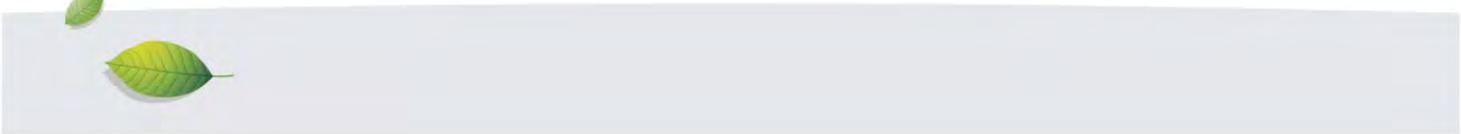
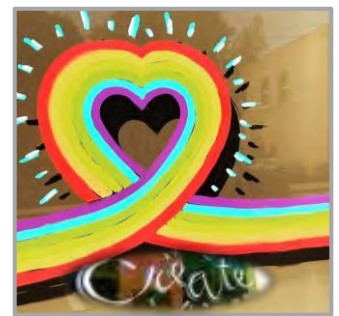




2021 REPORT to the COMMUNITY



Living with the combined crisis of
CANCER in the era of COVID





To our **SUPER, INCREDIBLE, HEROIC** legions of supporters:

In 2020, Wellwood was completely reimaged. Through the introduction of virtual programs, expanded online resources and a dramatic increase in peer mentoring, we continued to be resilient and responsive, with our volunteer team quickly mobilizing to meet new needs in new ways. It took a lot of hard work and determination, but registrations soared and our geographic reach grew to include participants from B.C. to the Yukon to Ireland. Like Wellwood itself, our virtual space was diverse, safe, inclusive and as barrier free as possible. Everything remained free of charge and evidence-informed.

In 2021, the thousands of people in our community who are still living with cancer continue to report unprecedented levels of anxiety. Most face serious or life-threatening illness and many are immune-compromised. Frequent visits to hospitals and clinical settings, while necessary, can be frightening and lonely. Cancer is already isolating. They need us, more than ever.

Even once it is again considered safe to gather, we know that Wellwood will emerge as a hybrid of in-person and virtual offerings. This new direction will ensure that we better meet the needs of those who are unable to come to our physical spaces – whether that is due to geography, mobility, caregiving responsibilities, feeling too unwell to travel, or even having made the decision to continue the practice of physical distancing for personal safety.

We are so grateful that you support our work, especially now. These worrisome and uncertain times are also very challenging for charities. We need you, more than ever, too.

With warmest appreciation, and wishing you safe days ahead.

Katherine Jane George
Executive Director

Inspired by the REAL HEROES who walk, run, wheel – or fly – through our doors (and into our zoom rooms) every day, our enthusiastic E.D. tackled 7 sports dressed as 7 superheroes over 7 days for our “Walk/Run/Wheel...or Whatever.”

Need a laugh? Check out her superhero shenanigans:

www.wellwood.ca/the777video





Wellwood



PROGRAM SNAPSHOTS:

from “that” year we will always remember...but would rather forget

30+ volunteer instructors are delivering 25+ virtual programs to clients in 20+ cities...

...which includes engagement from many rural and geographically underserved communities.

In addition to our popular kids' sessions, we have launched a new program for youth, ages 12 to 15...

...providing a safe space to explore wellness strategies through interest-based programming.

We are now making 4X the number of peer mentor referrals than we were a year ago.

Our volunteers are doing safe, drop-off deliveries of art supplies, program materials and even food to clients.

Guided visualization recordings now broadcast to 140 households, which multi-use increases by 5X.

New collaborations:
Green Venture
Hamilton Music Collective
United Way
Stone & Shadow
Play with Clay
Hamilton Fringe





Wellwood

Financial Notes:

It has been a difficult year for everyone, and these remain very challenging times for charities.

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 federal pandemic wage subsidy program.

The in-kind support provided by our community partners at Hamilton Health Sciences remains vital 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.

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.

We invite you to view our financial statements and previous Reports to the Community, or make a donation at www.wellwood.ca.



