

"No one can imagine
how it feels to be
blown out of
the cancer cannon."
— *Wellwood client*



2004

ANNUAL REPORT



WELLWOOD

"Helping People to Live Well with Cancer"

REPORT OF THE DIRECTORS



WELLWOOD

Wellwood now has 200
incredible, talented,
dedicated, remarkable active
organizational Volunteers!

There are also dozens more who give their
time and energy on a situational basis,
such as at special events.

THANK YOU
to each and every one of you for all that
you give of yourselves.
You are what makes Wellwood
such a special place.

"I have cancer

but I also have

windy summer mornings

in the rain

and an active sense of awe

at all that I can still touch

and taste and see and hear

and breathe in

at any given moment.

I have the crystal-clear

understanding that recovery

is worth only as much

as the life you're recovering."

— Lila Keary

Dear Friends of Wellwood:

It has been another incredible year for Wellwood.

As many of you will remember, 2003 concluded with the transformative gift from the Juravinskis and ushered in a year of sustainability. The Board decided to name Wellwood's Chedoke site after Charles and Margaret as an expression of our appreciation, and they have accepted that honour.

Several other major campaign gifts arrived. Among the donors were: Joe Ng; Doug and June Barber; and Wellwood's NYC marathon dream team.

This year, the capital campaign shifts into high gear as the finish line is within sight.

The Board's financial work focused on the investment of the endowment and navigating this final stage of the capital campaign, while maintaining the level of required operating funding. While we shared in the sorrow and horror of the recent events in Southern Asia, we also, along with all other charities, now brace for the impact of the tsunami relief effort on fundraising, much as we saw following the events of September 11, 2001, and the outpouring of generosity that followed.

The Ontario Trillium Foundation provided Wellwood with a three-year grant totaling \$109,000 for programming, evaluation and marketing. The funded programming initiatives include the work that is well underway at Wellwood to ensure that we are best meeting the needs of traditionally marginalized groups. We are proud to take an active role in this work and are committed to the ongoing efforts we must make internally, as well as in our community, to be truly inclusive. Wellwood's community linkages and partnerships will play a vital role in this process and we thank those individuals and organizations, along with Trillium, for helping us to work to meet the needs of our potential clients.

Along with our fabulous annual Fortinos Wellwood Spaghetti Dinner (scheduled in 2005 for September 28) we welcomed another annual fundraising event, the Wellwood 1K/5K Walk/Run at McMaster. We thank the volunteers and participants at both of these events for their support of the work we do.

We welcomed a new leader of the Juravinski Cancer Centre with the arrival of Dr. Bill Evans, and we are delighted with the enthusiastic response that we have received to our welcome as a community partner. Murray Martin, CEO of Hamilton Health Sciences, also continues to be an active and vocal supporter of Wellwood, and we are grateful to him and to his colleagues in senior management at the hospital for their solid trust in and respect of our work.

Changes to provincial privacy legislation have altered the way in which many organizations can identify individuals, whether donors, clients or volunteers. Privacy has always been a core value at Wellwood, so process changes at the Centre were minimal. We thank our volunteers, staff and clients for all that they do to help us to respect the privacy of those who need our support.

The year ahead holds the promise of great change. While the final outcome will be wonderful, the path from where we are to where we are going will be a challenging one.

Wellwood will participate in the redevelopment of the Henderson, while beginning to plan the construction of our second community-based site at Chedoke. Already, the enthusiasm, support and flexibility of our volunteers, staff and clients is making the difference. We will ensure that we maintain the quality of programs and services while we prepare for change and growth. And the future looks bright indeed.

Ann Scott
PRESIDENT

FINANCIAL STATEMENTS As at March 31, 2004

ASSETS

CURRENT

cash/short-term deposits
accounts receivable
inventories
prepaid expenses

	2004	2003
	2,187,833	126,372
	12,581	
	4,642	
	548	456

capital assets

	2,210,912	126,828
	4,624	4,256

incorporation costs

	684	684
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	2,210,912	131,768
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LIABILITIES

accounts payable

	7,196	6,725
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deferred contributions

	122,081	59,500
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	129,277	66,225
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NET ASSETS

net assets invested in capital assets
net assets restricted for endowment purposes
net assets internally restricted for stability purposes
unrestricted net assets

	4,624	4,256
	2,000,000	
	1,244	
	75,767	

	2,081,635	65,543
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	2,210,912	131,768
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REVENUES

donations
grants/partnership funds
fundraising/income
investment income

	35,444	58,839
	112,000	71,378
	18,505	7,926
	1,781	1,097

	167,730	139,240
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EXPENSES

advertising/travel/promotion
amortization
fundraising
insurance
miscellaneous
office admin/wages
office supplies
printing/postage
professional fees
volunteer expenses

	1,327	1,113
	1,414	1,456
	11,995	5,217
	3,846	3,328
	1,145	808
	117,513	110,767
	3,887	4,437
	2,985	4,163
	5,631	5,273
	1,895	3,479

	151,638	140,041
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excess (deficiency) of revenue over expenses

	16,092	(801)
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FUND BALANCES

net assets, end of year

	2,081,635	65,543
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"If you want one year
of prosperity, grow grain.
If you want ten years
of prosperity, grow trees.
If you want one hundred years
of prosperity, grow people."

— Chinese Proverb

How can I help WELLWOOD to help others?

Volunteer the gift of
your time and talents.

Make a donation.

Support sustainability
by donating a smaller amount
on a monthly basis.

Remember and
celebrate a life
through a memorial gift.

Honour 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.





Wellwood Programs & 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 and Referrals

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

BOARD OF DIRECTORS 2004-2005

Ann Scott
PRESIDENT

Belinda Zylstra
VICE-PRESIDENT

Andrea Miller
VICE-PRESIDENT

Mark Matthews
TREASURER

Diane Branch
SECRETARY

K. Jane George
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Hal Hirte
Jim Hoult
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Olive Wahoush
Kathleen Willison

Consultants:
 Denny DePetrillo
 Alejandro Jadad
 Morteza Jafarpour
 Jan Kahaenti:io
 Longboat
 Jack Laidlaw
 Barbara Love
 Maureen O'Connor

WHAT WILL WELLWOOD LOOK LIKE IN FIVE YEARS?

Bursting at the seams in its current space, Wellwood was always intended to be a community-based centre, but the early plans for a move into the community were quickly replaced with the dream of expansion into the community while maintaining the hospital-based site.

Wellwood is meeting a crucial need at the Henderson: we are helping people in crisis: we are comforting those who have learned the devastating news of a diagnosis, spread of the cancer, or a recurrence; we are supporting those who are, in turn, supporting loved ones who are in hospital and, in some cases, actively dying; we are there for those in active treatment; we are there for in-patients; we are there for the residents of Lakeview Lodge, isolated from their own families and local support systems.

Wellwood's new Juravinski House, our community-based site, will be a place of hope and healing and laughter and light. It will be:

- built on a one-acre package of land at Chedoke;
- located on a bus route, to ensure economic accessibility;
- easy to find for those with cognitive challenges from disease or treatment, or with language barriers;
- lovely, but not too grand or intimidating;
- a single floor plan to ensure barrier free access and safety for those with physical challenges;
- completely accessible for disabled persons;
- within an area perceived as safe;
- designed around its healing garden.

As Wellwood's "Community Roots" capital campaign nears its finish, please join us by making a gift. Together, we will make our dream a reality.



WELLWOOD

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