

"We have stories to tell, stories that provide wisdom about the journey of life.
What more have we to give one another than our truth about our human adventure as honestly and as openly as we know how."

Rabbi Saul Rubin



WELLWOOD

Resource Centre of Hamilton

ANNUAL REPORT 2002

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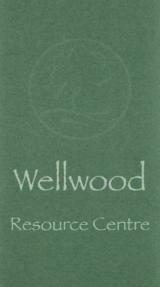
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Wellwood programs are free of charge



ANNUAL REPORT

Report of the Directors

The Board, having defined the vision, values and strategic direction of Wellwood last year, has made great strides in policy development.

Most of the policies will be unnoticable to clients, and all are intended to ensure that Wellwood is a safe, inclusive, responsible and accessible place.

The Board is now looking outward, committed to fostering community linkages with other cancer care, health care and community-based organizations

There are now more than 140 active volunteers at Wellwood involved in all aspects of program design, delivery and evaluation, client relations, community outreach, volunteer training, recruitment, recognition, fundraising and "friend" raising.

We were pleased to welcome Olga Augstman who joined Wellwood in January 2002 as Administrative Assistant. Jane George and Norma Frankoff continue to play important roles as Executive Director and Program Director respectively. Vicky Grimshaw is coordinating financial aspects of the Centre.

Several new programs were introduced this year.

We were very proud to launch

the highly anticipated Teen Chat Line in partnership with the Canadian Cancer Society's Cancer Connection Program. The Art=Fun program for children with cancer in the family, with a simultaneous support drop-in for parents, was launched last winter.

Both programs are supported by the local school boards which are assisting with the marketing efforts.

In the summer of 2002, based on the learnings associated with the teen program, we began an on-line program for young adults living with cancer. Dramatic improvements to program evaluation were incorporated, thanks to the collective efforts of the programs committee, Norma Frankoff, and a number of our volunteer facilitators who were involved in the design and testing process.

Good evaluation processes are critically important for program quality assurance, to determine how we might better meet client needs, and to reinforce to our funders that we are making a difference in the lives of people in this community.

Wellwood was the grateful recipient of many corporate, foundation and individual gifts this year. Maintaining, and actually increasing, this level of financial support is critical to Wellwood's sustainability, and the Board continues to focus on this area in future.

Many of these were memorial donations and we are especially grateful for this kind support. Wellwood lost many friends, volunteers and clients this year and we remember and celebrate those lives with gratitude.

We have been in the quiet phases of our Capital Campaign to expand Wellwood into the community.

To date we have received more than \$100,000 in donations and pledges, as well as the gift of an acre of land at Chedoke site thanks to the generosity of Chedoke Corporation.

Aldo DeSantis and Terry Cooke are co-chairing the campaign and we will keep our volunteers, clients and supporters appraised of the exciting developments as they are made in the year ahead.

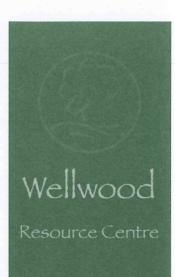
Thank you to Wellwood's volunteers, clients and supporters for your overwhelming generosity.

We have much to celebrate.

Barb Love, President

| ASSETS | 2002 | 2001 |
|---------------------------|------------|----------|
| CURRENT | | |
| cash/short-term deposits | 144,043 | 127,088 |
| prepaid expenses/deposits | 1,081 | 1,023 |
| | 145,124 | 128,111 |
| capital assets | 3,384 | 3,020 |
| incorporation costs | 684 | 684 |
| | 149,192 | 131,815 |
| LIABILITIES | | |
| accounts payable/accrued | 4,969 | 5,457 |
| deferred contributions | 77,879 | 68,764 |
| | 82,848 | 74,221 |
| FUND BALANCES | | |
| | 66,344 | 57,594 |
| | | |
| | | |
| REVENUES | | 763 |
| donations | 45,034 | 54,202 |
| grants | 93,386 | 74,819 |
| fundraising/income | 7,173 | 6,464 |
| interest income | 2,265 | 2,916 |
| workshops/seminars | <u>385</u> | 13,875 |
| | 148,243 | 152,276 |
| EXPENSES | | |
| advertising/promotion | 608 | 779 |
| amortization | 983 | 1,071 |
| fundraising | 2,380 | 7,482 |
| insurance | 3,054 | 3,374 |
| miscellaneous | 880 | 376 |
| office/admin/wages | 113,648 | 96,488 |
| office supplies | 4,417 | 4,321 |
| printing/postage | 4,478 | 6,396 |
| professional fees | 4,023 | 1,500 |
| volunteer expenses | 5,022 | 2,875 |
| | 139, 493 | 124, 662 |
| net revenue over expenses | 8,750 | 27,614 |
| NET ASSETS | | |
| beginning of year | 57,594 | 29,980 |
| | 66,344 | 57,594 |
| end of year | 00,544 | 57,394 |





Fast Facts:

Wellwood volunteers logged 5590 hours in 2002.

Wellwood has gone from 7 active volunteers in 1997 to 140 in 2002.

> In 1998, Wellwood offered 5 programs. Today there are 25.

By the end of 2002, Wellwood had distributed 1883 afghans, handmade by Wellwood volunteers, to individuals

affected by cancer.

In 2002, the Centre celebrated its 5th anniversary.

Our Programs & Services

Current:

Peer Mentorship On-site Workplace Support Patient and Family Advocacy Six Nations Programming Support Hoping and Coping Group Support Group for Gynecological Cancers Breast Cancer Peer Support Group Caregivers Peer Support Group Teen Peer Support Group (online) Young Adults Peer Support Group (on-line) Support for Parents Bereavement Support Meditation Yoga Tai Chi Reflexology Therapeutic Touch Meditative Drawing Art=Fun for Children Squares of Care Knitting Baskets Quilting Group Wellwood Newsletter Grief and Loss Workshops Lending Library Monthly Educational Series Navigational Assistance to Access Services Internet Links to Validated Cancer Sites

In Development:

Children's Centre and Playroom
Internet Station with Validated Cancer Sites
Survivorship
Geotherapy
Wellwood Garden
Music Therapy

Board of Directors

2002-2003

Barbara Love

President

Barbara Stoskopf

Vice President

Belinda Zylstra

Vice President

Mark Matthews

Treasurer

Diane Branch

Secretary

Maxine Coopersmith
Hal Hirte
Pradeep Kumar
Andrea Miller
Donna Reise
Ann Scott
David Seldon

Denny DePetrillo
Consultant

Maureen O'Connor Consultant