



HopeSpring
CANCER SUPPORT CENTRE

Helping people meet
the challenge of cancer



2015
2016

Annual
Report

Our **Community Partners**

Medical

- >> Grand River Regional Cancer Centre (GRRCC)
- >> Cambridge Memorial Hospital
- >> St. Mary's General Hospital
- >> Hospice of Waterloo Region
- >> Lisaard House
- >> Innisfree House
- >> Mount Forest Family Health Team
- >> Guelph General Hospital

Non Medical

- >> Manulife Financial
- >> Zonta Club of Kitchener-Waterloo
- >> Cambridge Chaplin Family YMCA

- >> The Kitchener-Waterloo Community Foundation (KWCF)
- >> Physiotherapy Associates of Cambridge
- >> Intent
- >> Langs
- >> Erb Street Mennonite Church
- >> Cancer Chat Canada
- >> Henna For You
- >> Le Salon
- >> Barney Printing
- >> CIBC
- >> The Waters Spa
- >> Cambridge Community Fund
- >> Shoppers Drug Mart
- >> Stantec

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HopeSpring Cancer Support Centre

A registered charity offering Person-centred Psychosocial Cancer care

YOU CAN HELP!

"I just can't imagine a future without their support, because it's so crucial to my healing right now."

Johanna Jamnik, HopeSpring member

Your donation provides emotional support, coping strategies and opportunities for cancer patients, their families and their caregivers to meet others in our community living with similar challenges.

We rely 100% on contributions from the community. If you know someone whose life has been affected by cancer, please consider donating today in support of the work we do. To make a gift, please call 519-742-4673 or visit us at www.hopespring.ca to make your donation online.

Because of the commitment of our volunteers we are able to provide a high level of service to meet the needs of our members. HopeSpring was, in fact, founded by volunteers. They help in the programs we offer, raise awareness in our community, assist with fundraising activities and so much more. HopeSpring has a small staff and there is much work to be done. Volunteers bring many skills, experience and wisdom to HopeSpring. They make all the difference.



HopeSpring Board of Directors



Chris Hyde
Board Chair
Oct 28/13



Jurgen Walther
Director
Nov 23/15



Nancy Song
Director
Nov 23/15



Gillian Nonay
Director
Oct 28/13



Valerie Beyer
Director
Oct 27/14



Shuchanna Swaby
Director
Apr 25/16

Other members:

Justine Sparling
Director
Aug 24/15

Karin McNabb
Director
Jun 22/15

*Read our
participants'
stories*



Brad Clark "I was diagnosed with prostate cancer almost three years ago. I had surgery and subsequently, radiation therapy. I learned about HopeSpring through a pamphlet during my radiation. We moved to Kitchener over a year ago, and I finally got up the nerve to go through the doors of HopeSpring last December. I was welcomed and made to feel that I was in the right place. Yoga and Tai Chi have become a part of my weekly routine. I have received Reiki and Therapeutic Touch as well as helpful coaching on my cancer journey. The Men's Support Group has also been valuable. HopeSpring has helped me tremendously, and I am grateful for its presence in our community."

The Year at HopeSpring

New programs and services offered

- >> Introduced the following new programs
Zen-tangling - a new expressive arts program, Identifying Compassion Fatigue for Caregivers, Ovarian cancer - a new support group
- >> Expanded our relaxation programs
Added massage therapy
- >> The following workshops were offered
Breast reconstruction, Printmaking expressive art, Yoga for depression

Community activities

- >> Our volunteer Jean Markovich won the first Kitchener Mayor’s builder award for her involvement in our community and with HopeSpring
- >> Ovarian Cancer Canada held a full day workshop at HopeSpring with the author of the book “Picking up the Pieces” in recognition of Ovarian cancer month September 2015.
- >> Partnered with our Universities, Colleges and high schools to accept 6 placement students in the following programs: practicum and Social development students from Laurier and U of W School of Social Work, Social Services students from Conestoga College and administration students from St David
- >> Participated in the Canadian YPI program (Youth and Philanthropy Initiative) with grade 10 students. Local students won a total of \$15,000 for our charity

