeasurable – because you make our work possible.

With sincere thanks,

Renee Wetselaar
President

K. Jane George
Executive Director

Their Brother's Keepers: Running for Simon's Legacy

Wellwood runs many fundraising events throughout the year, but our flagship is the Walk/Run/Wheel for Colorectal Cancer Awareness, held at McMaster University each October. One of the most moving aspects of race day is the number of individuals and teams who participate in honour or memory of a loved one who has faced the disease.

This past year, a group of family and friends inspired all of us, as they gathered to pay tribute to Simon Ramanauskas, 35. The team – brought together by Simon's sister, Indre – also raised the most pledges of any other group on race day.

Why not let the spirit "move" you by attending the 2016 edition of our race on Sunday, October 16? It's our 18th annual! Register online at www.wellwood.on.ca. (And, remember we make it easy for you to collect pledges through social media, which may put you in the "running" for one of our awesome prizes.)

Don't want to walk, run or wheel that day? Volunteer with us! (It takes more than 130 race crew members to set this all in motion.) Don't forget, you can also pledge support to any participant through our online registration page.





Wellwood

BOARD OF DIRECTORS

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Renée Wetselaar

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Barbara Love
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Gary Warner

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House Manager

Tsehay Said

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Scheduling

Norma Frankoff

Director, Programs
& Organizational
Development

Tracey Warren

Director, Development

K. Jane George

Executive Director

with support from

Vicky Grimshaw
Finance Administrator

Lists are current, as of
May 1, 2016



It's Not About the Money...

Even though we are talking a lot about funding throughout this report, we all know that Wellwood is really about the people. An extraordinary team of volunteers and a wonderful community of clients are what makes Wellwood so special. The people are the place.

We want to take just a moment to pay tribute to one of those brave, beautiful people.

Barbara Hartnett was diagnosed with cancer 17 years ago and told she had a short time to live; but LIVE, she did! Many of you met her when she worked the front desk of our hospital site (where she volunteered with us for more than 15 years). Others may have been connected with her as a support group leader or a peer mentor, a role at which she excelled. And almost 20,000 of you have been comforted by Barb, perhaps without even realizing it. She played an instrumental role in the creation and growth of our afghan program. As recipients tell us over and over, these cozy and colourful creations are so much more than a blanket. They are warmth, joy and a "hug" when you need it most.

We were all deeply saddened to lose "our" Barb on March 12, but her legacy lives on at Wellwood.

Hospital Site

O'Connor-O'Connell Family Support Centre

Juravinski Hospital, E1
711 Concession Street
Hamilton, Ontario L8V 1C3
(905) 389-5884

Community Site

Juravinski House, presented by HHHBA

501 Sanatorium Road
Hamilton, Ontario L9C 0C3
(905) 667-8870

www.wellwood.on.ca
wellwood@hhsc.ca



Charitable Registration #89695-5036-RR0001



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