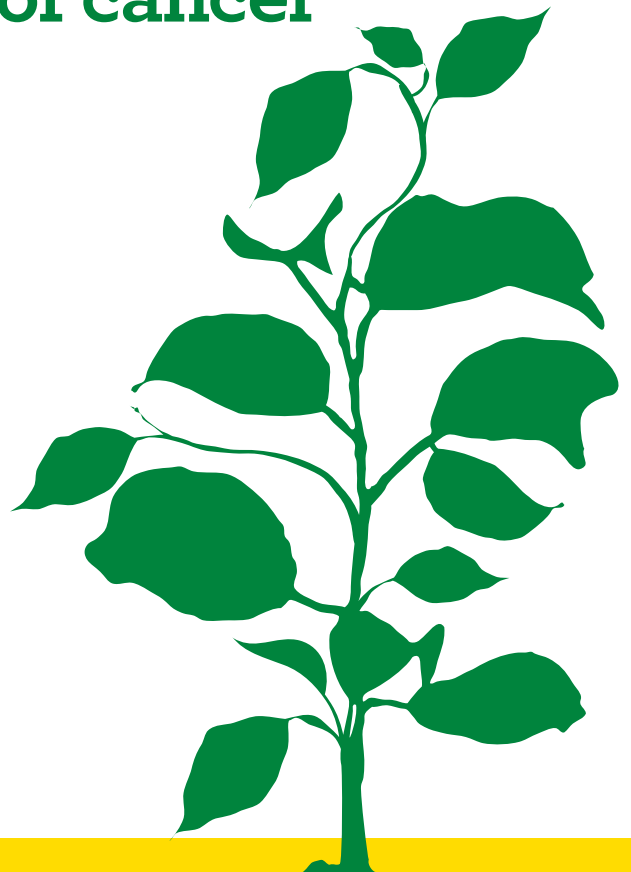




**Helping people meet  
the challenge of cancer**



**2012**

**2013**

**Annual  
Report**

## Our Community Partners

---

### Medical

- ▶ Cambridge Memorial Hospital
- ▶ Grand River Regional Cancer Centre (GRRCC)
- ▶ Guelph General Hospital
- ▶ Hospice of Waterloo Region
- ▶ Hospice Wellington
- ▶ Lisaard House
- ▶ St. Mary's Hospital

### Non Medical

- ▶ CARP (Canadian Associate of Retired Persons) Chapter 25
- ▶ Chaplin Family YMCA
- ▶ The Corporation of the City of Cambridge

- ▶ The Corporation of the City of Kitchener
- ▶ TheCommunityFundraiser.com
- ▶ DeLisi & Associates
- ▶ Guelph Family Health Team
- ▶ Hagon Design
- ▶ Igloo
- ▶ Kitchener Rangers
- ▶ The Kitchener-Waterloo Community Foundation (KWCF)
- ▶ Manulife Financial
- ▶ M&T Printing
- ▶ The Ontario Trillium Foundation
- ▶ Waterloo Printing
- ▶ The Waterloo Region Record
- ▶ Zonta Club of Kitchener-Waterloo

