

HOPE *Makes Our House a Home ...*



CHALLENGING CANCER. CREATING COMMUNITY. CHANGING LIVES.

Annual Report
WELLNESS HOUSE
2003 - 2004



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HOPE *Makes Its Own Rewards ...*



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HOPE *Makes Our House a Home ...*

Makes Its Own Rewards ...

Makes Hearts Grow Strong ...

Makes Smiles Brighter ...

Makes Each Moment Meaningful ...

HOPE *Has Made Our House a Home ...*



This past summer, the doors to the newly renovated WELLNESS HOUSE were opened to welcome home our program participants. As our doors re-opened, we celebrated the many people who donated time, materials and service to make our expansion possible. This annual report is dedicated to all those individuals, organizations and volunteers who gave so selflessly in order that we may reach out to provide services to children, families and individuals who are experiencing cancer.



a message from the executive director

You know the song, “Oh, What a Night.” I have taken the liberty to change the words to “Oh, What a Year” as the essence of my message to you regarding this past year. It has been an amazing year of unprecedented generosity, resulting in a completed 7,000 square foot addition to Wellness House. More than 100 companies donated materials, services and labor valued at nearly \$1,000,000 to take us across the finish line in mid-July.

The expansion committee, led by Chris Schramko, met weekly for the better part of two years to make sure that the evolving needs of those affected by cancer would be met in space that was designed for exercise and nutrition classes, children’s programs, support groups, a library and much more. This dedicated group of individuals was charged with maintaining the hallmark “home-like” feel of Wellness House while increasing functionality. It was not an easy task. Their persistence in challenging one another to come up with the best possible solutions resulted in a truly exquisite facility that will serve participants well for several years to come. A recent new visitor to Wellness House said, upon touring the space, “Cancer patients deserve no less.”

Another generous group responded to our need to continue providing programs during construction. This group was comprised of community organizations that provided much needed meeting space. A very special thank you goes to Nancee and Vince Biank; The Community House; Evangelical Covenant Church; Grace Episcopal Church; Hinsdale Hospital; King-Bruwaert House; The Lane School; Redeemer Lutheran Church; and Seventh-Day Adventist Church who opened their doors so programs would not have to come to a halt during this time. Those of us who have been involved with this organization for a long time know that angels seem to find their way to Wellness House. These community partners were the angels who made sure we served our participants.

Thank you to all who have contributed to the success of this project, allowing the work of Wellness House in Challenging Cancer, Creating Community, Changing Lives to continue to provide quality programs to children and families affected by cancer because “Cancer patients deserve no less.”





a message from the chairman of the board



W
 Welcome Home to all of our many friends and participants who graciously endured our recent expansion project. Welcome Home to the new and improved Wellness House. We are blessed to be back under a single new roof that is much larger and can accommodate more participants and programs. But this most recent growth proves that Wellness House is about more than bricks and mortar.

At various times during our fifteen year history, Wellness House has occupied many homes. It started with a little cottage on a single lot. Then, it expanded to two lots at the corner of County Line Road and Walnut in Hinsdale. Those houses were torn down to make way for the new Wellness House, which was built in 1993 under the inspired leadership and design of our long-time friend Phil Dressler and hundreds of contributing contractors, volunteers, and donors. During 1993, and until completion in January, 1994, daily operations continued in office space on Jorie Boulevard in Oak Brook. This space was donated by another dedicated supporter of Wellness House, Tom Grusecki.

During 2004, Wellness House again went “on the road” during construction, operating out of many locations in the community. We owe the leaders of these facilities a debt of gratitude and a very special thank you. Wellness House also visited the homes of several Board members and friends who took us in for evenings of friendship and fundraising. Finally, I would like to acknowledge Nancee Biank, our director of family services, for bringing Wellness House *Family Matters* and staff into her home as she conducted our nationally renowned programs for children in her warm and caring home environment.

Thank you to all who provide our financial support ... the walkers; the golfers; the students and grocery stores who sold luminaria; our grantors; those responding to our holiday appeal; the corporations and private family foundations ... to each and every person who did whatever was in their means to support our work. And, in the spirit of growth, more than 350 Wellness House supporters traveled

to Chicago for a gala evening last March to celebrate the first Equinox Ball. We’ll be on the road again to the Harold Washington Library on March 19, 2005 for our second gala. Save the date for this special “Hope in Bloom” event.

There have been many Wellness House locations over the years, but it is not merely the physical space that defines Wellness House. Wellness House is the uplifting spirit created by our professional staff, volunteer leaders and donors. It is the hope generated by the individuals who cross our threshold. It is the inspiration each person finds when they obtain support through Wellness House programs. Where you find people that are Challenging Cancer, Creating Community and Changing Lives ... there you will find the essence of Wellness House.

