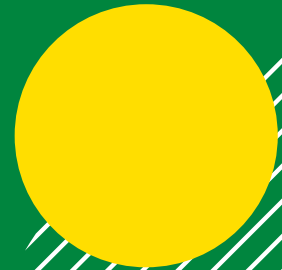


# HOPE SPRING CANCER SUPPORT CENTRE

## ANNUAL REPORT 2020-2021



# ABOUT HOPESPRING

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### Mission

To provide Inspiration, Empowerment and Hope by addressing the emotional, mental, physical and spiritual part of the cancer patient through providing relevant programming and services.

### Vision

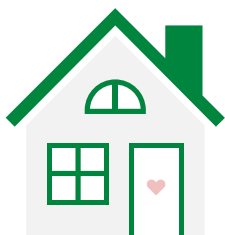
To ensure that no one gets left behind and everyone affected by cancer receives the best cancer support and care.

### Inspire - Empower - Hope

**We help people meet the challenge of cancer.**

### HopeSpring Team Members:

Amy - Cancer Care Counsellor  
Vacant- Executive Director  
Nohelia - Concierge, Volunteer Coordinator  
Mary Lou - Marketing, Communication, Fundraising  
Justin-Grants  
Moiz-Peer Support  
Brooke- Peer Support Project Associate  
Isabel-Special Projects Associate  
Sydney-Donor Relations  
Vaish - Finance



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Charitable Number: 89894 3857 RR 0001

### Find us on social media:



# MEET HOPESPRING

## Meet the Board of Directors for 2021-2022

Director	Gloria Shoon
Director	Raelynn Douglas
Director	Scott Dolson
Director	Aisling Dennett
President	SHAWN HLOWATZKI
Treasurer	WENDY LAGUE
Director- Information Technology	Jennifer Markovic

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Acknowledgment

We extend our deepest gratitude to all program participants for their invaluable feedback and unwavering commitment to their well-being. Additionally, we express our appreciation to our dedicated facilitators for their compassion, expertise, and unwavering support throughout the program.



## Methodology

Our evaluation process encompasses participant surveys, instructor assessments, and additional comments, providing a holistic understanding of program efficacy. Responses were analyzed to gauge improvements in physical, mental, and emotional well-being, satisfaction with program content and delivery, as well as overall program impact on stress management and relaxation.



# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Cancer Care Counselling Services

*Average Number of Sessions: 10 sessions a week*

*Total Average Hours: 40 hours a month*

### Introduction

In this annual report, we present an overview of the impact of our counselling services on the cancer community. HopeSpring Counselling Services is dedicated to providing emotional support, guidance, and resources to individuals and families navigating the challenges of cancer.

### Strategies for Coping

Participants expressed a diverse range of coping strategies they found helpful, including self-help materials, openness to asking questions, mindfulness techniques, talking about their experiences, and seeking support from loved ones. While some clients found solace in meditation and visualization, others emphasized the importance of understanding grief stages and seeking validation for their emotions.

### Frequency of Reflection

The frequency of reflection on counselling experiences varied among participants, with a majority reflecting on their sessions regularly, indicating the significance of counselling in their ongoing journey. This consistent reflection underscores the enduring impact of our counselling services on the emotional well-being of individuals affected by cancer.

### Counselling Experience

Participants expressed appreciation for the opportunity to engage with supportive professionals in a safe and constructive setting. This highlights the value of ongoing support to empower individuals and families to navigate the emotional challenges of cancer with resilience and hope.

### Conclusion

HopeSpring Counselling Services continues to make a profound impact on the cancer community by providing personalized support and empowering individuals to cope with the emotional challenges of their cancer journey.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## GENTLE YOGA FOR SYMPTOM MANAGEMENT

*Average Number of Sessions: 4 sessions a month*

*Total Average Hours: 72 hours*

### Introduction

The Gentle Yoga with Tammy program has been instrumental in providing support and relief to individuals within the cancer community. This annual report aims to evaluate the impact of the program on various aspects of participants' well-being, including levels of anxiety, overall mood, feelings of isolation, connection, energy levels, mobility, and strength.