The numbers

Active members using programs & services: 1049 appointments
 Member care: 400 appointments
 Relaxation: 727 appointments
 Programs attended: 3,748

Head coverings provided: 282
 New members: 456
 Wigs provided: 207
 Camisoles provided: 120

A Participant's Perspective

On July 6, 2015 I crossed the border into a new country. The guardians of this land wore caring and concerned faces. A language was spoken where plus and minus added to strange sounding syllables determined my fate. They spoke slowly and clearly, in subdued tones. They wanted to make sure I understood the true nature of this land. Poisons and burning made you well in this country. I had fallen down a rabbit hole. I had entered the land of breast cancer.

On July 6, 2015 I was given a diagnosis of HER2 positive, hormone negative breast cancer, an aggressive form of breast cancer requiring surgery, chemo, and radiation, not necessarily in that order. I would lose my hair. I would not be able to work during chemo and radiation. A year of Herceptin treatments, the magic drug

to treat Her2+ cancer, would follow. All told, my treatment will be 16 months. I was 61 when I became a pilgrim* in a strange land without a map or guidebook.

At 13 I had my first exposure to this strange country. My friend's mother was dying of ovarian cancer. She was young, in her late 30s, with two teenagers and a six-year-old. She had been misdiagnosed and in the days before palliative care, suffered. But that is not how I remember her. Rather it was her uncomplaining dignity and faith despite the cancer, her dying well, that I remember. She taught me that I need not fear death. And that led me in 2007 to volunteer for the Hospice of Waterloo Region visiting one on one with people in their last year of life.

So it was that I initially visited HopeSpring with my first client. She became animated and expansive with the staff, laughing and joking, catching up on the news. It was obvious this was a place she felt safe, comfortable, and supported. I was impressed by the kindness of the staff and the services that were offered.

Now it was my turn. I was overwhelmed by the information thrown at me. The juggernaut of medical care. By what was ahead. By what I feared was not ahead. And I would need a wig. So I turned to HopeSpring. Anne Day understood the language of this strange cruel country. She gave words to my thoughts and fears when I had none. She understood. She encouraged. She comforted as I sat in her office and cried, trying to come to terms with what seemed impossible.

I spent an hour picking out a wig, trying on different colours and styles, reinventing myself.



Nevermind that I picked a wig close to my, then, colour and style. I was laughing and having fun despite myself.

I borrowed books from the library. I had coffee and a snack. I sat in the garden.

I attended the Scarf Tying workshop and met other women with no hair. We laughed and learned. I got compliments on my scarf tying skills. I gained confidence and some panache.

I signed up for Healing Journey I. Over the six-week course I got to know other pilgrims in this strange new country - others with the same fears and struggles. At times I felt I had taken the lid of a pot that was boiling over, and I wasn't going to be able to put it back on. We were taught tools to cope. Take a deep breath. Breathe. Breathe at stoplights. Breathe when the fears and thoughts are too much. So simple. So basic. And so necessary yet forgotten when overwhelmed.

I joined the support group for women over 45. This too was a safe place. Here I didn't need to measure my words, pretend I was coping, try to be strong. I had many supportive friends during treatment who drove me to chemo, cooked meals for me, visited. But they had their own busy lives. I didn't want to overwhelm them with my fears and concerns. In this group I could share and know I would be heard and understood, supported. I have gotten pointers and helpful suggestions. I have made friends. The coordinator, Pam Connell, suggests books and we discuss topics. She teaches from her vast experience. I am now back to work part-time but continue to make this group a priority.

I have made other appointments with Anne

Day. Going back to work was difficult. I had an allergic reaction to Herceptin (unusual, but not unheard of) that set me back. I didn't know how to deal with this at work. Anne again helped me find the words and make a plan.