## Table of Contents

---

**03** Vision, Mission & Strategic Goals

---

**04** Message from the Executive Director

---

**05** Healing Journey: Our Signature Program

---

**06** A Participant's Perspective

---

**08** New Spring 2013 Programs

**10** 2012-2013 Donors to HopeSpring

---

**13** HopeSpring Volunteers

---

**15** Financials

---

**18** HopeSpring Staff

---

# Mission • Vision • Goals

---

## Vision:

Inspire • Empower • Hope

---

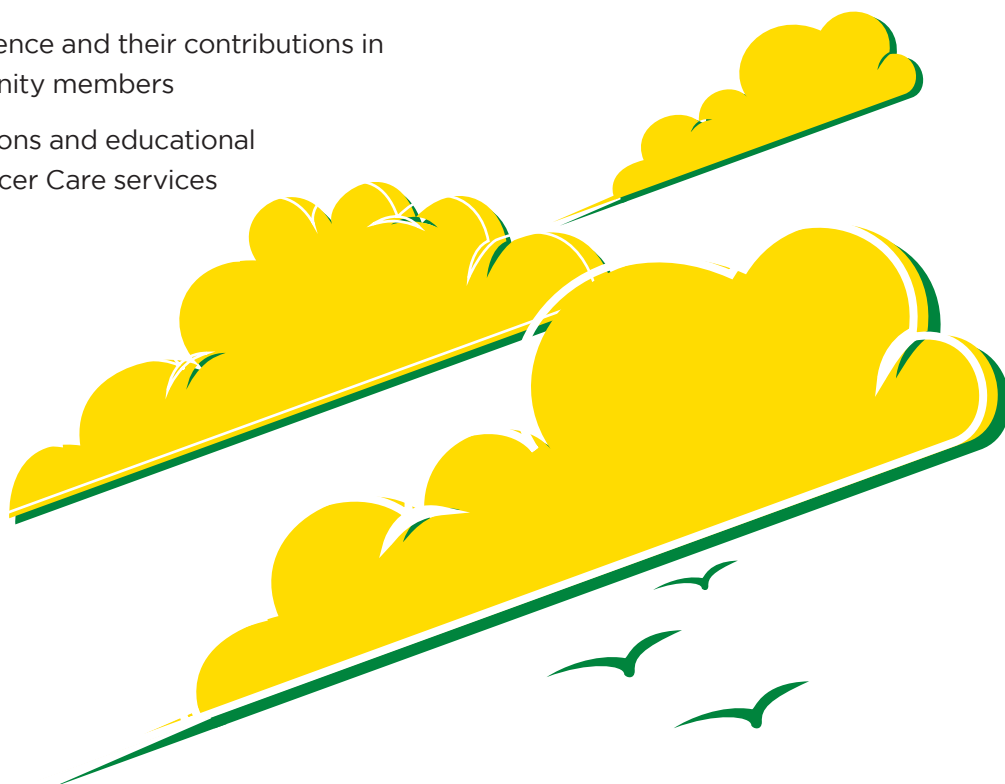
## Mission

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.

---

## Strategic Goals:

1. Position HopeSpring to effectively meet the significant growth in demand and changes in member demographics that are evolving in its operating sector
2. Creatively generate the financial resources necessary to both sustain and grow the organization in an operating environment that is going to continuously change and grow
3. Ensure HopeSpring reflects the diversity of the community across its members, volunteers, staff and Board
4. Enrich the volunteer experience and their contributions in serving their fellow community members
5. Be a leader in communications and educational initiatives in support of Cancer Care services



## Message from the **Executive Director**

**This has been a year of incredible growth** for HopeSpring. We've enjoyed our first full year in our new facility, using every inch of space to accommodate the monthly increase in program attendance of sometimes close to 300% over last year. We provided 5,092 hours of programming this year!

Our goals last year included increasing our visibility in the community and expanding our services in order to reach a wider audience. We have made great strides at doing this and are now serving more people than ever before. Our many volunteers are pivotal to our ongoing ability to provide this increasing support.

Improvements have included a new Program Guide format as well as the ability for individuals to register for our programs online. The new Guide provides our participants with more comprehensive information about which offerings suit their unique needs and is made available at over 36 locations throughout the Waterloo-Wellington Region as well as on our website.

With all of these exciting changes it was perfect timing for the Board of Directors to revise our

Strategic Plan. The process allowed us to focus in on six strategic initiatives that will guide the organization for the next three years. With increasing cancer survivability rates and an aging population there are more people living with cancer and in need of support. Please see page three which outlines our Strategic Plan or check out our website for more details.

Donors like you are a key component in our ability to meet this increasing need and continue to offer our services free of charge. Your commitment to helping us achieve our mission is what makes what we do possible. On behalf of the 957 people who walked through our doors this year, the many volunteers who were able to provide support, the program facilitators who shared their expertise, the Board of Directors and the staff, thank you for your generous support!

Best regards,



Catherine Young  
Executive Director



**Back row** (L to R):

Susan Forwell-Recchia, Lisa Wenger, Brendan Sheehan, Susan Wright, Chris Hyde, Stan Knight, Aaron Stauch

**Front row** (L to R):

Matt Douglas, Catherine Young, Andréa Brinston

## Healing Journey: Our Signature Program

**The Healing Journey is a comprehensive,** multi-level program for people with cancer who want to take a more active, self-directed role in their healing in addition to medical treatment.

The program's philosophy of progressive healing is holistic in nature and depends upon increased awareness of the connectedness between mind, body and spirit.

The skills and techniques for coping and self-management are reinforced at each level of the program and are enhanced by home practice. Level One: Coping with Cancer Stress is held weekly for six weeks and introduces stress reduction

techniques such as deep relaxation, thought management, mental imaging, emotional expression and goal setting. Graduates of Level One can continue to Level Two: Skills for Healing which strengthens the skills learned in Level One. The focus is on self-help methods such as meditation, consulting an inner healer, spiritual aspects of healing, journal writing and small group discussion.

Dr. Alastair Cunningham developed the Healing Journey Program for people with cancer in 1982 at the Ontario Cancer Institute. He began his cancer career as a cell biologist, but later re-trained as a clinical psychologist because he believed he could be of "more help to people with cancer in the psychological sphere."

His program of psychological and spiritual techniques was invaluable in his own recovery from a cancer diagnosis in 1987. He has received various awards for his work with the Healing Journey including Officer of the Order of Canada. We are grateful for the extensive research that Alastair and his colleagues conducted over 25 years on the impact of this

**“Even though I am still in treatment, I am no longer sad or angry. I feel healthier and optimistic and now I have hope.”**

program. Results show that participants have the capacity to significantly reduce their stress and in some cases to live longer.

