



2019 annual report

wellness within cancer support services
enhancing the quality of life for those affected by cancer

Hello Everyone,

Soccer and Spacewalks.

I'll explain. 2019 gave us many events to remember. I will choose two happy moments that stayed with me:

- 1) The first ever all-female spacewalk outside the international space station.
- 2) The U.S. women's national soccer team winning it's 4th world cup.

Now, Wellness Within didn't achieve anything of this magnitude. However, we did raise the most amount of money in our 9 years of hosting our annual gala. We had more than normal 3rd party fundraisers. The most memorable was five different local fitness organizations organizing a Fit-Crawl in which the entire community rallied together to benefit our Center. An added surprise was the local Roseville Lululemon, a large national athletic clothes retailer, matched the Fit-Crawl donation! All this wonderful generosity while ending the year with close to one thousand class registrants as well as successfully offering four quarterly Sacramento retreats to those who are unable to make the drive up to Roseville.

Now, I know this news isn't as epic as a spacewalk or winning the world cup soccer title. But, when you're a grassroots nonprofit it sure feels just as exciting. We continue to flourish every year and expand our reach in the region.

We are so grateful for all our extraordinary list of donors and supporters who have stood by our side, committed to supporting our work in the community. My team and I are grateful for how our community continues to respond to the needs of cancer patients and the work we do to serve the cancer community in our region.

In deep gratitude,
Patti
Founder/Executive Director

staff

Patti Brown // Founder & Executive Director

Jan Whitney // Deputy Director

Elizabeth Klein // Director of Community Outreach

Gayle Rideout // Program Coordinator

Marilyn Lapkass // Office Manager & Administrative Asst.

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Patricia Marquez

Patty McElwain





Meditation & Mindfulness

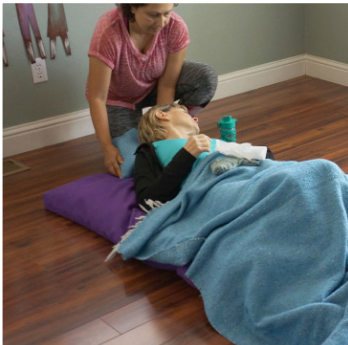
Distress has been designated by medical professionals as the “sixth vital sign” of cancer patients, meaning that it –along with others including heart rate and blood pressure– is an indicator of a patient’s health. Though it is increasingly recognized as such, addressing distress is a side of caring for a cancer patient that often goes under-met. Wellness Within’s meditation and mindfulness programming equips participants with techniques to address the stressors brought by cancer.



“People who learn effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression and anxiety, and improved quality of life.”

–National Cancer Institute

In 2019 we offered
36 iRest classes
with a total of
223 attendees
98 meditation & self
hypnosis sessions
with a total of
507 attendees



“Art helps people express experiences that are too difficult to put into words, such as a diagnosis of cancer. Some people with cancer explore the meanings of past, present, and future during art therapy, thereby integrating cancer into their life story and giving it meaning.”

– American Journal of Public Health

Expressive Arts



In 2019 we provided
25 Art Therapy Sessions
7 Expressive Writing Sessions
serving
152 attendees





Healing Movement

The benefits of exercise for the human body are well known. It benefits almost every system in one's body: lymphatic, cardiovascular, endocrine, nervous, respiratory, digestive and more. Further, it has demonstrated improvements in psychosocial indicators including mood, sleep, and quality of life. Many cancer patients and survivors are in need of such benefits, but face barriers to accessing, including fatigue, nausea, surgery recovery, or feelings of fear and self-consciousness in post-cancer bodies. Wellness Within's movement program is designed to ease participants back into an exercise practice, focusing on gentle movements, a non-judgmental



In 2019 we provided
123 gentle yoga classes
with a total of
642 attendees

This class offers a gentle form of yoga and includes restful, restorative postures. Participants challenge themselves with increased strength, reconnect your body, relax, and find sense of trust for their bodies

In 2019 we offered
29 qigong classes
with a total of
142 attendees

Qigong is a Chinese system of physical exercises and breathing control related to tai chi. It can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating movement, breathing technique, self-massage, sound,



Nutrition & Cooking



At Wellness Within, we believe that wellness includes enjoying what you eat

In 2019 we provided
16 farm-to-fork cooking classes
with a total of **117 attendees**

A hands-on cooking class that incorporates best practices in the kitchen for optimal nutrition and enjoyment. Class topics are guided by the seasons, using fresh produce as the core of



"Through the nutrition classes I have gained knowledge about nutritious food, delicious recipes and other ways to stay healthy in my daily life. [The instructor] has done a tremendous amount

-Kathy M.

40%

of people undergoing chemotherapy face a decreased appetite or increased sensitivity to certain tastes, making it difficult to get all their needed nutrients.



Resources, Workshop & Retreats

We host educational workshops on cancer and wellness-related topics with guest speakers sharing their expertise. We continued to expand our reach in the Sacramento region with offsite retreats. Our center also is home to an extensive library of books and media. Clients may borrow at no charge, equipping themselves with resources without the financial strain of having to purchase them. Finally, we also offer our space for outside groups to hold their support groups, also at no charge.

In 2019 we hosted
4 workshops & retreats
reaching
85 participants.



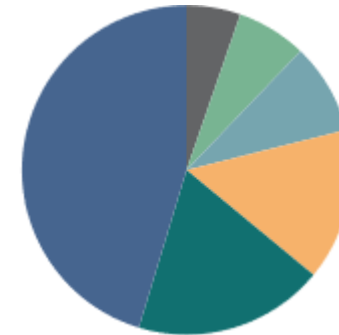
In 2019 our space was used for **23 support groups**, reaching **162 participants**

Attendees –many of whom are in the throes of weekly doctor appointments– are grateful for the warm, non-clinical environment.

“ Thank for your life changing work, our patients are more than lucky to have you in their lives.”

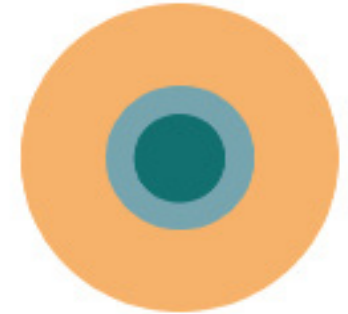
Jennifer T. RN, OCN Dignity Health

2019 Finances



5% Grants
7% Corporate Donations
9% Monthly Donors
15% Big Day of Giving
19% Individual Donations
45% Fundraising Events

income: \$311,492



10% Core Activities
27% Development
63% Programming
expense: \$ 263,752

program instructors

Patti Brown, MS MFT // Meditation & Mind-Body Skills

Adrian Carrera // Yoga

Lindsay Parkinson, LMFT // Art Therapy

Iram Khan // Yoga & iRest

Gayle Rideout, MS CCHT // Hypnotherapy

Kerin Gould // Nutrition & Cooking

Jan Webb // Meditation

John Brewer // Qigong

Susan Whitaker, MS // Yoga

Terri Wolf, RN, MS // Writing



wellness within
CANCER SUPPORT SERVICES

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