



our 2018 team

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Dear Friends,

Sometime last year I was asked what movie I recently watched that left an impact. The first to come to mind was Coco. “Why that one?” they asked. I replied with my hand over my heart that is a tender story... a movie reminding me of the significance of family, love, following your heart, honoring traditions, the importance of all our stories and what truly matters.

At Wellness Within we are constantly reminded of what truly matters. In those who come to the center we witness firsthand the power of family, friends and the importance of listening to people’s stories. I feel great that we were able to offer over 400 classes led by marvelous instructors that helped clients in their healing process. In addressing the needs of family members, we offered for the first time a unique class designed specifically for caregivers. We recognize that when a person has cancer the family and close friends are affected as well. Whether clients enter our doors with a support team or not, we become a second family.

I am grateful for added help as we welcomed Jan Whitney as our deputy director focuses on fund development. Within months, Jan secured a grant from Union Pacific for a complete makeover of the Center. A scrubbed, painted and carpeted building greeted everyone after the holidays. The renovation gave us all a sense of excitement and inspiration to set new goals for the coming year.

Entering a new year, I am awestruck by the strength, resilience and love that permeate throughout the Center. I am reminded like the theme in the movie Coco, the importance of what matters most and the significance of remembering others. We intend to offer more workshops in Sacramento since there is a large community there that can’t travel for our services. Additionally, we are excited to unveil some new classes beginning in the Spring. Stay tuned for some great additions to our programming.

It is with a grateful heart that I think of all our clients, staff, instructors and financial contributors. Because of you all, Wellness Within’s tradition continues to be one of education, empowerment, support, love and dedication.



Patti Brown
Founder/Executive Director



Patti enjoys time with clients before a morning meditation session

It is **our mission** to enhance the **quality of life** of patients, survivors, caregivers, and families affected by the trauma of cancer by providing accessible support services and education. Research tells us that **indicators** of quality of life include pain, fatigue, nausea, stress, anxiety, depression, and ability to cope. Read on to learn about how **our programming** affects these indicators, along with outcomes from our year.



Sacramento workshop, July



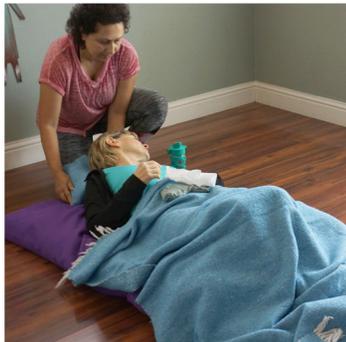
diving into our programs:

Meditation and 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.

In 2018 we offered **42 iRest classes** with a total of **213 attendees**

iRest® is a guided meditation which consists of breath awareness, progressive muscle relaxation & mindfulness. It’s a process designed to help people to deeply relax and resolve symptoms such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress.



In 2018 we provided **12 Mind-Body Skills classes** with a total of **78 attendees**

This six-week session focuses on the interactions between mind and body, and the powerful ways in which emotional, mental, social and spiritual factors can directly affect well-being. Each week focuses on developing a different mindfulness technique to use in your everyday life to address stressors brought by cancer.

“This program should be a requirement for all cancer survivors. Healing your mind is just as important as healing your body.”

–Cathy, participant



In 2018 we provided **10 self-hypnosis sessions** for a total of **69 attendees**

Utilizing self-hypnosis techniques and guided imagery acquaints participants with their natural ability to reconnect mind and body, beginning mental and physical change. Goals include managing physical discomfort and establishing one’s ability to access feelings of calm in stressful situations.



“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 2018 we offered **94 meditation sessions** with a total of **586 attendees**

This meditation practice supports a powerful process of relaxation and self-awareness. The stability and non-reactivity you cultivate in meditation practice enhances your ability to navigate stress and anxiety, elevate the immune system, improve pain management and sleep, and increase your capacity to experience more joy.

HOW OFTEN DO YOU FEEL ANXIOUS?

- REGULARLY
- OFTEN
- SOMETIMES
- ALMOST NEVER
- NEVER





diving into our programs:

Nutrition & Cooking

Eating while dealing with cancer is complicated. It is a time when strengthening the immune system is vital, but treatments can assault the senses, changing taste and appetite. It is also a time when we are reminded of the shortness of life and want to enjoy eating favorite foods. Studies show that lifestyle factors such as diet may positively affect quality of life and cancer progression. Our nutrition classes equip clients with research-based information to help them shape their own approach, aiming to improve health outcomes, reduce the anxiety surrounding eating, and still enjoy meals.