I, who like to define myself by my giving and generous spirit, have nothing to give. My good graces have left me. I have little energy to do the things I love: walk, write, blog, go to concerts, enjoy the company of family and friends. Cancer fatigue, like a black hole, sucks everything into oblivion. This was an aspect of cancer I didn't expect or understand: the emotional and spiritual toll it took. The people—staff, volunteers, my fellow pilgrims—and services at HopeSpring, more than anything else, have helped me to make my peace with this part of cancer. To understand this too is part of the landscape of this cruel country. That I am not unusual. This is not strange. I am not alone. They are my companions and guides as I make my pilgrimage through this strange, still new, country.

* “In the spiritual literature of Christianity, the concept of pilgrim and pilgrimage may refer to the experience of life in the world (considered as a period of exile) or to the inner path of the spiritual aspirant from a state of wretchedness to a state of beatitude.” WIKIPEDIA

I am not comfortable with the fight and battle analogies used for cancer and have therefore chosen to be a pilgrim, a temporary sojourner in this land of cancer. I focus on the second half of the above definition, an inner journey of moving from a state of wretchedness to a state of beatitude, which I define as peace and contentedness.

2015 – 2016 Donors to HopeSpring

Thank you to everyone who has supported us over the past year.

\$100,000 and more

Manulife Financial

\$50,000 and more

The Manfred and Penny Conrad Foundation

\$10,000 to \$49,999

CIBC
CIBC Global Asset Management Inc.
Estate Of Patricia Mary Neuert
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Kitchener Conestoga Rotary Club
Zonta Club Of Kitchener Waterloo

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\$500 to \$999

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 Suzanne Cline
 Curves - Kitchener Northeast
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 Waterloo Manufacturing
 Wintermar Farms (1989) Ltd
 Horst & Sharon Wohlgemut

In addition

1154 donors gave \$68,211.54

Thanks to our Fundraisers

Yoga for Hope	\$205.00
Holiday Tour of Homes	\$39,200.00
Le Salon Dream Goal	\$4,595.00
Foxboro Golf Tournament	\$8,450.00
Drive for Hope	\$175,250.00
Canvas for Cancer	\$1348.00
Power of Pink	\$1428.45
Zumbathon	\$2500.00
EarthSACC Curling Bonspiel	\$3330.20
Curves Women & Wellness	\$948.00
Classique Cutz Cut-A-Thon	\$3554.00

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

Robyn Letnick "My mom was diagnosed with late stage ovarian cancer 1 year ago. We were blindsided as she only had symptoms for two weeks before seeing a doctor. A friend recommended HopeSpring to help us on this journey. My mom found comfort in the group support sessions, Reiki sessions, and from HopeSpring's library resources. She found dignity in the private wig fittings. As a caregiver, and daughter of a cancer patient, I found comfort from the welcoming environment and friendly volunteers, and immense support from Cancer Care Coach, Anne Day. HopeSpring not only provides emotional support, but they helped alleviate financial strain as all of the resources, sessions, and wigs are free. Such a blessing!"



Statement of **Financial Position**

AS OF APRIL 30, 2016

Assets	2016	2015
CURRENT		
Cash	\$ 88,318	\$ 223,717
Guaranteed investment certificates	19,178	19,088
Accounts receivable	210	-
Prepaid expenses	14,791	2,037
Government remittances recoverable	9,810	110,646
Inter fund loans	27,762	34,507
	160,069	289,995
CAPITAL ASSETS	378,218	413,051
	\$ 538,287	\$ 703,046

Liabilities

CURRENT		
Accounts payable and accrued liabilities	\$ 26,884	\$ 27,707
Inter fund loans	27,762	34,507
	\$ 54,646	\$ 62,214

Funds

Unrestricted net assets	\$ 58,483	\$ 172,184
Internally restricted	46,940	55,597
Invested in capital assets	378,218	413,051
	483,641	640,832
	\$ 538,287	\$ 703,406

Changes in Fund Balances

FOR THE YEAR ENDED APRIL 30, 2016

Revenue	2016	2015
Contributions	\$ 210,484	\$ 225,296
Special event contributions	252,232	224,919
Other income	3,558	4,998
	466,274	455,213

Expenses

Program	190,714	183,475
Fundraising	32,731	19,457
Administration	356,440	382,429
Scholarship awards	8,747	8,000
Amortization	34,833	35,175
	623,465	628,536