Anne Day is the Cancer Care Coach at HopeSpring and as a facilitator of Healing Journey Level One, she can testify to the

merits of the program. “At session one, I witness cancer stress that is debilitating, both emotionally and physically. By the end of the six weeks, spirits are brighter, pain in some cases reduced and emotional support and encouragement experienced. Participants share

that they feel more in control and have a better understanding of themselves and what they need to cope.” One participant shared how her life had been changed for the better. “Even though I am still in treatment, I am no longer sad or angry. I feel healthier and optimistic and now I have hope.” Another participant told us that she was in so much physical pain she didn't think she could manage the session. During the relaxation and visualization exercise her pain was significantly reduced giving her much needed relief and hope.

This program is now offered in all three locations roughly every two months. It has been a key program at HopeSpring that has helped hundreds of people be better equipped to face their cancer journey over the years. Thanks to your help, when any of the over four thousand people a year who are diagnosed with cancer each year in the region turn to HopeSpring for support, we have a foundational program to help them on their way.

## A Participant's **Perspective**

I am one of those people who has always experienced excellent health. All my ancestors on both sides of the family lived well into their eighties and nineties dying quietly from old age. I assumed I would follow in their footsteps. It wasn't difficult to believe this as I lead a very active life, never smoked, ate a well balanced, organic diet, had been a vegetarian for years and had never been sick a day in my life. It was quite a shock when on November 21, 2012, a doctor quietly informed me that I had breast cancer. I was handed what seemed to be an insurmountable pile of literature to read through and it was suggested that I contact HopeSpring Cancer Support Centre and read the pamphlet included in "my package". I refused to do this. I thought that this would confirm that I was sick and would make me a member of a club I did not wish to join. No thank you, I was never going to HopeSpring.

“She told me it was okay because I had a story to tell and that this was a safe place to tell it. I felt safe.”

At the time I thought I handled the news very well. I announced that I would have it removed and move on with my life. I booked two weeks off from work for surgery and recovery.

I had no idea how naïve that assumption was or what lay ahead. I told my sister and my son, who was in second year university, that I had cancer. They both broke down and I realized finally that this disease was going to affect more people than just myself. I hadn't thought about that as I was still determined that I was not sick.

Two weeks before my surgery I was told I

needed to have a special camisole to wear post surgery and that they were available through HopeSpring. My sister seized that opportunity and drove me directly to HopeSpring from the doctor's office. My heart sank when we pulled in front of the centre because now it was real and I had to walk through those doors.

I was surprised by the cheerfulness of the centre. It was light, airy and welcoming. Not depressing at all to my surprise because in my mind I had created a different place entirely. I was introduced to Anne who had a wonderful smile and made me feel at ease immediately. I told her why I was there and she took me into

# HopeSpring was when I was at the **deepest part** there was **nowhere** else

a room to be fitted. She started to talk to me quietly and all of a sudden I started to talk. She let me talk and talk and talk. I hadn't known I had that much to say. She told me it was okay because I had a story to tell and that this was a safe place to tell it. I felt safe, but I was still determined to be independent in this journey.

In January, I was told I needed to see an oncologist. I didn't understand why because I did not have cancer. When I met with her and was given the pathology report my life fell apart. Now it was real, this was really happening and I could not look the other way.

I was hearing about chemotherapy, radiation, hormone therapy etc. I would not be returning to work in another week.

The weeks that followed that appointment were the worst weeks of my life. I was determined to beat this “thing” that had invaded my body and I was determined to remain positive. However, there came a day when it all came crashing down on me. I felt immense fear and the resulting panic. This I could not share with my sister or my son. In the midst of this panic I saw Anne’s face and knew where I could call for help. I called Anne at HopeSpring. I talked to Kim who talked to me to calm me down

from my panic and to Catherine who finally

got me to breathe. I came in later to talk to Anne. HopeSpring was there when I was at the deepest part of my fear and there was nowhere else to go.

When I lost my hair I returned to be fitted with a wig. Katherine, a volunteer, was wonderful in helping me select the perfect style. I was surprised when she offered to return on a Saturday to show me how to apply makeup when I was missing eyebrows and eyelashes.

I was finding comfort in HopeSpring. I made appointments for therapeutic touch, reiki and reflexology which helped me to relax. I encouraged my son to try these techniques as he was also stressed from my diagnosis and trying to maintain his grades. He told me how grateful he was that those services were available as they helped him to relax. He has mentioned several times that it is wonderful that people have volunteered their services at HopeSpring.

