

ANNUAL REPORT 2005



Wellwood will share the wisdom gathered from the experience of those who live and work with cancer to ease the journey for all.

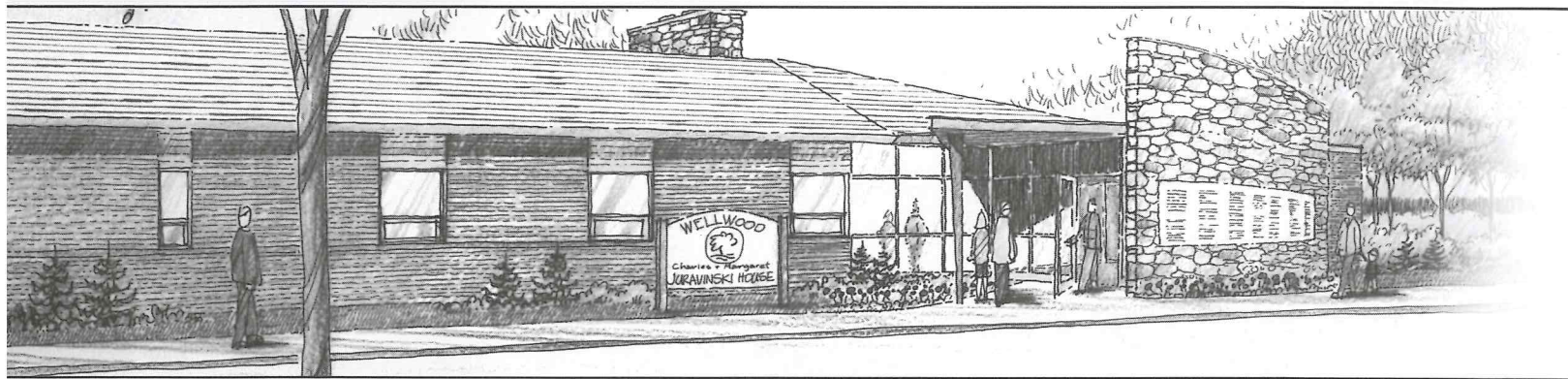
Thank You
to Wellwood's incredible
team of volunteers.
You are what makes this
such a special place.



Wellwood

"Helping People to Live Well with Cancer"

Report of the Directors



*You gain strength, courage
and confidence by every
experience in which you
really stop to look fear in the
face. You are able to say to
yourself, 'I have lived through
this horror. I can take the
next thing that comes along.'
You must do the thing you
think you cannot do.*

ELEANOR ROOSEVELT

Dear Friends of Wellwood:

We are about to embark on an exciting adventure – the creation of Wellwood’s second, community-based home.

In many ways, it feels like it has taken forever to take here. And yet, we are still a young, growing organization. Our programs, and our volunteer and client bases, continue to expand. New sources of support, donors and friends arrive. We are working with diligence on the further development of organizational practices that are inclusive and welcoming. We continue to look for ways to reach out, to connect to all of Hamilton’s communities. We are proud of all that has been achieved to get here, to this place, to this ‘almost there’ part of Wellwood’s story.

And so, you ask, when do we break ground, cut ribbons, watch our tai chi class practice in the garden, hear children laughing in the play room? When will we get there?

Architectural drawings are complete. The capital campaign is nearing its conclusion. We hope to announce a few more major gifts in the immediate future. Once those are announced, we can move through the process of completing the engineering designs, requesting our permits and processing our applications, deciding on a builder, and developing a formal timeline for construction. If all goes well, we hope to be breaking ground early in 2007 with a grand opening later that summer.

Thank you to Wellwood’s volunteers, clients and supporters for your generosity and faith.

The “waiting” has not been easy for anyone. We all want this very much, most especially for Wellwood’s clients. Thank you for your patience, your commitment and your support.

We really are ‘almost there’.

Sincerely,

Ann Scott
President



www.wellwood.on.ca

*We don't receive wisdom; we must discover it for
ourselves after a journey that no one can take for us
or spare us.*

MARCEL PROUST



Financial Statements

As at March 31, 2005

ASSETS	2005	2004
CURRENT		
cash/short-term deposits	1,063,609	2,187,833
short term deposits	1,357,970	
accounts receivable	24,000	12,581
inventories	5,030	4,642
prepaid expenses	1,156	548
	<u>2,451,765</u>	<u>2,205,604</u>
capital assets	3,341	4,624
incorporation costs	684	684
	<u>2,455,790</u>	<u>2,210,912</u>
LIABILITIES		
accounts payable	8,554	7,196
deferred contributions	356,066	122,081
	<u>364,620</u>	<u>129,277</u>
NET ASSETS		
net assets invested in capital assets	3,341	4,624
net assets restricted (endowment purposes)	2,000,000	2,000,000
net assets internally restricted (stability purposes)	4,119	1,244
unrestricted net assets	83,710	75,767
	<u>2,091,170</u>	<u>2,081,635</u>
	<u>2,455,790</u>	<u>2,210,912</u>
REVENUES		
donations	38,503	35,444
grants/partnership funds	114,000	112,000
fundraising/income	24,895	18,505
investment income	3,757	1,781
individual funds	25	
	<u>181,180</u>	<u>167,730</u>
EXPENSES		
advertising/travel/promotion	1,927	1,327
amortization	1,283	1,414
fundraising	19,475	11,995
insurance	4,558	3,846
miscellaneous	789	1,145
office admin/wages	119,196	117,513
office supplies	4,527	3,887
printing/postage	5,027	2,985
professional fees	10,911	5,631
volunteer expenses	3,952	1,895
	<u>171,645</u>	<u>151,638</u>
excess (deficiency) of revenue over expenses		
	<u>9,535</u>	<u>16,092</u>
FUND BALANCES		
net assets, end of year	<u>2,091,170</u>	<u>2,081,635</u>



*Experience is a
hard teacher
because she
gives the test
first, the lesson
afterwards.*

VERNON
SANDERS LAW



Wellwood

**Board of Directors
2005-2006**

Ann Scott
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Andrea Miller
VICE-PRESIDENT

Mark Matthews
TREASURER

Diane Branch
SECRETARY

Mary Lou Dingle
Hal Hirte
Jim Hoult
Bob Philip
Olive Wahoush
Kathleen Willison

K. Jane George (ex officio)
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Board Consultants:

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Alejandro Jadad
Morteza Jafarpour
Jan Kahehtio Longboat
Jack Laidlaw
Barbara Love
Maureen O'Connor

**Wellwood Resource
Centre of Hamilton**

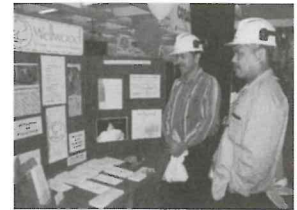
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Hamilton, Ontario L8V 1C3
905-389-5884
www.wellwood.on.ca
wellwood@hhsc.ca

Charitable registration
89695-5036-RR0001

Programs & Services

Peer Support

Peer Mentorship
On-site Workplace Support
Patient and Family Advocacy
Six Nations Programming Support
Living Well with Cancer Support Program
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
7-style Tai Chi/Qi Gong
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



Annual Fundraising Events

Spaghetti Dinner (September)
5K Walk/Run for Awareness at
McMaster (November)
1K Best "Effort" Kids Run for
Cancer at McMaster (November)