THANK YOU to our FUNDERS & IN-KIND SUPPORTERS:

City of Hamilton Enrichment Fund
 Doug and June Barber Family Foundation
 McKeil Family Foundation
 Project Concern, Hamilton Police Employees
 Coleford Investment Management
 Kiwanis Club of Hamilton East
 Image Honda/Queenston Chevrolet Buick GMC
 DeGroot School of Business, MBA Program, McMaster
 Hamilton Music Collective (An Instrument for Every Child)
 Michelle Guitard and Jane Thompson (Art & Soul)
 Wellwood Art Students and Holiday Market Vendors
 The Burlington "Square Ladies"
 The Estate of Winnifred Curry
 Unity Spiritual Centre
 First Unitarian Church of Hamilton
 Anne Bokma (The 6-Minute Memoir)

Stone & Shadow Green Venture Play with Clay Hamilton Fringe
 Dee Signs Vipond JKR Telecom Keith Revie AceWebsites.ca
 United Way CR Landscape Reliance Security Rawden Cleaning
 Bert Dorpmans Stuart Seldon Subway (Westcliffe) Farm Boy

HAMILTON COMMUNITY FOUNDATION:

Malloch Foundation Fund
 Martin Foundation Fund
 Milne McGrath Fund
 Shirley M. Elford Gift of Today Fund





Wellwood

Of course, our 2020 Walk/Run/Wheel – usually held at McMaster – had to go virtual. So, you walked, ran, wheeled, swam, paddled, hiked, skated – and raised \$80,000!



virtually
KICKING
cancer's
BUTT

WELLWOOD.CA

Walk/Run/Wheel...
or Whatever
ALL WEEK LONG
OCTOBER 17-23
FREE
REGISTRATION
FUNdraise for prizes!

Thank you

PARTICIPANTS & TEAMS
PLEDGE COLLECTORS & DONORS
OUR "BUTT-KICKING" COMMITTEE

2020 SPONSORS

- Effort Trust
- Trisura Guarantee
- Canada Life
- Braemar Building Systems
- Millcroft Financial
- Mackesy Smye
- Pendopharm
- B'Nai Brith Hamilton
- Sports Celebrity Dinner
- Aldo De Santis Realty
- Pauliegraphics
- Ten Toe'n Shoe Shop

ONGOING SPONSORS

- McMaster University, Office of the President
- McMaster University, Parking Services
- McMaster University, Student Centre
- Regent Health Centre
- Soundbox Productions
- Chip Time Results
- Race Kit Event Service
- Coca-Cola Bottling Ltd.
- Carter Lease & Rentals
- Runner's Den
- Taylor Leibow LLP Staff Team
- Jennifer Kaye Designs
- Mike Scott & Suzanne Primeau
- Dr. Frank D'Alvise Family Dentistry
- Marvall Designs





Wellwood

Wellwood is grateful to all of the individuals who made memorial donations between July 1, 2020 and May 1, 2021. We honour the memories of those in whose name donations have been received to celebrate their lives and legacies :

Adams, Pat & Tony
Ambrose, Catharine
Andersen, Simon
Anderson, Monica
Andry, Dr. Harry
Atkins, Tom
Beaudoin, Chuck
Beaudoin, Jean
Beaudoin, Mary Beth
Corning, Naomi
Cox, Elaine
Craney, Eleanor
Davies, Clayton
Davis, Karen
Duffy, Donna Marie
Evanoff, Martin
Fazari, Vincent

Fehrman, Ronald
Forchielli, Reno
Ford, Evelyn
George, Gwen
George, Peter
Halford, Clyde
Halford, Steve
Hamilton, Rita
Hartnett, Barbara
Haynes, Rev. W. Allison
Held, Jeanne
Hiscock, Norma
Howarth, Robert
Iarusso, Jeffrey
Jaksic, David
Knight, Cassie
Knight, Susan

