



Wellwood

2003

ANNUAL REPORT

"Helping People to Live Well with Cancer"

DEAR FRIENDS OF WELLWOOD:

Fundraising/Capital Campaign

Ah, the sweet sound of “sustainability.” The \$2-million endowment from Charles and Margaret Juravinski, received on December 31, 2003, is a transformative gift for Wellwood. The arrival of Charles and his dog Nick on the doorstep of our executive director made headlines. The endowment will generate funds to support the operation of Wellwood’s second home at Chedoke grounds.

Thank you to Peter George, Ned and Patricia Gagic for helping to tell the Juravinskis our story. Our deepest gratitude to Charles and Margaret for their extraordinary generosity.

The Capital Campaign, which is raising the money to build our mountain site, is now in full-swing under the leadership of Terry Cooke and Aldo DeSantis. We invite your participation in reaching our goal.

This runs parallel to our ongoing annual fundraising need – stable funding to sustain the services provided through Wellwood by volunteers and staff – and your continued support is crucial.

Expansion Planning

The Board is immersed in planning for both the second community-based site at Chedoke grounds, and the redevelopment of the Henderson site. Wellwood will look very different in a few years. With tremendous opportunities such as these, however, come many challenges in ensuring that services continue throughout construction of both sites. We remain committed to ensuring that expansion and service delivery are kept in healthy balance.

Governance

Managing Wellwood’s growth and potential is an enormous responsibility for the Board of Directors—from policy work, strategic planning, financial management, to refining the organizational vision and ensuring we remain true to the articulated values.

Marketing, outreach and community linkages remain at the forefront. The SARS situation, which resulted in the temporary closure of Wellwood last year, reminded us of the importance of our connections with our partners and friends in the community. Mohawk College and Sacred Heart Community Centre were important partners for Wellwood in ensuring that services continued throughout the closure, and these relationships remain important to our outreach. Despite our current space limitations, we continue to offer new and innovative programming in a one-day or workshop format, and often at offsite venues.

We are grateful for the support of all of our partners, be they our sponsors,

financial supporters, grant references, referral sources....you are all part of Wellwood’s success story.

We continue to seek feedback, evaluate, assess needs, and explore conventional wisdom about what the latest research means, and the development of best practices.

The Board is firmly committed to barrier-free access for all. Cancer does not discriminate. Articulated in our values is that of equality and inclusivity to ensure that all of those who are affected by cancer have access to the services of Wellwood without discrimination, including disregard for age, race, religion, diagnosis, financial status, gender, physical ability or sexual orientation.

We are especially grateful to Settlement and Integration Services (SISO) and The Francophone Community Health Centre for their guidance of our efforts, and The Ontario Trillium Foundation for their recognition of the importance of this work through the grant awarded to Wellwood in January of 2004.

Support of Volunteers

The heart and soul of this organization is Wellwood’s team of active, trained volunteers, now numbering 180. We are committed to supporting our team through training opportunities, learning, outreach, inclusivity, solid matching of your needs with Wellwood’s, and recognition of your tremendous contributions. We are also committed to supporting you in this work and appreciate the emotional strength this requires of you. Your gifts are immeasurable, and deeply appreciated.

Future Directions

Although we are growing and changing, Wellwood will remain true to its roots—client-driven, self-directed, volunteer designed and delivered, open and inclusive. We are proud of our credibility and visibility in the community. We are proud of our partnerships, linkages, staff, volunteers and clients. We are proud to be dedicated to our vision—helping people to “live well” with cancer.

Ann Scott
President



Charles Juravinski (centre), campaign volunteer Pat Gagic (left) and Jane George (right) with Jane’s children Kristen, Kira (holding the cheque) and Matthew (hugging Nick).

“Experience is the most brutal of teachers. But you learn, my God, do you learn.”