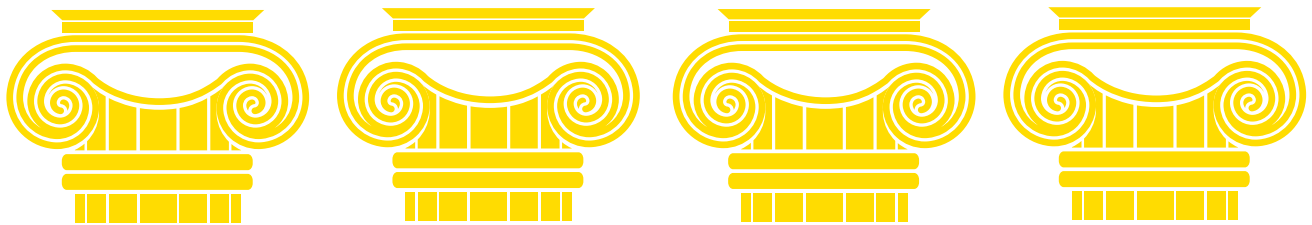
**there**  
of my fear and  
**to go.**

# HopeSpring programs



## Four Pillars of Wellness

# NUTRITION, SLEEP, STRESS MANAGEMENT & EXERCISE



The foundations of eating healthy, restful sleep, reducing one's stress level and maintaining a healthy active lifestyle are key to a good quality of life. Here at HopeSpring our programs are designed with these four pillars in mind. As well we offer a number of support groups, special event workshops and social activities. People knowing they are not alone in their journey can have a profound impact.

- HopeSpring introduced over 20 new programs to address the needs of our community
- Programs focused on stress management, personal empowerment, social activities and increased support for the caregivers in our community
- We offer our programs in 3 communities - Kitchener-Waterloo, Cambridge and Guelph
- Programs for Children, Teens, Young Adults, Adults, Seniors and Caregivers
- Upcoming in 2014, we are expanding our programming for the youngest members of our community adding Kids Yoga and "Mommy/Daddy and Me", as well as Art Therapy and online chat support



"Thank you for all the warmth and comfort you provided. It means more than you could ever know."  
 ~Tracy



"HopeSpring means to me warmth, a place where most people are nonjudgmental, caring and willing to do whatever is needed to support those on this cancer journey, whether directly or indirectly. HopeSpring values everyone. I feel grateful for HopeSpring and all who work and volunteer there. I hope to be able to volunteer later on."  
 ~Magnell

"HopeSpring is a chance for me to be around other survivors who understand what you are going through, share ideas & celebrate triumphs. All the free programs are such a blessing and a huge part of my ongoing recovery process. They give me strength and inspiration to begin performing my music again! HopeSpring is always a welcoming, relaxing, supportive place for anyone facing the challenges of cancer."  
 ~Faith Walker



"My life turned upside down when I discovered I had cancer. Things happened really fast. All of a sudden medical appointments took first priority and managing side effects of the cancer treatment became a close second.  
 "I had heard about the Healing Journey program at HopeSpring and decided to check it out. I felt an enormous sense of relief by talking to others who had gone through similar treatment. It didn't take long before I found my stress level decreasing and my focus on healing increasing. With the support of others in this group, I discovered coping skills that worked for me, and an opportunity to turn my cancer journey into a healing journey."  
 ~Bridget Brown

"I first started to support HopeSpring because I wanted to give back to my community. When my wife was diagnosed with cancer we were on the front lines of this journey which takes you through so many emotions and I realized the value of providing support in such difficult, painful and frantic times. Helping people find their new normal at a time when they feel lost is truly priceless. The funds raised by the DeLisi & Associates Drive For Hope are intended to provide comfort and raise spirits and I believe this goal is met."  
 ~Mario DeLisi



"When I was first diagnosed, it was the place I went to first - before surgeons or cancer doctors I saw others who had gone through exactly what I was facing. I picked up confidence that I would survive. I picked up good tips (take a tape recorder to all oncology sessions) and I learned to have a sense of humour regarding my situation."  
 ~anonymous

## 2012 – 2013 Donors to HopeSpring

---

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

Please come and see our donor wall where we recognize your generous contributions.

**\$50,000  
& more**

The Manfred and Penny Conrad Foundation

---

**\$25,000  
to \$49,999**

Manulife Financial

---

**\$10,000  
to \$24,999**

Broadridge Financial Solutions  
(Canada) Ltd.  
H.B. Gordon Education Foundation

Jane Hamilton  
Zonta Club Of Kitchener-Waterloo

---

**\$5,000  
to \$9,999**

2272582 Ontario Inc.  
CIBC Global Asset Management Inc.  
Hagon Design  
International Financial Data Services  
(Canada) Ltd.  
Mackenzie Financial Corporation  
Mawer Investment Management Ltd.