Jim



PROGRAMS

orientation and special events

welcome to wellness

Welcome to Wellness is an informal orientation to Wellness House and its programs. The sessions are facilitated by a member of our licensed clinical staff along with a cancer survivor who has participated at Wellness House. The sessions give newcomers an opportunity to meet people that have experienced cancer, participated in Wellness House programs, and are willing to share their thoughts about the cancer experience.



HOPE *Makes Hearts Grow Strong ...*

cancer 101

Cancer 101 empowers participants with education, information and practical strategies to gain control, feel better and strengthen relationships in the midst of experiencing cancer. The program is comprised of two series that meet weekly for six weeks.

The first series addresses “Managing the Impact of Cancer and Treatment,” including topics such as building a cancer support team and how to understand the impact of cancer on relationships.

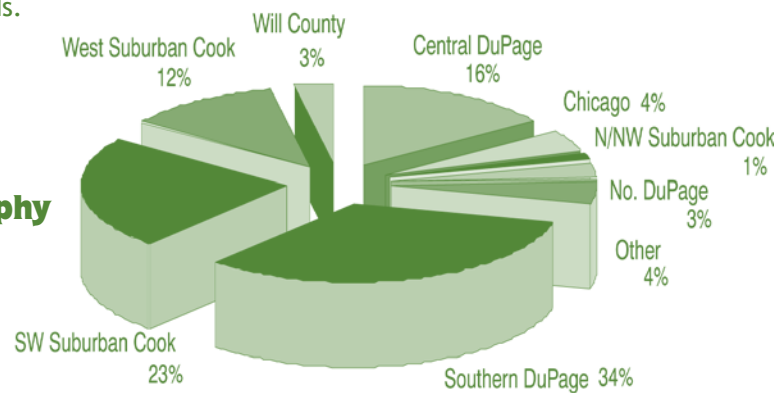
The second series discusses “Taking Control of Your Sense of Well-Being,” with practical information on managing stress and how to negotiate health systems. *Cancer 101* is for people newly diagnosed with cancer and their family members and friends.

special events

Each month Wellness House invites special guests to present lectures and courses on topics such as diet and cooking, hypnosis, relationships, and dealing with cancer and its effects. These events are geared toward information and education for patients, caregivers, and healthcare providers. Most of our presenters are professionals in the community or Wellness House staff members who donate their time and expertise.

Past events have included *Look Good, Feel Better* for women in active treatment; “Coping with the Emotional Rollercoaster of Cancer” and “Creating Affirmation to Harness the Healing.”

participation by geography



PROGRAMS

family programs

family matters

Family Matters is a nationally-recognized program that keeps children who have a parent with cancer “on track” developmentally. The program normalizes and validates the feelings that children experience, and offers group and individual opportunities for children, adolescents and parents.

Children’s Programs

- **Connecting Rainbows** is for children ages 6-12 and their parents. It helps families understand their feelings and communicate more openly.

- **Kids Group I** is for children ages 6-12 who have a family member with cancer. It provides a place for children to express their feelings, have a support group with peers experiencing similar challenges, and obtain professional guidance and information. A facilitated parents’ group runs concurrently for eight weeks.
- **Kids Group II** continues the relationships made in Kids Group I, and focuses on issues of self-esteem.
- **Turtles** is a facilitated bereavement group for children who have lost a loved one to cancer.
- **Kids Special Events** take place throughout the year and are opportunities to share activities such as pumpkin carving.
- **Kids’ Kamp** provides summer fun and friendship.

Programs for Teens

- **Teen Talk** is a facilitated support group where teens can talk and ask questions of other teens going through similar experiences with a family member with cancer.
- **Time Out** is a facilitated bereavement group for teenagers who have lost a loved one to cancer.

HOPE
Makes Smiles Brighter...



Adult Programs

- **Transitions I and II** are bereavement groups consisting of support, education about grief, and techniques to help cope with grief.
- **Drop-In Grief Group** meets twice a month and provides a safe environment to support and encourage one another, and to interact around some of the issues of the “unknown territory” of grief and mourning.
- **Bereavement Workshops** are “one-time” offerings on specific topics of grief such as “Managing the Holidays.”
- **Bereavement Personal Planning** is a one-time individual counseling session/assessment.

PROGRAMS

support groups

support plus

Support Plus Groups provide emotional support by encouraging awareness and expression of emotion, empathic listening to others' concerns, and active coping.

Skill building, information gathering and practicing stress reduction behaviors are also part of the group experience. Confronting existential concerns is a key component of Support Plus Groups.