### Program Impact Evaluation

Levels of Anxiety:

Participants reported a significant improvement in levels of anxiety, with an average rating of 4.3 out of 5. This indicates a notable reduction in anxiety levels, contributing positively to participants' overall well-being.

Overall Mood/Well-Being:

Similarly, participants rated their overall mood and well-being throughout the program. The average score was 4.6, highlighting a significant improvement in participants' emotional state and overall quality of life. This underscores the program's effectiveness in promoting a positive outlook and enhancing well-being.

Feelings of Isolation and Connection:

Participants reported their feelings of isolation and connection, with an average rating of 4.05 for connection and 3.58 for isolation. These results suggest that the program effectively fosters a sense of belonging and community among participants, mitigating feelings of isolation often experienced within the cancer journey.

Energy Levels:

Participants experienced an improvement in energy levels, with an average rating of 4.4 out of 5. This indicates that the program has helped to boost participants' vitality and overall energy levels, contributing to a better quality of life.

Mobility and Strength:

An overwhelming majority of participants (90%) agreed or strongly agreed that there has been a noticeable difference in their mobility and strength since the beginning of the program. This underscores the program's effectiveness in improving physical well-being and functional abilities.

### Conclusion

The Gentle Yoga with Tammy program has demonstrated a significant positive impact on various aspects of participants' well-being within the cancer community. From managing anxiety levels to enhancing mood, fostering connections, and improving physical strength and mobility, the program has effectively addressed diverse needs. Continued support and participation in such programs are vital for sustaining these positive outcomes and promoting overall health and wellness among participants.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## YOGA FOR CANCER RECOVERY

*Average Number of Sessions: 3 sessions a month*

*Total Average Hours: 54 hours*

### Introduction

The Yoga for Cancer Recovery with Tammy Program has been instrumental in providing support and empowerment to individuals within the cancer community. Through this annual report, we aim to showcase the impact of the program on the participants' well-being, sense of community, and overall recovery journey.

### Program Impact Evaluation

#### 1. Community Connection:

- Participants were asked whether the class provided them with access to a connected and genuine community of like-minded people.
- Feedback: The majority strongly agreed, indicating a strong sense of community fostered within the program.

#### 2. Mood and Anxiety Improvement:

- Participants were asked to rate the improvement in their mood and levels of anxiety or depression from the beginning to the end of each class.
- Feedback: An overwhelming majority strongly agreed, highlighting significant positive changes in mood and anxiety levels.

#### 3. Impact on Current State:

- Participants were asked to rate the program's impact on various aspects of their current state, including levels of anxiety, overall mood/well-being, feelings of isolation, feelings of connection, and energy levels.
- Feedback: Across all categories, participants reported significant improvements, with ratings ranging from 4 to 5, signifying a notable positive impact on their well-being.

### Additional Comments:

- "Tammy is very encouraging. Her class is geared to what I am capable of doing."
- "Tammy is extremely kind and compassionate...an excellent yoga teacher too!"

### Conclusion

The Yoga for Cancer Recovery with Tammy Program continues to make a profound difference in the lives of its participants. Through tailored yoga sessions and a supportive environment, individuals experience enhanced well-being, reduced feelings of isolation, and increased energy levels. The program not only fosters physical recovery but also provides invaluable emotional and psychological support.