Microsoft Canada  
Ontario Trillium Foundation  
Paul Rooney  
Strategic Information Technology Ltd.  
Ward Financial Group Inc.  
Wellington Laboratories  
Wilfrid Laurier University Students'

---

**\$2,500  
to \$4,999**

AGF Investments Inc.  
CI Investments  
Mario Delisi  
Fidelity Investments Canada ULC  
Greystone Managed Investments Inc.  
Douglas Massey  
Mr. G. Investments Limited

Stephen Lavigne  
RGA Life Reinsurance Co.  
Scheer, Rowlett & Associates  
Partnership  
Swiss Reinsurance Company Ltd.  
Wellington Management Company

\$1,000  
to \$2,499

Francis Abthorpe  
Alliance Bernstein Investments  
Amber Plate & Profile  
Anonymous  
Gary Bankmann  
Neil Bocking  
Glenn Brogden  
Chicopee Craftsmen (1999) Inc.  
Colour Paradise Greenhouses Ltd.  
Cross Country Concrete Ontario Limited  
Mark Cullen  
Michael & Louise Dawe  
Glen Ewing  
The Floor Fashion Centre, 708240 Ontario Ltd  
Foyston, Gordon & Payne Inc.  
Franklin Templeton Investments Corp  
Bruce Gordon  
The Gordon Linkletter Family Fund  
Gore Mutual Insurance Company Foundation  
Barry & Stephanie Hall  
David Hancock  
Les Herr  
Brian Ironside

Brent Jamieson  
Stephen Kay  
Kay Law Professional Corporation  
The Kichener and Waterloo Community Foundation  
Lexington Park Real Estate Capital Inc.  
Mabel And Gordon McMillen Foundation  
Magna Financial Controls Ltd.  
Theodore Marshall  
Glen & Valerie Pangle  
Rob Pearson  
Joe & Susan Recchia  
RE/MAX Twin City Realty Inc.  
Riverside Door & Trim Inc.  
Denise & William Roberts  
S.G. Cunningham (Kitchener) Limited  
Bernd & Jill Silbermann  
St. Elizabeth School  
Toyota Motor Manufacturing Canada Inc.  
Twincorp  
Michael & Diane Tyrrell  
Victoria Star Motors  
Waterloo Manufacturing

\$500  
to \$999

Absolute Hair & Make-up  
Allianz Global Assistance  
ARAMARK Canada Ltd  
Art and Soul Photography  
Bank Of Montreal Head Office  
Dave Button  
Canadian Maple Wings Association, Golden Triangle Chapter  
Suzanne Cline

Chris & Janice Collins  
Curves-Waterloo  
D.R. Johnson Financial Services Inc.  
Joyce Hopkins & Nicholas Dendy  
Dimplex North America Ltd.  
Donco Poultry Limited  
Dusane Eby  
Galt Country Club Ltd.  
Stephen Hagedorn

## 2012 – 2013 Donors to HopeSpring - *continued*

\$500  
to \$999  
continued

Mark Healy	Joy Ross
Susan Healey	Arthur Schooley
Lester & Wendy Heldsinger	Harold Seegmiller
Ironwealth Ltd.	Michael Sinclair
KCR Image Consulting	St Agatha Mennonite Church
Lending Legal Hands	Chris Strassburger
Gary & Joan Lesyk	Under Armour
Luxe-Linen	Victoria Park East Golf Club
Menno S. Martin Contractor Limited	Waterloo Fire Department
William & Doreen Motz	Waterloo Inn
Hilary Orrell	Wolle Realty Ltd.
Mary Anne Poland	
Rockwell Automation Employee Charitable Fund	

in  
addition

814 donors gave \$63,853.52

## Thanks to **our Fundraisers**

<b>Drive for Hope</b> \$168,000.00	<b>Foxboro Green Golf Tournament</b> \$7,700.00
<b>Celebrate &amp; Educate Dinner &amp; Auction</b> \$ 57788.50	<b>EarthSACC Curling Bonspiel</b> \$6,075.00
<b>Holiday Home Tour</b> \$56,224.50	<b>Wilfrid Laurier Events</b> \$5,265.00
<b>Kitchener Rangers Lavender Stick</b> \$23,275.00	<b>Celebrate &amp; Educate Raffle</b> \$3,020.00
<b>Diva by Design</b> \$17,221.00	<b>Rod &amp; Custom Car Show</b> \$2,963.53
<b>Celebrity Chef Event</b> \$13,692.00	<b>Curves</b> \$1,455.00
<b>Mark Livingstone Memorial Invitational Slo-Pitch Tournament</b> \$8,000.00	<b>Breast Cancer Night</b> \$465.00

## HopeSpring Volunteers

**Because of the commitment of our volunteers we are able to provide the high level of service to** meet the needs of our members. In fact if it weren't for volunteers, HopeSpring would not have been founded! Our volunteers 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! Even if we could manage without volunteers, we would not want to do so. Volunteers bring many skills, experience and wisdom to HopeSpring. They make all the difference.