Koblyk, George
Koblyk, Patty
Kraft, Bidy
Lawruk, Christine
Leduc, Bernie
Marazzato, Maria
Martin, Joyce
McCulloch, Dr. Peter
Milan-McGregor, Rachel
Montague (Gui), Maggie
Morrison, David
Morin, Dana
Mossuto, Frank
O'Connell, Dr. Greg
Parton, Steve
Pokoradi, Gary
Pronesti (Philip), Lois Marie

Raso, Nancy
Salena, John
Schleissner, Hans
Scott, Sally
Siroonian-Davis, Elissa
Smosarski, Olivia (Liv)
Steele, Randy
Stevenson, Renee
Trull, Chris
Taylor, Bernice
Taylor-Armstrong, Patricia
Treleaven, Richard
Vincent, Tina Louise
Watson, Sean
Wilkinson, Linda
Wooley, Pauline
Zwolak, Bob

Wellwood also extends our appreciation to individuals who made donations between July 1, 2020 and May 1, 2021, in honour of the following:

Barrows, Phyllis
Brimicombe, Kathy
Cookie, Peggy & Uncle
Coombs, Heather
Currie, Lynda
Durance-Hine, Rebecca
Forge, Blaze
Frankoff, Norma

George, Jane
George, Mike
Hoddy, Patricia
Iarusso, Greg
Knight, Kate
Mohide, Ann
Murphy, Mike
Newcomb, Kent & Terry

Odom, Matthew
Oluszk Family
Pilzecker, Jen
Salena, Kira
Silvestri, Cesare
Silvestri, Frank
Toby 🐾
Wellnitz, Lukas



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





Wellwood

We acknowledge the privilege in providing Wellwood's safe gathering spaces on lands that Indigenous peoples have called home for thousands of years. Chedoke Hospital, formerly on the grounds of our community site, was an unwanted home to 1,274 Inuit (many of whom were children) during a traumatic forced relocation for tuberculosis treatment. This is a promise to never forget the harm that was done.



The last few standing hospital buildings on the former Chedoke land, adjacent to our community site, came down this year, making way for a large residential development. As people bring their kids and grandkids to stand in Wellwood's driveway, witnessing this moment in history (and seeing really cool mighty machines), we know this event may feel complicated for many.

For us, this is bittersweet. We will never forget the history of the land. At the same time, we had seen some interesting activities while the buildings were vacant (including the filming of a certain film with an infamous scary clown). As we plan our post-pandemic reopening, we're excited to become part of this new vibrant community, preparing to welcome new neighbours.

IN SUPPORT OF WELLWOOD



SOLSTICE YOGA

virtual fundraiser | June 20 & 21



WELLWOOD HOLIDAY MARKET





Wellwood

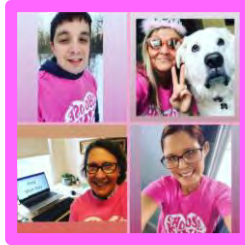
BOARD OF DIRECTORS:

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

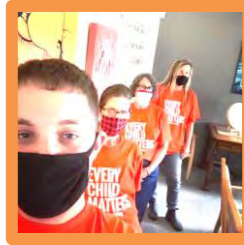
Catherine Higgins
Christine Torry
David Angus
Denise Bryant Lukosius
Donald Cummings
Greg Iarusso
Karen Zhang
Kathleen Hudson
Richard Tozer
Sadisha Galappatti
Salma Ladhani
Sandi Bell

BOARD CONSULTANTS:

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



PINK SHIRT DAY promotes awareness and symbolizes a stand against bullying. This originated in Canada, and is now held around the world.



ORANGE SHIRT DAY promotes awareness in Canada about the residential school system and the traumatic impact it has had on Indigenous communities.

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

STAFF TEAM:

Questions? Contact us! 905-667-8870

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with support from
Vicky Grimshaw
Finance Administrator



It's really NOT about the money. Even though we talk a lot about funding in every annual report, Wellwood is about PEOPLE. It is about SELF-DISCOVERY, EMPOWERMENT, COMPASSION and COMMUNITY. Until it is safe to gather again, let's raise our hopes for better days ahead.