# 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.

Rockwell Emp charitable Funds	\$200
iA Financial Group	\$6,000
Wellington Laboratories	\$5,000
inn of Waterloo	\$50
Equitable Life	\$1,500
Gina's Closet	\$3,000
Trichome JWC acquisition group on behalf of Tanya MacInnis Sosnoski	\$500
WATERloo Manufacturing	\$500
Cambridge & North Dumphries	\$1,000
Congregation of sisters of St Joseph Canada	\$1,000
Maitland Foundation	\$10,000
Dan & Judy Kroetsch foundation	\$500
Private Giving Foundation	\$1,499
Canada Helps	\$47,182
Bambora	\$1,080
Cdn online Giving- Benevity	\$6,051
My Tribute Gift	\$6,880
Misc Donations	\$10,445
Estate of OLAV NUMMELIN	\$40,000
In Memoriam	\$6,078

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

# STATEMENT OF FINANCIAL POSITION

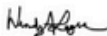
For the year ended April 30, 2021

## statement of financial position

>APRIL 30, 2021

	2021	2020
<b>assets</b>		
<b>current</b>		
Cash	\$ 442,109	\$ 367,520
Other investments	36,602	24,653
Government remittances recoverable	<u>6,693</u>	<u>20,660</u>
	485,404	412,833
<b>capital assets (Note 3)</b>	<u>14,298</u>	<u>18,677</u>
	<u>\$ 499,702</u>	<u>\$ 431,510</u>
<b>liabilities</b>		
<b>current</b>		
Accounts payable and accrued liabilities	\$ <u>12,246</u>	\$ <u>7,273</u>
<b>commitments (note 4)</b>		
<b>net assets</b>		
Operating fund	473,158	405,560
Invested in capital assets	<u>14,298</u>	<u>18,677</u>
	<u>487,456</u>	<u>424,237</u>
	<u>\$ 499,702</u>	<u>\$ 431,510</u>

Approved on behalf of the board:

  
Director

  
Director

## statement of operations

>YEAR ENDED APRIL 30, 2021

	2021		2020	
	operating	invested in capital assets	total	total
<b>revenue</b>				
Contributions	\$ 209,274	\$ -	\$ 209,274	\$ 215,630
Special event contributions	10,375	-	10,375	231,197
Loss on disposal	-	(2,250)	(2,250)	-
Other income	<u>54,442</u>	<u>-</u>	<u>54,442</u>	<u>4,029</u>
	<u>274,091</u>	<u>(2,250)</u>	<u>271,841</u>	<u>450,856</u>
<b>expenses (Schedule A)</b>				
Administration	56,554	-	56,554	112,374
Amortization	-	3,168	3,168	2,243
Bank charges and interest	580	-	580	-
Fundraising	-	-	-	87,799
Program	<u>148,320</u>	<u>-</u>	<u>148,320</u>	<u>142,546</u>
	<u>205,454</u>	<u>3,168</u>	<u>208,622</u>	<u>344,962</u>
<b>excess (deficiency) of revenue over expenses for year</b>	<u>\$ 68,637</u>	<u>\$ (5,418)</u>	<u>\$ 63,219</u>	<u>\$ 105,894</u>

# GRANT ACKNOWLEDGEMENT

**HopeSpring was the reciprocate of the following grants. Grants continue to be a major source of revenue for HopeSpring as our in-person fundraising has been halted for this fiscal year.**

IA Finacial Group

KWCF - Landmann Family Fund

Pfizer Canada Inc.

KW Community Foundation - Spring Community Grants

Covid-19 Emergency Community Support Fund - Red Cross

Eli Lilly Canada Inc

Covid-19 Charty Adaptation and Innovation Fund

Merck Canada Inc.

Alice and Murray Maitland Foundation

City of Kitchener Communnity Grants

CIBC

KW Community Foundation - Anne Frank Fund (did not apply but was awarded money)

Equitable Life (Equitable Gives Back Initiative)

PayPal Giving Fund Canada

# HOPE SPRING ANNUAL REPORT 2020-2021

Find us on social media:



@HopeSpringCancerSupportCentre



@Hope\_Spring



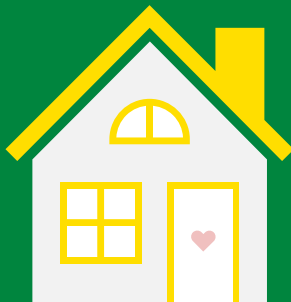
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Charitable Number: 89894 3857 RR 0001