“Evidence exists that lifestyle factors, such as diet and physical activity, may make a difference... in improving quality of life and ameliorating symptoms. Evidence also exists that nutritional status may influence the course of disease and affect cancer progression.”

–Journal of Oncology

In 2018 we offered
10 Healing Kitchen sessions
with a total of
83 attendees

Healing Kitchen is an informational class that explores diet strategies and their influence on strengthening the body's healing system. We discuss cancer-fighting foods, appetite during chemotherapy, the importance of certain nutrients and how to get them. We also cover simple, practical steps clients can use in grocery stores, eating out, and at home.



40%

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

In 2018 we provided
14 farm-to-fork cooking classes
with a total of **100 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 the program.



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

“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 of research and makes it available to us, so we can spend our time concentrating on navigating our medical issues and recovering.”

–Kathy M.





diving into our programs:

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 community, and small class sizes with individual instructor attention.

“Cancer and its treatment are often associated with prolonged adverse physical and psychosocial symptoms, including reduced physical function and fitness and increased risk of anxiety, depression, and fatigue. This greatly impacts the patient’s quality of life. Therefore, there is a need for effective methods to manage physical and psychosocial symptoms and to improve quality of life of cancer patients and survivors.

–BMC Cancer




FATIGUE

Movement has been proven to reduce fatigue for cancer patients and survivors

In 2018 we provided
91 gentle yoga classes
with a total of
578 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 through a head-to-toe rejuvenation practice.



In 2018 we provided
43 yin yoga classes
with a total of
303 attendees

Unlike other styles of yoga which mostly strengthen and lengthen our muscles with dynamic movement and shorter holds, Yin yoga involves relaxing into poses for long periods of time. This allows us to focus on the joints and deeper connective tissues.

In 2018 we offered
34 qigong classes
with a total of
208 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, and meditation.



In 2018 we offered
2 dancing freedom sessions

Dancing Freedom is an elemental journey through a wave of music, connecting our rhythms with the rhythms of nature with intention to inspire, reduce stress, relax, and invigorate.



diving into our programs:

Expressive Arts

Research shows that cancer patients who participate in art therapy interventions experience reductions in anxiety, pain, fatigue and depression, as well as increased quality of life and ability to cope with the diagnosis. At Wellness Within, we invite attendees to express themselves through writing, collage, painting, music and dance in a non-judgmental environment. Participants experience the physical and mental benefits of the arts, and have found telling their story to be an integral part of healing.

“Art making and art therapy can help us heal the split between our body and mind, our inner experiences and outer experiences. It’s an image-based process which is perfect for times when it is hard to put thoughts and feelings into words... Art making can facilitate acceptance of life’s challenges and at the same time reduces anxiety, depression and pain. Who doesn’t want that?”

–Hannah Klaus Hunter, Art Therapist



In 2018 we offered **2 drumming sessions**

This drumming practice moves participants through a medically proven protocol using rhythm as a strategy to improve health and well-being. Drumming relaxes and invigorates the body. No experience is necessary, “you can’t do it wrong.”

“Every class I’ve taken here has promoted growth and healing in me in a way I can’t fully comprehend or explain.”

–Sandra V.



In 2018 we provided **8 Art Therapy Sessions** with a total of **45 attendees**

Participants are invited to explore verbal and nonverbal languages of your soul through creative media. Collaging, painting, writing, drawing, music, dance and knitting bring emotional release and self-awareness, leading us to be more emotionally available, and experience reductions in anxiety, stress, fear, fatigue and pain. We foster a non-judgmental environment focused on discovery and joy.



diving into our programs:

Resources & Workshops

We host educational workshops on cancer and wellness-related topics with guest speakers sharing their expertise. 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 2018 our space was used for **27 support groups**, reaching **118 participants**

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



3X

Cancer survivors are three times as likely to file for bankruptcy than those without a cancer history. This is why we are committed to making our resources available at no cost.



Our lending library had **91 resources checked out** in 2018.

“My doctors saved my life. Wellness Within saved my spirit and renewed my soul”

–Suzi, Wellness Within client and volunteer, who now manages our library.



2018 workshop and guest speaker topics included:

- Build a Beautiful Terrarium**
- Loving Yourself Through Skincare**
- Foods to Support a Healthy Immune System**
- Navigating Caregiving**
- What’s Next? Survivorship**
- Evolve Your Intuition**



“The importance of social support is noteworthy because it, in itself, has been associated with promoting quality of life, preventive health behavior, and even cancer survival”

–Journal of Clinical Oncology

Aurora's Story

It's my cancer anniversary this month. Twice. I was diagnosed with uterine cancer two years ago, and last year with stage 3 triple negative infiltrating ductal carcinoma metastatic breast cancer. Isn't that a mouthful? Translation: tumors in my left breast and cancer that had spread to my lymph nodes and potentially my chest wall.

