



“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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Wellwood programs are free of charge

Wellwood  
Resource Centre

# Report of the Directors

# ANNUAL REPORT

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 apprised 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

As at March 31, 2002

## ASSETS

**2002**

**2001**

### CURRENT

cash/short-term deposits	144,043	127,088
prepaid expenses/deposits	<u>1,081</u>	<u>1,023</u>
	145,124	128,111
capital assets	3,384	3,020
incorporation costs	<u>684</u>	<u>684</u>
	<b>149,192</b>	<b>131,815</b>

### LIABILITIES

accounts payable/accrued	4,969	5,457
deferred contributions	<u>77,879</u>	<u>68,764</u>
	<b>82,848</b>	<b>74,221</b>

### FUND BALANCES

	66,344	57,594
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### REVENUES

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>	<u>13,875</u>
	<b>148,243</b>	<b>152,276</b>

### 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	<u>5,022</u>	<u>2,875</u>
	<b>139,493</b>	<b>124,662</b>
net revenue over expenses	8,750	27,614

### NET ASSETS

beginning of year	<b>57,594</b>	<b>29,980</b>
end of year	<b>66,344</b>	<b>57,594</b>

Financial Statements



Wellwood  
Resource Centre

### 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*