Christine Aaron	Leilan Adair	Rob Agley	Arisa Alexanian
Grace Amaral	Leslie Andrews	Pat Andrews	Irene Arndt
Rocio Aviles Irahola	Nick Balkaran	Cynthia Baxter	Martina Belanger
Sharon Beltman	Helen Benninger	Meenakshi Bhandari	Peggy Bielaski
Lori Bin	Emily Bird	Renee Bisch	Katy Blanchard Hytti
Diane Bohonoski	Isabella Borowiec	Courtney Boucher	Renate Boucher
Sheena Bounsanga	Dale Bowman	Andrea Brandt	Margaret Braun
Kim Brenner	Andréa Brinston*	Judy Bruyn	Luke Calma
Colin Calvert	Jeri-Lynn Catton	Irawati Chen	Greg Chevreau
Sue Child	Laura Clements	Deb Collins	Catherine Coulson
Bruce Crosby	Lorraine Cuthbertson	Deena Dam	Kim Davidson
Louise Dawe	Leonita D'Costa	Irene DeLisi	Sheila Dietrich
Katerina Dimitropoulou	Tina Dionne	Sherry Dmyterko	Abby Donovan
Matt Douglas*	Mireille Dowker	Barb Duffy	Patrick Duffy
Anna Marie Duncan	Jalal Ebrahim	Tena Eccles	Wayne Eccles
Carrie Elg	Chris Elgar	Syliva Elliot	Paisley Ennis
Ryan Ernst	Chris Ernst	Kendra Ernst	Liam Ernst
Reid Ernst	Shelley Esbaugh	Jack Eva	Quinn Evans
Mary Everett	Samantha Fernandes	Wendy Fiander	Lisa Finlayson
Joy Finney	Cara Fletcher	Susan Forwell-Recchia*	Peggy Fowlie
Ana Franolic	Maggie French	Sue Frid	Barb Fry
Andrea Galda	Dave Galda	Brianna Gallant	Farida Gilbert
Bob Gloin	Joan Gloin	Amy Goldsmith	Tanya Goreing
Taryn Graham	Robin Grant	Jennifer Halcrow	Mary Hammel
Steve Harrison	Whitney Haufe	Betty Havasi	Wendy Heldsinger
Rick Henderson	Alison Hett	Karen Hindman	Cathy Hoang
Sheila Hollidge	Angie Holowaty	Jessica Holowaty	Joyce Hopkins
Ina House	Ruth Howey	Monica Howlett	Tyler Howlett
Ryan Huckle	Dee Hughes	Agnes Hunter	Chris Hyde*
Casey Irvine	Mary Jac Tell	Melissa Jichichi	Shailesh Jobanputra
Pat Johnson	Kat Kaszowski	Laddy Kaszowski	Nina Kavalinas
Sheila Kielbasa	Linda Kieswetter	Stan Knight*	Nikolai Kouznetsov
Cindy Kressler	Carol Kropf	Steve Krupicz	Mandy Kuelz

## HopeSpring Volunteers - *continued*

Christine Lang	Dianne Lapierre	Jackey Lee	Jean LeForge
Yong Li	Janet Linde	Jean Lindner	Jayelle Lindsay
Frances Lowe	Angela Lutrzykowski	Teresa Luu	Adrienne MacFarlane
Anita MacKinnon	Ardah MacVicar	Sandy Mader	Katherine Madill
Marnie Magna	Melanie Magna	Shannon Magna	Heidi Maissan
Mina Mandres	Jean Markovich	Daisy Martin	Cindy Mask
Jason Mask	Carol Matheson	Ian Mavin	Beth-Anne Maxwell
Karen McCarthy	Cindi McCormack	Elizabeth McFarlane	Dianne McIntyre
Shauna Mckenzie	Jane McLellan	Kathleen Mctavish	Robin Medeiros
Cindy Mercury	Joyce Mingiardi	Christine Moore	Janice Moorley
Edda Morscher	Peter Mortynko	Jean Mowbray	Ian Muir
Kathryn Muir	TJ Muir	Dave Muir	Elizabeth Mulligan
Sandra Munro	Shama Nayaz	Karen Neu	Karen Newbrough
Paige Newbrough	David Newman	Mary Normore-Osment	Scott O'Brien
David Osment	Brenda Paek	Thiv Paramsoothy	Karen Parke
Ria Patirani	Natasja Payne	Daniel Pearson Hindes	Judy Perkes
Jolanta Pestka	Christine Peterson	Andrew Pett	Monica Pflug
Jon Platt	Kyle Platt	Zack Platt	Mel Raos
Keri Reinders	June Robinson	Margaret Russell	Glenda Rutledge
Shawn Sajkowski	Rasha Salem	Michelle Scheitzer	Rhonda Schlueter
Kathy Schmidtke	Kelly Schmidtke	Samantha Schmidtke	Sydney Schmidtke
Frank Schneider	Laurel Schreiner	Jeff Schumacher	John Schumacher
Marianne Schumacher	Nancy Sepulveda	Crystal Setchell	Matthew Setchell
Sherry Setchell	Brendan Sheehan*	Mitchell Sherratt	Jodi Snell
Shilpa Soni	Catherine Spiegle	Janine Stearne	Tanya Stevens
Carol Stewart	Kyle Stewart	Jane Strong	John Strong
Ian Thompson	Janine Toms	John Towler	Margaret Urquhart
Julia Van de Vondervoort	Mia Van de Vondervoort	Charlene VanderGriendt	Sandra Verrier
Grant Vickers	Cathy Voisin	Monica Voisin	Alison Walker
Lori Walker	Barbara Waque	Lauren Ward	Susan Wayne
Cindy Weaver	Joshua Webster	Jennifer Wettlaufer	Jennifer White
Vanessa Whitehead	Linda Wilkinson	Janis Williams	Margaret Winter
Lorna Witt	Samantha Wong	Susan Wright*	Iyueshaw Yang
Miffy Yeung	Joan Young	Melinda Zhou	Carol Zinger

