

# Focus on Fundraising

With two million dollars in hand, you may be asking “does Wellwood still need my support?” Absolutely!

Yes, we received a remarkable endowment last year and, indeed, it was thrilling news. But the nature of this type of donation is such that we will not touch that principal cash. It is invested, in its entirety, for the revenue generated to help pay the costs associated with operating the new community-based site for Wellwood.

In addition to the endowment fund which raised money to RUN the second site at Chedoke, we are also raising the money to actually BUILD the second site at Chedoke. This will cost several hundred thousand dollars. The capital campaign is well on its way but far from completion. We invite you to be part of the campaign by making a special donation this year to this fund. You can help us to build the house, brick by brick.

We also continue to fundraise for the day-to-day expenses of running Wellwood.

This means that your gift, whether it is ten dollars or ten thousand dollars, does make a tremendous difference. It helps us to ensure that we can continue to provide FREE programs and services to everyone who comes through our doors.

PLEASE HELP US TO HELP OTHERS TO LIVE WELL WITH CANCER BY MAKING A DONATION TODAY.

*“We make a living by what we get; we make a life by what we give.”*  
— Winston Churchill

## You don't have to run a marathon to help Wellwood!

Join us on November 28 for the  
**Wellwood 5km Run at McMaster**  
and the

**Best “EFFORT” Kids 1km Run for Cancer**  
(with medals for all)

Register at The Runner's Den in Westdale or call 905-389-5884 for details.

Pre-entry .....	\$20
Race-day entry .....	\$25
Students/Children .....	\$10

Race-day registrations at McMaster Students Centre . . . 7:30 to 8:45 a.m.

Kids Race .....	9:30 a.m.
5km Race .....	10 a.m.

**Get out your running shoes, sign up some sponsors,  
and support two great causes!**

*“To keep a lamp burning, we have to put oil in it.”*  
— Mother Teresa

## Spaghetti Dinner A Success

Congratulations to our amazing team of Fortinos Wellwood Spaghetti Dinner volunteers and sponsors for raising another \$7,000 at this year's event, held September 29. The tireless enthusiasm, hard work and dedication of everyone is appreciated so very much. Join us again next year for Vanda's world famous meatballs.

## WELLWOOD Respects Your Privacy

Wellwood respects your privacy and is working actively towards adhering to all legislative requirements in regards to protecting privacy. If you have any questions or concerns about Wellwood and your personal information, please contact us at 905-389-5884 or via e-mail, wellwood@hhsc.ca.

## “DREAM TEAM “ TACKLES NYC MARATHON



Wellwood runners Susan Van Baardwijk, Danelle D'Alvise, Kelly Curwin and Jane George gear up for New York.

Wellwood's very own “dream team” will take on the internationally celebrated New York City Marathon this November, raising funds to support the capital campaign to build the centre's new dream home at Chedoke.

The foursome (Susan Van Baardwijk, Danelle d'Alvise, Kelly Curwin and Jane George) was inspired to do the marathon by a dear friend of Jane's and Kelly's, Elissa Siroonian, a young wife and mother who died in 2002 of spinal cord cancer.

Sponsors are being sought to support the team's effort. All proceeds will go to the capital campaign for Wellwood's new Juravinski House, the community-based second site.

The legendary NYC marathon is the annual “story of 35,000 athletes on a celebratory journey through the world's most vibrant city,” its website states. The premier event is viewed by two million spectators lining the 26.2 mile (42.2 kilometre) course and supported by 12,000 volunteers. “Throughout its history, the marathon has symbolized the triumph of the human spirit and the extraordinary possibilities of individual achievement.”

“We have set a realistic goal, we think – just to finish,” says Jane, Wellwood's executive director. “If each of us can cross the finish line upright, we will be even happier!” she adds with a laugh.

“Elissa was born in New York City, so to race there makes it all the more special. It will be tough, we know, but it will also be a magical day. Every step of the journey will be in honor of her.”

For more information, or to sponsor the team, please call 905-389-5884. (Donations can be made by cheque, VISA, MasterCard or American Express.)

## OFFICE HOURS:

MONDAY TO FRIDAY • 9 a.m. to 4 p.m.

MONDAY EVENINGS • 6:30 to 8:30 p.m.

THURSDAY EVENINGS • 6:30 to 8:30 p.m.