Support Plus Groups are offered for:

- Individuals with cancer.
- Family and loved ones.

reflecting on spirituality and cancer

Reflecting on Spirituality and Cancer provides the opportunity to explore various aspects of individual spirituality and the ways in which it both affects and is affected by the cancer experience. This program is not affiliated with any formal religion.

HOPE
Makes Each Moment Meaningful ...

managing recurrent and metastatic disease

Issues and concerns around a recurrence or metastasis are very different from those of an initial diagnosis. Since cancer is now a chronic illness, it requires additional skills to manage effectively.

The *Managing Recurrent and Metastatic Disease* group provides an opportunity for those experiencing a recurrence or metastasis and their loved ones to come together to discuss the unique issues presented with a chronic illness.

hope for the journey

How can we encounter healing when physical curing is not happening as we had hoped? Living with dying can be an opportunity for honesty, courage, resolving unfinished business, and relishing relationships.

The *Hope for the Journey* group provides a basis for discussion of personal perspectives such as naming wishes and fears, communicating more effectively with loved ones and sharing hope for the journey.



monthly networking groups

Monthly Networking Groups provide individuals experiencing the same type of cancer an opportunity to gather for support, share concerns, and exchange information.

Wellness House has groups for **breast, ovarian, lymphoma, and multiple myeloma.**

The Breast Cancer Networking Group is supported by a grant from the Chicagoland Area Affiliate of the Susan G. Komen Breast

PROGRAMS

stress reduction

mindfulness-based stress reduction

Much of our pain and stress arises from dwelling on the past or worrying about the future. Whether in formal sitting meditation or washing the dishes, the focus of mindfulness meditation is to bring one's awareness back to the present moment.

Clinical research has demonstrated these benefits of mindfulness meditation:

- Increased ability to cope more effectively with stressful situations
- Lasting decreases in both physical and psychosocial symptoms
- Greater ability to relax
- Greater energy and enthusiasm for life
- Improved self-esteem

Mindfulness-Based Stress Reduction is designed to develop practical and useful skills with meditation in a relatively short period of time.

meditation

During *Meditation* participants discover ways to experience peace, serenity, and objectivity to facilitate healing of the mind, body and spirit.

tai chi chuan

Tai Chi is an ancient form of movement and exercise that increases one's control and balance. A harmony is also created between mind and body resulting in enhanced relaxation and stress reduction.

qigong

QiGong offers coordination of breathing and movement to enhance one's healing ability, circulation and strength. In addition, this healing art provides a feeling of relaxation and calmness as one progresses through the sets of

yoga

This is a modified offering of *Yoga* and stretching geared toward those who are not experienced in these exercises of flexibility and breathing. Restrictions and stress caused by one's cancer experience may be reduced with an ongoing routine of the various postures and techniques learned in class.

deep hypnosis

Wellness Through Deep Hypnosis provides a group hypnosis experience. These hypnotic methods are developed specifically for cancer patients.

healing touch

Each unique *Healing Touch* session offers several similar yet distinct techniques one can use to enhance healing of self and others. The instructor provides an understanding of how the body, mind, emotion and spirit interrelate.

music therapy

Music Therapy uses music to affect one's physiology and sense of well-being. Sessions encourage participants to enjoy focused listening, guided imagery, and reflection.

massage therapy

Massage Therapy, including massage, healing touch and craniosacral bodywork, offer relaxation and stress reduction to anyone experiencing the emotional and physical effects of dealing with cancer.

PROGRAMS healthy living

lifestyle options for living well

Lifestyle Options for Living Well provides practical information on nutrition, physical activity, and mind-body practices to enhance one's quality of life and healing processes. Each session discusses a different subject, and can include topics such as the importance of protein in recovery from cancer treatments, heart-healthy foods and their use for cancer prevention and recovery and the latest research on cancer and vitamins/mineral supplements.

exercise programs

Exercise Programs at Wellness House focus on the exercise needs of individuals with a cancer diagnosis. Research shows that physical activity helps reduce fatigue and nausea, and also increases stamina, strength, and range of motion. Wellness House exercise classes are geared toward helping participants resume their normal activities of daily living.

Classes include strength training, flexibility and balance exercises, and cardio-vascular exercise using state-of-the-art equipment.