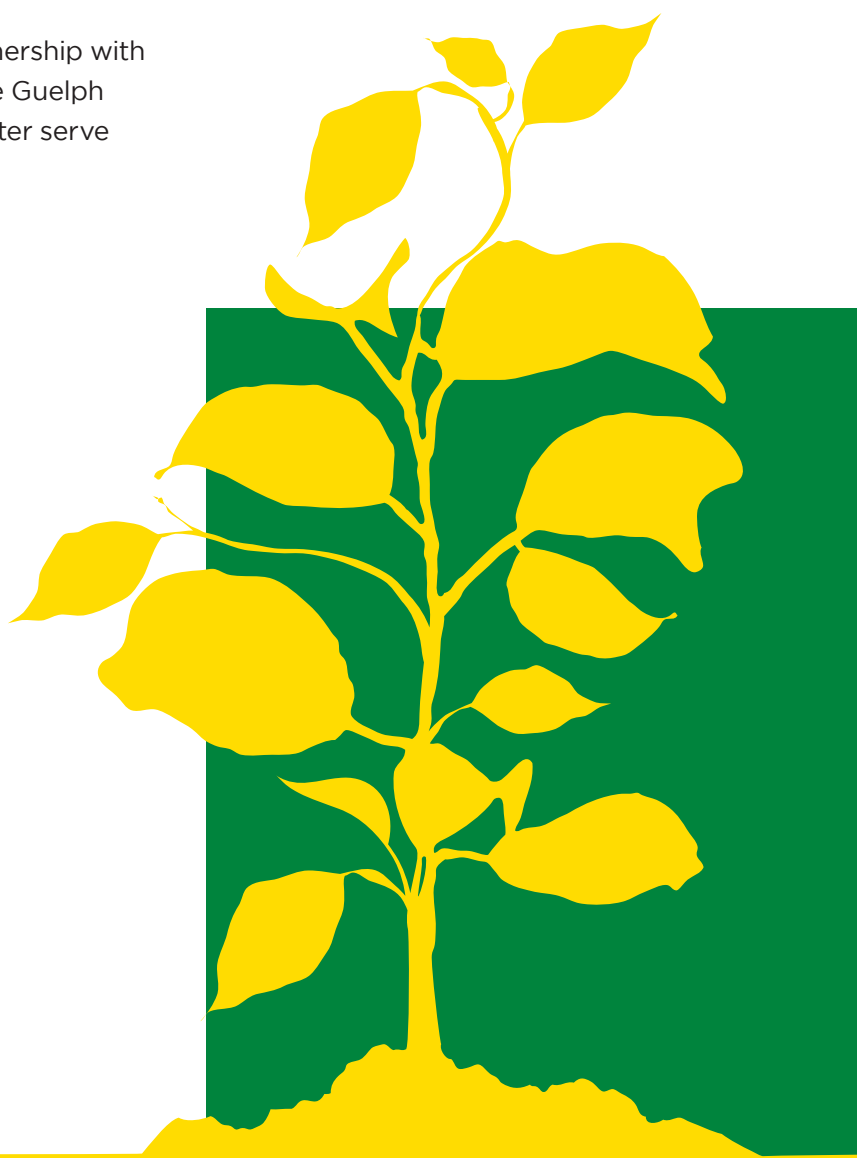
\* Member of HopeSpring Board of Directors for 2012-2013

## Financials

---

### Notes

1. Supporting a community of approximately 1,000 people in Waterloo-Wellington Region
2. Provided a grand total of 5,092 hours of programming & services – up 25% from last year
3. Helped 683 new individuals – up 35%
4. Gave away 275 wigs to women who lost their hair due to chemotherapy
5. Gave away 106 post mastectomy camisoles
6. Implemented new easier to use Program & Activities Guide
7. Launched online registration tool
8. Expanded into Guelph with partnership with Guelph Family Health Team & the Guelph Community Health Centre to better serve Guelph, Fergus & Elora
9. Sources of funding:
  - a. Individuals
  - b. Corporate Sponsorship
  - c. Grants
  - d. Events
  - e. Not Government Funded