# TOP TEN WAYS TO HELP WELLWOOD TO HELP OTHERS

- 1. Volunteering at Wellwood:**  
All programs at Wellwood are volunteer run. Volunteers are needed to assist with all of our programs and services. All are welcome, but a personal or family experience with cancer may enhance our volunteers' ability to fulfill their roles. For more information on how to give this gift of your time and talents, see our "Volunteering at Wellwood" flyer or contact us by phone, email or in person.
- 2. Donating to Wellwood's capital campaign:**  
A gift to this campaign will help us to build the new community-based site at Chedoke, a place of hope, healing, laughter and light. Donations can be made by cheque, VISA, MasterCard or American Express.
- 3. Donating to Wellwood's endowment fund:**  
Those with larger gifts may wish to consider investing in Wellwood's endowment fund, which will continue to provide revenue each year for many years to come, and helps to ensure Wellwood's future sustainability.
- 4. Donating to Wellwood's annual operating fund:**  
We depend on donations to help us to deliver our programs and services free of charge. Instead of making a one-time gift, you may wish to make smaller donations on a regular basis. This helps Wellwood with sustainability, and also is a bit easier on your pocketbook. Donations can be made by cheque, VISA, MasterCard or American Express.
- 5. Memorial & Honorary Gifts:**  
A memorial gift to Wellwood is a beautiful way to remember and celebrate a life. Letters are sent to family members advising them of the gift. Each spring, Wellwood's newsletter lists those in whose name memorial gifts have been received.

If you are pre-planning your own arrangements, please consider suggesting Wellwood as your charity of choice for memorial giving. You might also wish to honor a special event, such as a birthday or anniversary, with a gift in someone's name. Wellwood will send an attractive notification card to the honoree advising of the gift.

- 6. Planned Giving:**  
In planning your estate, you may wish to consider naming Wellwood as a beneficiary. This leaves a long-lasting legacy in your name and will help to ensure that families on the cancer journey will receive this kind of support for many years to come. We suggest that you discuss with your lawyer and family members any planned giving wishes that you may have.
- 7. Matching Gift Programs:**  
Check with your employer to see if they have a program that matches your charitable gifts.
- 8. United Way:**  
When you choose to donate to your community through the United Way appeal, you might wish to consider naming Wellwood as the beneficiary of your gift.
- 9. Charity Begins With your Home:**  
If you are thinking of buying or selling a home, check out the 'Charity Begins With Your Home' program - a rebate for a referral fee portion of real estate commissions that goes to the charity of your choice. Visit [www.charitybegins.com](http://www.charitybegins.com) for information.
- 10. Support Wellwood fundraisers:**  
Join us for the world's greatest Spaghetti Dinner each September! Purchase our Spirit Bear greeting cards! Sport a Wellwood shirt (long- or short-sleeved.) Attend our special events! Sponsor our marathon team! Run in our 5K or 1K Kids race. Keep an eye on the newsletter for details of these and other fundraising initiatives.

## Understanding Charitable Giving

Planned charitable gifts are becoming a popular tax and estate planning strategy for many Canadians. Changes in the tax treatment of charitable donations in the 1997 federal budget have increased the tax relief for charitable contributions made during a taxpayer's lifetime and upon death.

As a result, Canadians have started making "planned gifts" by effectively merging their philanthropic objectives with personal tax advantages.

### Federal Tax Credits

In 1997, the federal government increased the tax relief for charitable contributions

#### Gifts during lifetime

- 17% of the first \$200
- 29% of amounts greater than \$200

#### Income Limits while living


- 75% of net income, 5 year carry-forward
- Income limits on gifts in the year of death - 100% of net income. Any excess can be carried back one year.

With the wide variety of charitable giving options available, and the detailed tax rules that apply, charitable-minded individuals should consult with knowledgeable professionals to plan and implement their charitable giving, to ensure that they make the most of their contributions for themselves and their favourite charities.

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• 905 526-8664 ext. 24

*"The act of philanthropy is a spiritual act, an expression of caring for one's fellow human beings. It is a belief in the future and that the future can be good. It is investing in that future. It is helping to make the dream come true."*

— Arthur Frantzreb

 <p><b>Wellwood Resource Centre of Hamilton</b></p> <p><b>711 Concession Street, Hamilton, Ontario L8V 1C3</b></p>	<p>NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____</p> <p>PROVINCE _____ POSTAL CODE _____</p> <p>TELEPHONE _____</p> <p>I would like to make a gift to Wellwood's OPERATING FUNDS of a:</p> <p><input type="checkbox"/> one-time <input type="checkbox"/> monthly donation of:</p> <p><input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> \$250 <input type="checkbox"/> \$ _____</p>	<p>I would like to contribute to Wellwood's CAPITAL CAMPAIGN of a:</p> <p><input type="checkbox"/> one-time <input type="checkbox"/> monthly donation of:</p> <p><input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> \$250 <input type="checkbox"/> \$ _____</p> <p>Contact Wellwood for details on naming opportunities for larger gifts.</p> <p>I would like to sponsor Wellwood's NYC MARATHON DREAM TEAM with a donation of: \$ _____</p>	<p>I will use:</p> <p><input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx</p> <p>CARD NO. _____</p> <p>NAME ON CARD _____</p> <p>EXPIRY DATE _____</p> <p>SIGNATURE _____</p> <p><input type="checkbox"/> My cheque is enclosed Please make cheques payable to: Wellwood Resource Centre of Hamilton</p>	<p>My gift is <input type="checkbox"/> in honor of _____ <input type="checkbox"/> in memory of: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Please include a note with the name and address of the individual to whom you wish Wellwood to send notification of the donation.</p>
	<p><i>We suggest that you do not send cash in the mail.</i></p>			