The uterine cancer was easily treated with surgery, laparoscopic even. Easy peasy. But this diagnosis one year later was... Life altering. I'd had a clean mammogram 12 months before. Working through the treatment was not an option. As my oncologist put it, "this is going to be very hard, you will not be able to work for a year. The treatment will need all your attention." And with this, a paradigm shift occurred. Welcome to Cancerland. I won a NOT all expenses paid trip – nine months consisting of infusions, surgery, radiation. The full spa treatment. I began chemotherapy less than

two weeks after my diagnosis. I was so sick, so quickly, that much of it occurred in a blur. What a large dose of trauma, stress and anxiety! I had a great medical team, but what I didn't hear from them was anything helpful regarding the day-to-day stuff. My husband, sister and mother were there with me every minute along the way, but, I still at times felt alone and isolated. Me, myself and I... so sick of everything Cancerland. After months of being surrounded by nurses, doctors and coordinators, running from appointment to appointment, labs, scans and test results... you are suddenly, happily, pushed back into the world. But it's often not the same, and sometimes it's not even a world you recognize. I'm three months post treatment – not cured, not all better, not all done. The re-entry is surreal, and complicated. The landscape has shifted. I recognize a few things, but I've been to places I can hardly describe to anyone else. Life is different. Life has changed. It's difficult not to think of the "old" life – a life without pills, a life without pain, without daily naps. A life without looking over your shoulder to see if cancer is there creeping up.

In March of this year, my wonderful mutinous cancer group made a trip to Wellness Within for the weekly orientation. Honestly, I started with some preconceived notions about this type of program– was I really going to do this new-age, hippy-dippy stuff? It's just not me. I'm more like tick tock MF move on and get over it. But I thought what the hell, I'll try some classes.

All this month I've been thinking, how I can sum up in one word my experience with Wellness Within?

"It was what I was aching for– this group of people who could just instantly get it, that I didn't have to explain anything to. It filled the gap that the medical community just can't."

And it's this: serendipity. Webster's defines it as a noun, "the faculty of making happy discoveries by accident." Oh what a happy accident.

I have made Wellness Within my second home. I had found a place I didn't know I needed. It was what I was aching for– this group of people who could just instantly get it, that I didn't have to explain anything to. It filled the gap that the medical community just can't. All of it was good, in every sense of the word. How can I thank you for being so endlessly kind and for giving me such an unforgettable experience? No day passed when I did not feel welcome and cherished. You never forget that sort of security and comfort. Wellness Within has, without barely saying a word, restored my tranquility of mind, my sense of values. I send up a swift and heartfelt thank-you to the twist of fate that brought me here.

It's the little things that matter, have you noticed? Those happy accidents. To this moment. To little things. That truly matter.

–Aurora, Sept 2018

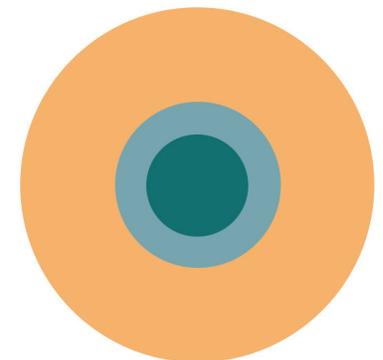


2018 Finances



income: \$270,998

- 9% Grants
- 9% Corporate Donations
- 11% Monthly Donors
- 14% Big Day of Giving
- 18% Individual Donations
- 39% Fundraising Events



expense: \$269,829

- 10% Core Activities
- 22% Development
- 68% Programming

Thank You

Wellness Within depends on the support of donors like you. We gratefully acknowledge the following individuals and organizations, whose generous contributions in 2018 provided the resources needed to support those in our community facing cancer. You are changing lives!

*Asterisk indicates monthly donors
Teal text indicates three-peat donors ('16, '17, '18). Thank you for your continued support!

\$5,000+

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Every effort has been made to ensure accuracy of our reporting. We apologize for any errors.



Farm to Fork Dinner, June

in-kind

Alpha Omega
Analog Jazz
Sharon Angelo
Auburn Symphony
B Street Theatre
BATS Improv
Beach Blanket Babylon
Berco Redwood
Bob's Carwash & Detail
Brickyard Kitchen & Bar
California Automobile Museum
Ciao
Crooked Lane Brewing Company
Dutch Bros Gold Country
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Volunteers contributed
6051 hours
of their time in 2018.



Analog Jazz at our annual gala, September



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Client Tina volunteers in our garden, August



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