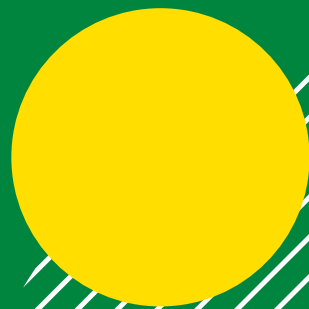


HOPE SPRING CANCER SUPPORT CENTRE

ANNUAL REPORT 2018-2019



HopeSpring
CANCER SUPPORT CENTRE



ABOUT HOPE SPRING

Mission

We are an independent community organization committed to empowering those whose lives are impacted by cancer to improve their emotional, physical and spiritual well-being.

Vision

Inspire - Empower - Hope

We help people meet the challenge of cancer.

HopeSpring Team Members:

Anne - Cancer Care Coach
Katy - Marketing
Kim - Finance
Linda - Director of Operations
Lois - Executive Director
Rennie - Finance



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Charitable Number: 89894 3857 RR 0001


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Meet the Board of Directors:

Shuchanna Swaby - Chair, Fundraising Chair
Shawn Hlowatzki - Communications Chair
Sairin Hayes - Board Secretary, Governance Chair
Tammy Robinson-Simmons - Treasurer
Jenny Adamthwaite - Director

Find us on social media:

 @HopeSpringCancerSupportCentre

 @Hope_Spring

 @Hope_Spring

FROM THE DESK OF THE CHAIR OF THE BOARD OF DIRECTORS

Dear Supporters, Donors, Members and other interested parties,

We celebrate the conclusion of our fiscal year 2018-2019 with gratitude. You and other donors' support ensures that those affected by cancer in Waterloo Region and Wellington County continue to have access to essential support during their cancer journey. As a community organization, our community continued to shower us with support.

As a whole, this year HopeSpring delivered 30 unique programs to our members. We supported many other third party groups, such as Ontario Parents Advocating For Children With Cancer by hosting their meetings. We provided information to cancer-specific groups, such as the Prostate Cancer Canada Network - Waterloo-Wellington chapter and the Waterloo Region Myeloma Support Group - both of which began at HopeSpring.

Members' journeys were strengthened by cancer care coaching sessions and numerous support groups. They found ways to de-stress and heal through gentle exercise programs and relaxation therapy appointments.

We experienced the joys of many fundraisers and were pleased to see so many members of our community finding unique ways to give back. We saw bake sales, lemonade stands run by children, music events, community members shaving their heads and many other creative endeavours to support our cause.

We are appreciative of the HopeSpring staff members who continued to provide member and administrative support to the organization.

Thank you to the volunteers and facilitators for your hard work and dedication.

We are grateful to everyone from the bottom of our hearts for your ongoing support.

Sincerely,

Shuchanna Swaby
Chair, Board of Directors
HopeSpring Cancer Support Centre

PROGRAMS BY THE NUMBERS

30

We offered 30 different programs - from relaxation therapy to gentle exercise to support groups.

7

We partnered with 7 community partner groups to deliver programs to those affected by cancer - including programs offered by Grand River Regional Cancer Centre, support groups offered by Prostate Cancer Canada Network and coping strategies workshops presented by Look Good Feel Better.

Here are some of the year's highlights:

68

Post-mastectomy camisoles were given to women who were about to undergo a mastectomy or who had recently had a mastectomy.

125

Wigs were given to women losing their hair because of cancer treatment.



Over 275 attended Tai Chi this year.

308

Members attended 308 Relaxation appointments.



Over 340 attended one of 4 types of support group we offer.



Over 500 Peer Support sessions were delivered.



Over 600 attended one of 7 different types of yoga we offer.

BY THE NUMBERS



404 community members joined HopeSpring this year. These new members are those with cancer, their loved ones, their family members, their caregivers, their friends and supporters.

Volunteers

We are proud to call 40 members of our community volunteers. These volunteers ensure our centre runs smoothly, members are supported, events are staffed, committees operate and administrative tasks are supported. These volunteers contributed over 2,100 hours this year.

We thank every volunteer for your hardwork and dedication to improving and supporting the lives of our community members.

This year the following fundraisers were held:

- Hope For HopeSpring Campaign
- Puddle Jumpers Campaign
- Donate-a-car
- Sarah's Fun-razor
- Jacks and Spurs Dance
- Car wash
- Lemonade sale
- Bake sale
- Foxoboro Green Golf Tournament
- Old Bags of Westmount
- Holiday Tour of Homes



Thank you to everyone who contributed to a fundraising event which benefited HopeSpring.