Exercise I is designed for people diagnosed with cancer who have difficulty with ADL (Activities of Daily Living). This program is supported by a grant from the Lance Armstrong Foundation. *Exercise II* is for individuals able to perform most ADLs.

eating during cancer treatment

Eating During Cancer Treatment provides information about practical nutrition during treatment. People newly diagnosed and/or currently in treatment will benefit from information on how to choose the best foods to help manage the gastrointestinal side effects that may be experienced.

integrating nutritional options

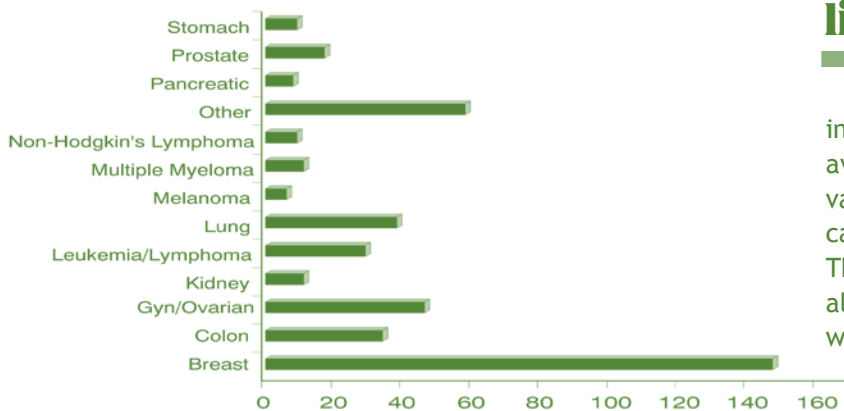
Integrating Nutritional Options for Living Well provides a hands-on approach to understanding nutritional options and planning individualized diets. The program combines diet, nutrition and cancer information with a personalized strategy for implementing a healthier diet. Participants are given tools to plan and prepare tailor-made diets to enhance cancer recovery and sustain healthy living.

Sessions include hands-on cooking demonstrations and personalized nutrition guidance.

fun with food

Fun with Food provides hand-on preparation of nutritional foods the entire family will

participation by cancer type



library center

The *Library Center* has more than 1500 items including books, audiotapes, CDs, and videotapes available for loan. The collection includes a variety of educational materials for people with cancer, their families and health professionals. The Library staff provides individual guidance along with the emotional support often needed when seeking information about illness.

2003 - 2004 financial summary

WELLNESS HOUSE STATEMENT OF ACTIVITIES* July 1, 2003 - June 30, 2004

OPERATING REVENUE

Contributions - Unrestricted	\$ 760,127
Grants	83,750
Courtyard - Earned Income	250,859
Endowment Payment - Foundation*	363,352
In-Kind	80,417
Interest	2,569
	<hr/>
Total Operating Support and Revenue	\$1,541,074

OPERATING EXPENSES

Programs	\$ 725,947
Courtyard	173,863
Organization Advancement	236,182
General and Administrative	86,746
	<hr/>
Total Operating Expenses	\$1,222,738
Total Operating Surplus	\$318,336 ^{(1) (2)}
	<hr/>
Reserve for Creation of Wellness House Operating Fund	\$100,000

NOTES:

- * This statement does not reflect financial activity related to the building expansion.
- (1) Net Surplus includes a one-time endowment payment from Wellness House Foundation for a prior period liability.
- (2) Net Surplus - reserve funding to create a Wellness House operating reserve.

2003 - 2004 financial summary

WELLNESS HOUSE STATEMENT OF FINANCIAL POSITION July 1, 2003 - June 30, 2004

ASSETS

Cash	\$ 395,176
Accounts receivable	244,415
Unconditional promises to give temporarily restricted	326,369
Accrued interest receivable	1,225
Prepaid expenses	9,959
Investments	127,124
Restricted cash	21,387
Property and equipment	<u>2,869,582</u>
 Total Operating Support and Revenue	 <u>\$3,995,237</u>

LIABILITIES AND NET ASSETS

Liabilities	
Accounts payable	\$426,232
 Net Assets:	
Unrestricted:	
Equity in property & equipment	2,869,582
Undesignated	365,641
 Total unrestricted	 <u>3,235,223</u>
 Temporarily restricted	 <u>333,782</u>
 Total net assets	 <u>3,569,005</u>
 Total liabilities and net assets	 <u>\$3,995,237</u>

GRANTS grants

Amgen

The Amicus Foundation

The Chicago Community Foundation

CNA Foundation

The Coleman Foundation

Community Memorial Foundation

Doris Goodwin Walbridge Foundation, Inc.

The Kara Foundation

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Morgan Stanley Foundation

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Wellness House Foundation

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Cindy Baertschi

Ralph Gabric

Judith Holada

Colleen Horrigan

Joseph Keeley

Bernard Kellom

Patricia McCarty

Shirley McGlone

Marie Monahan

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guardians \$20,000 - \$49,999

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Our deepest thanks to all who contributed to this extraordinary



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