## Statement of cash flows

YEAR ENDED APRIL 30, 2013	2013	2012
<b>OPERATING ACTIVITIES</b>		
Excess (deficiency) of revenue over expenses for year	\$ (115,429)	\$ 266,174
<b>ADJUSTMENTS FOR:</b>		
Amortization	35,390	12,661
Gain on sale of assets	-	(224,946)
	<b>\$ (80,039)</b>	<b>\$ 53,889</b>
<b>CHANGES IN NON-CASH WORKING CAPITAL:</b>		
Decrease in accounts receivable	\$ (81)	\$ 8,810
Increase in prepaid expenses	5,665	(7,056)
Increase in accounts payable and accrued liabilities	(209,258)	219,531
Increase in deferred revenue	(6,632)	7,282
Increase in Government remittances recoverable	46,419	(52,462)
	<b>\$ (163,887)</b>	<b>\$ 176,105</b>
	<b>\$ (243,926)</b>	<b>\$ 229,994</b>
<b>INVESTING ACTIVITIES</b>		
Purchase of property, plant and equipment	\$ (11,158)	\$ (507,965)
Proceeds on disposal of property, plant and equipment	-	433,000
Decrease in guaranteed investment certificates	(517)	3,296
	(11,675)	(71,669)
Increase in cash	(255,601)	158,325
Cash balance, beginning of year	691,322	532,997
<b>CASH BALANCE, END OF YEAR</b>	<b>\$ 435,721</b>	<b>\$ 691,322</b>

## Schedule A - Operating fund expenses

	2013	2012
<b>PROGRAM EXPENSES</b>		
Occupancy costs	\$ 153,188	\$ 59,459
Program & calendar mailing	400	1,826
Program supplies & general	53,443	29,325
Refreshments	2,556	2,281
Teaching honorarium	48,153	46,509
Wages and benefits	244,986	197,631
	<b>\$ 502,726</b>	<b>\$ 337,031</b>
<b>FUNDRAISING EXPENSES</b>		
Office supplies & general	\$ 11,916	\$ 6,181
Special projects & events	37,958	28,665
Wages and benefits	31,831	25,657
	<b>\$ 81,705</b>	<b>\$ 60,503</b>
<b>ADMINISTRATION EXPENSES</b>		
Miscellaneous	\$ 5,111	\$ 7,965
Office supplies	23,163	33,585
Professional fees	48,030	49,115
Travel	-	195
Wages and benefits	47,213	33,912
	<b>\$ 123,517</b>	<b>\$ 124,772</b>

## HopeSpring Staff

---

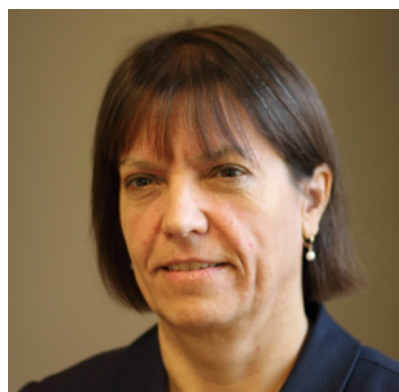


**Catherine** Young

**As Executive Director I lead our great team in all the ways we** connect with the community. I am responsible for the ongoing direction of our activities to ensure that they fit within the mission and vision of HopeSpring. I am proud to be part of developing this organization to be of even greater service to those in need.

Phone **519-742-1544** ext. **101**

E-mail **catherine.young@hopespring.ca**



**Linda** Maxwell

**As Program Manager for HopeSpring I oversee and share our** current programs with you through the engagement of our skilled caring facilitators in our multiple locations (Kitchener/Waterloo/Cambridge/Guelph). I also look for opportunities to build new programs and processes that will enhance our offerings to our participants.

Phone **519-742-1544** ext. **103**

E-mail **linda.maxwell@hopespring.ca**



**Kim** Henry

**As Fund Development and Volunteer Coordinator, I am** responsible for all grant proposals and signature events. I recruit, train, and schedule all volunteers. We are always looking for volunteers - they are the heart of HopeSpring.

Phone **519-742-1544** ext. **106**

E-mail **kim@hopespring.ca**

---

## Anita Woodard

**As Office Administrator for HopeSpring, I assist Catherine as well as manage IT support, communications and social media for HopeSpring. I make sure the day to day office administration needs are met.**



Phone **519-742-1544 ext. 105**  
E-mail **anita@hopespring.ca**

## Anne Day

**Being responsible for Member Care, I address the psycho-social needs of participants and their families. Part of that work involves facilitating programs such as the Healing Journey and support groups and working with the volunteers to ensure quality of service to our participants.**



Phone **519-742-1544 ext. 107**  
E-mail **anne@hopespring.ca**



## Helping people meet the challenge of cancer

Phone 519-742-HOPE (4673)

Email [office@hopespring.ca](mailto:office@hopespring.ca)

Web [www.hopespring.ca](http://www.hopespring.ca)

Twitter [@Hope\\_Spring](https://twitter.com/Hope_Spring)

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](http://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