Excess (deficiency) of revenue over expenses for year

(157,191) (173,323)

Fund balance, beginning of the year

\$ 640,832 \$ 814,155

Fund balance, end of year

\$ 483,641 \$ 640,832

Laura Perkins “I was diagnosed with a Chondrosarcoma in July 2013. I had 6 weeks of radiation and an internal hemipelvectomy to remove the tumour, one third of my pelvis and to reconstruct my hip. I couldn’t believe this was happening to me at 29 years old. I have been attending HopeSpring’s Women’s Support Group for the last 2 years, and I met with Anne Day, Cancer Care Coach, who has helped me a great deal with my struggles in everyday life. HopeSpring has been a very important part of my recovery and healing. I am happy to say that I am 3 years cancer free, and I truly believe that without Hopespring I wouldn’t be where I am today in my healing. Thank you for everything you do.”



HopeSpring Staff



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Braden Spears

Office Administrator

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Featured Program

We offer many Support Programming options

Men's Program

We have recently introduced a new men's program. This program provides an opportunity for men who are patients in active or post treatment and also men who are caregivers to meet with each other for information sharing, networking, and conversation about their experience with cancer in an informal setting lead by our professional facilitator Shawn.

This group meets twice a month on Wednesday evenings from 6:30 to 8 p.m. and is a good social network for men dealing with cancer. Registration is required.

Women's Support Group

Our women's support group is for all cancer types. There are three groups that meet on Tuesday's. Our Cambridge group meet weekly at the Chaplin YMCA in the Wayne McMichael from 11 to 12:30 p.m. We have two groups at our Kitchener location. The first group is for those women over the age of 45. They meet twice a month from 2 to 4 p.m. The second group is for women under the age of 45. They also meet twice a month but in the evening from 6:30 to 8:30 p.m. All three groups are lead by our professional facilitator Pam that helps them with coping strategies as well as topics the women would like to discuss. This group is a good social network for women dealing with cancer. Registration is required.

Ovarian Cancer Support Group

Women can share their concerns about the impact of living with Ovarian Cancer. This support group is professionally facilitated and

offers education, information on resources, and caring support whether you are newly diagnosed or for women who are facing recurrence. The group meets every 3rd Thursday of the month. Registration required.

Individual Support Program (adults, teens and children)

We offer an individual support program for patients and their family members or caregiver with our trained support volunteers. Short term counselling is available with our Cancer Care Coach for more advanced difficult issues needing personal attention from a social worker.

We also offer short term counselling for parents and their children with a certified Child Life Specialist for difficult issues experienced by children and teens. Meetings with the Cancer Care Coach and Child Life Specialist are by appointment only.

Community Support Groups

HopeSpring is pleased to provide a meeting location for the following community based support groups for cancer patients and their families:

PCCN PROSTATE (WATERLOO-WELLINGTON CHAPTER), PARENTS OF CHILDREN WITH CANCER (OPACC), LYMPHOMA CANADA (SW ONTARIO CHAPTER), AAMAC (APLASTIC ANEMIA & MYELODYSPLASTIC ASSOC OF CANADA), ONLINE SUPPORT (CANCER CHAT CANADA)



Helping people meet the challenge of cancer

☎ 519-742-HOPE (4673)

☎ 888-680-4673

☎ 800-848-9446

✉ office@hopespring.ca

🌐 www.hopespring.ca

🐦 [@hope_spring](https://twitter.com/hope_spring)

📘 www.facebook.com/HopeSpringCancerSupportCentre

Donations to HopeSpring Cancer Support Centre are used to provide support to those affected by cancer, their families and caregivers in Waterloo-Wellington Region and the surrounding areas. All donations are gratefully acknowledged, and tax receipts for donations of \$10 or more are provided. Online donations can be made by visiting CanadaHelps.org. Donations can also be mailed or made in person at our office.

The Conrad Medical Centre
16 Andrew Street, Unit 2
Kitchener, ON N2H 5R2

Charitable Registration #89894 3857RR0001