DONATIONS



As a community organization supported by community members and organizations, we are grateful to the following individuals and organizations for your donations that allow us to provide those affected by cancer programs, services and support during their cancer journey.

Over \$10,000

Kitchener-Waterloo Community Foundation
Zonta Club of Kitchener-Waterloo
CIBC

\$5,000 - 9,999

The Inn of Waterloo
Gina's Closet Cancer Support Services
ATS Automation Tooling Systems Inc.
Wellington Laboratories
Donald Dychuck
Royal Bank of Canada
AET Group Inc.
Mercedes-Benz

\$2,500 - 4,999

David Macpherson
ACL Steel Ltd.
Canada Post Community Foundation
Stephen Lavigne
Derek Colvin
Mersynergy Charitable Foundation

\$1,000—2,499

Cambridge Centre Honda
George & Patt Schertzer
The Gordon Linkletter Family Fund
India Canada Association
Geraldine Mahood
Gore Mutual Insurance Company Foundation
The Guelph Community Foundation
Anonymous
Tammy Robinson-Simmons
Cambridge and North Dumfries Community Foundation
Shawn Hlowatzki
William & Sophie Lavigne
Tarek El Sayegh
Pepsico
Gale Biserka
The Equitable Life Insurance Company of Canada
Jim Arbuckle
William Seip Management Inc.

\$1,000—2,499 cont'd

J.D. Walden Family Fund
Jason Wong
Bob Hulley
Robert Huber
Congregation Of The Sisters Of St. Joseph In Canada
United Postal Service
Wende Gregory-Frei
Arnold or Mary Ann Fleming
Stantec Consulting Ltd.
Crosby Automotive Group
Dr. Ghasan Yared Denistry Prof. Corp

Under \$999

Cindy Wulff
John H. Davidson
Doug Groff
Tracy Szarka
Prostate Cancer Canadian Network—Waterloo-Wellington
Craig Cober
Chaly Kudo
Orangetheory Fitness Waterloo
Wellesley Applejacks Junior Hockey Club
WalterFedy Corporation
Joan Peters
Tracy Ellig
Jenn Metzger
Gail Dunfield
Aba Architechts Inc.
Never Enough Thyme
Black Jaguar Funding Inc.
Sarah Carless
Mrs. Doreen Bye
Tim Clancy
Judy Doyle
Francis Schipper
Mary Millen
Barbara Sichewski
Sonia Lewis
Doris Johnston

*Errors and omissions may occur. If you have a concern, please contact HopeSpring

STATEMENT OF FINANCIAL POSITION

For the year ended April 30, 2019.

	Operating \$	Capital asset \$	2019 \$	2018 \$
Assets				
Current assets				
Cash	323,214	-	323,214	329,353
Investments	25,320	-	25,320	23,359
Prepaid expenses	14,719	-	14,719	2,401
Government remittances recoverable	10,205	-	10,205	4,591
	373,458	-	373,458	359,704
Capital assets (note 3)	-	13,693	13,693	14,349
	<u>373,458</u>	<u>13,693</u>	<u>387,151</u>	<u>374,053</u>
Liabilities and net assets				
Current liabilities				
Accounts payable and accrued liabilities	18,808	-	18,808	12,891
Deferred contributions	50,000	-	50,000	-
	68,808	-	68,808	12,891
Net assets				
Unrestricted net assets	304,650	-	304,650	346,813
Invested in capital assets	-	13,693	13,693	14,349
	304,650	13,693	318,343	361,162
	<u>373,458</u>	<u>13,693</u>	<u>387,151</u>	<u>374,053</u>
Revenues				
Contributions	181,152	-	181,152	302,832
Special event contributions	86,204	-	86,204	86,643
Other income	6,120	-	6,120	8,961
	273,476	-	273,476	398,436
Expenses				
Program	45,536	-	45,536	55,280
Fundraising	7,161	-	7,161	8,003
Administration	262,942	-	262,942	285,750
Amortization	-	656	656	842
	315,639	656	316,295	349,875
Excess of (expenses over revenues) revenues over expenses for the year	<u>(42,163)</u>	<u>(656)</u>	<u>(42,819)</u>	<u>48,561</u>

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Find us on social media:



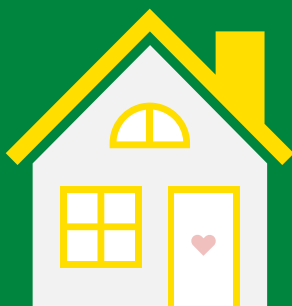
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