—C.S. Lewis

FINANCIAL STATEMENTS

As at March 31, 2003

ASSETS	2003	2002
CURRENT		
cash/short-term deposits	126,372	144,043
prepaid expenses	456	1,081
	126,828	145,124
equipment	4,256	3,384
incorporation costs	684	684
	131,768	149,192
LIABILITIES		
accounts payable	6,725	4,969
deferred contributions	59,500	77,879
	66,225	82,848
FUND BALANCES		
	65,543	66,344
	131,768	149,192
REVENUES		
donations	58,839	45,034
grants	71,378	93,386
fundraising/income	7,926	7,173
interest income	1,097	2,265
workshops/seminars		385
	139,240	148,243
EXPENSES		
advertising/promotion	1,113	608
amortization	1,456	983
fundraising	5,217	2,380
insurance	3,328	3,054
miscellaneous	808	880
office admin/wages	110,767	113,648
office supplies	4,437	4,417
printing/postage	4,163	4,478
professional fees	5,273	4,023
volunteer expenses	3,479	5,022
	140,041	139,493
excess (deficiency) of revenue over expenses	(801)	8,750
FUND BALANCES		
balance beginning of year	66,344	57,594
excess (deficiency) of revenues over expenses	(801)	8,750
Balance end of year	65,543	66,344



*"Life's most persistent
and urgent question is:
What are you doing
for others?"*

- Martin Luther King Jr.

BOARD OF DIRECTORS 2003-2004

Ann Scott
President

Barbara Love
Past-President

Barbara Stoskopf
Vice-President

Belinda Zylstra
Vice-President

Mark Matthews
Treasurer

Diane Branch
Secretary

Maxine Coopersmith
Hal Hirte
Pradeep Kumar
Andrea Miller
David Seldon
Kathleen Willison

Denny DePetrillo
Consultant

Maureen O'Connor
Consultant



SPIRIT BEAR, by Dave Seldon, Wellwood Board of Directors

The Spirit Bear is found in the Great Bear Rainforest on Princess Royal Island in British Columbia. They are actually black bears that have a double recessive gene that is responsible for the white coat. In this photograph, the bear appears to pose before a backdrop of dark green mosses at the water's edge.

To many at Wellwood, this image symbolizes the power within the individual on the cancer journey.

"The good thing about cancer is that it speaks in short sentences.

I listen attentively as malignancy whispers:

- Applaud yourself.*
- Hold his hand longer.*
- Hug her.*
- Buy it.*
- Say it.*
- Touch.*
- Kiss.*
- Smile.*
- Scream.*
- Laugh.*
- Cry.*
- Enjoy.*
- Live.*
- Yes."*

-Patsy Barrineau

WELLWOOD PROGRAMS AND SERVICES

PEER SUPPORT

- Peer Mentorship
- On-site Workplace Support
- Patient and Family Advocacy
- Six Nations Programming Support
- Living Well with Cancer Support Group
- Support Group for Gynecological Cancers
- Breast Cancer Peer Support Group
- Caregivers Peer Support Group
- Teen Peer Support (online)
- Young Adults Peer Support (online)
- Support for Parents
- Bereavement Support

MOVEMENT & COPING STRATEGIES

- Meditation
- Yoga
- Tai Chi
- Reflexology
- Therapeutic Touch

CREATIVE EXPRESSION

- Expressing Your Journey Through Art
- Art=Fun for Children
- Squares of Care Knitting Baskets
- Quilting Group

INFORMATION & NAVIGATION

- Wellwood Newsletter
- Grief and Loss Workshops
- Lending Library
- Monthly Educational Series
- Navigational Assistance to Access Services
- Internet Links to Validated Cancer Sites

HOW CAN I HELP WELLWOOD TO HELP OTHERS?

- Volunteer the gift of your time and talents.
- Make a donation – perhaps even a monthly gift.
- Support sustainability by donating a smaller amount on a monthly basis.
- Remember and celebrate a life through a memorial gift.
- Honor a special event, such as a birthday or anniversary, with a gift in someone's name.
- In planning your estate, consider naming Wellwood as a beneficiary.
- Contribute to the capital campaign to help to build the new site.
- Consider giving art, equipment or furniture.

Visit Wellwood on-line at www.wellwood.on.ca