



Wellwood

Helping People to Live Well with Cancer

Annual Report
2006-2007



Report of the Directors

Dear Friends of Wellwood:

The theme of this year's annual report, as you can probably tell by the quotes we have included, is patience.

One of the key discoveries for the Board and staff at Wellwood over the past few years has been about our own impatience to make this dream a reality for you, and about your patience and confidence that we are taking the time to make sure it is done well.

The waiting has been difficult for everyone, and WE have learned so much. As we have grown, we understand more about the challenges faced by larger organizations that try to find the balance between meeting current needs and preparing for the future.

That said, we have also been inspired by the patience that YOU, our clients, volunteers and donors, demonstrate every day, and by the faith that you have placed in us.

Everyone at Wellwood has their own personal hopes and wishes for our new home, and the Board's role has been to bring together all of those dreams into one vision. It will be a place for everyone, including children and their parents. We have created a collective kitchen, a gathering place at the heart of the home. Our clients have the potential to create something amazing at the house.

We build this, not only for those who need us now, but for those who haven't come to Wellwood yet - those who have trouble coming back to a hospital - those who want their own place to heal.

We also recognize that we are part of the "community fabric" and we need to support other organizations that have similar goals. Collaborations and partnerships just reinforce the volunteer creed, "The value of one, the power of many."

And so the adventure begins!

Many donors, volunteers and an incredible team of architects, planners, builders have worked together to bring this gift to the community, and we will break ground this year with tremendous anticipation and excitement.

Once we have navigated the endless hurdles of storm water management, permits, applications, engineering designs, budgets and builder contracts, the Board has approved a construction timeline that sees the shovel hit the earth this fall, with anticipated completion by the new year.

We anticipate that all roads to the new Wellwood will not be smooth, and so we will take with us on the path as much patience as we can carry! We will make every effort to keep you up-to-date on the plans, the timing, the detours and the potholes.

THANK YOU so much. You have taught us a great deal along the way.

"Patiently" yours,



Belinda Zylstra
President

You may have great plans and may be impatient to carry them out now . . . But possibly the best time has not arrived and the best place selected. Then be patient while you persevere. Great things require time, and the important projects must pass through many stages. Unknown



Board of Directors

2006-2007

Belinda Zylstra
President

Ann Scott
Past-President

Olive Wahoush
Vice-President

Mark Matthews
Treasurer

Christine Macintyre
Secretary

Mary Lou Dingle
Carolann Fernandes
Hal Hirte
Jim Hault
Bob Philip
Trish Simmons
Kathleen Willison

Diane Branch (partial-term)
Andrea Miller (non-voting)
K. Jane George (ex officio)

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

FINANCIAL STATEMENTS

As at March 31, 2006

ASSETS	2006	2005
CURRENT		
cash/short-term deposits	364,490	1,063,609
short term deposits	2,195,617	1,357,970
accounts receivable	10,851	24,000
inventories	3,133	5,030
prepaid expenses	3,578	1,156
	<u>2,577,669</u>	<u>2,451,765</u>
capital assets	2,763	3,341
incorporation costs	684	684
	<u>2,581,116</u>	<u>2,455,790</u>
LIABILITIES		
accounts payable	9,347	8,554
deferred contributions	29,500	356,066
	<u>38,847</u>	<u>364,620</u>
NET ASSETS		
net assets invested in capital assets	2,763	3,341
net assets externally restricted	2,439,741	2,000,000
net assets internally restricted for stability purposes	8,456	4,119
unrestricted net assets	91,309	83,710
	<u>2,542,269</u>	<u>2,091,170</u>
	<u>2,581,116</u>	<u>2,455,790</u>
REVENUES		
donations	88,441	38,503
grants/partnership funds	105,000	114,000
fundraising/income	34,754	24,895
investment income(See note)	74,327	3,757
individual funds	0	25
	<u>302,522</u>	<u>181,180</u>
EXPENSES		
advertising/travel/promotion	1,092	1,927
amortization	957	1,283
consulting fees	3,000	0
fundraising	26,993	19,475
insurance	4,617	4,558
miscellaneous	649	789
office admin/wages	125,029	119,196
office supplies	9,715	4,527
printing/postage	2,425	5,027
professional fees	11,464	10,911
volunteer expenses	4,547	3,952
	<u>190,488</u>	<u>171,645</u>
excess (deficiency) of revenue over expenses	<u>112,034</u>	<u>9,535</u>
FUND BALANCES		
net assets, end of year	<u>2,542,269</u>	<u>2,091,170</u>

*Note: Change in reporting of investment income in 2006 from deferred in 2005

*Patience and Diligence, like faith,
remove mountains. William Penn*

Determination gives you the resolve to keep going in spite of the roadblocks that lay before you. Denis Waitley

Wellwood Programs and 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
Support for Parents
Bereavement Support and Referrals

MOVEMENT & COPING STRATEGIES


Meditation
Yoga
Tai Chi
7-style Tai Chi/Qi Gong
Reiki
Reflexology
Therapeutic Touch

CREATIVE EXPRESSION

Expressing Your Journey Through Art
Squares of Care Knitting Baskets
Quilting Group
Native Beadwork

INFORMATION & NAVIGATION

Wellwood Newsletter
Grief and Loss Workshops
Lending Library
Monthly Educational Series
Navigational Assistance to Access Services
Internet Links to Validated Cancer Sites



*Teach us the disciplines of
patience, for to wait is
often harder than to
work. Peter Marshall*

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

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