

2023

Community
Begins with
You.

Cancer  Wellness Center



Cancer Wellness Center
2023 Annual Report

Community Begins with You

As the Cancer Wellness Center celebrates our 35th Anniversary in 2024, it is clearer than ever that community is at the heart of who we are and what we do. It begins with our participants, who tell us that community is the most special, intangible benefit of their time at the Center. It then extends to you, our volunteers, staff, board members, and healthcare partners, where together, we continue to provide guidance and supportive care, always free of charge, to all those facing cancer.

Reflecting on 2023, the Center supported 1,839 participants with more than 14,500 hours of service reaching record highs across the agency. Other highlights included:

- **Expanding** our Child & Family Program to include more adolescent and young adult support services. We proudly served nearly 200 children and young adults in the past year supporting more young people than ever before.
- **Increasing** the number of Wellness Programs by 12% offering a wider range of services from mindfulness, yoga, and nutrition to spirituality, grief, and stress management.
- **Establishing** relationships with six new healthcare partners and increasing direct hospital referrals by 34%.
- **Supporting** unprecedented growth by welcoming two new passionate board members, four new team members, and adding much needed counseling space.
- **Engaging** our community through five great events kicking off the year with our annual Stepping Up to Wellness Run/Walk in the Spring, which had nearly 1,000 people in attendance, and finishing with our annual Better Together Benefit in the Fall, honoring two of our healthcare partners with the very first CWC Impact Award.

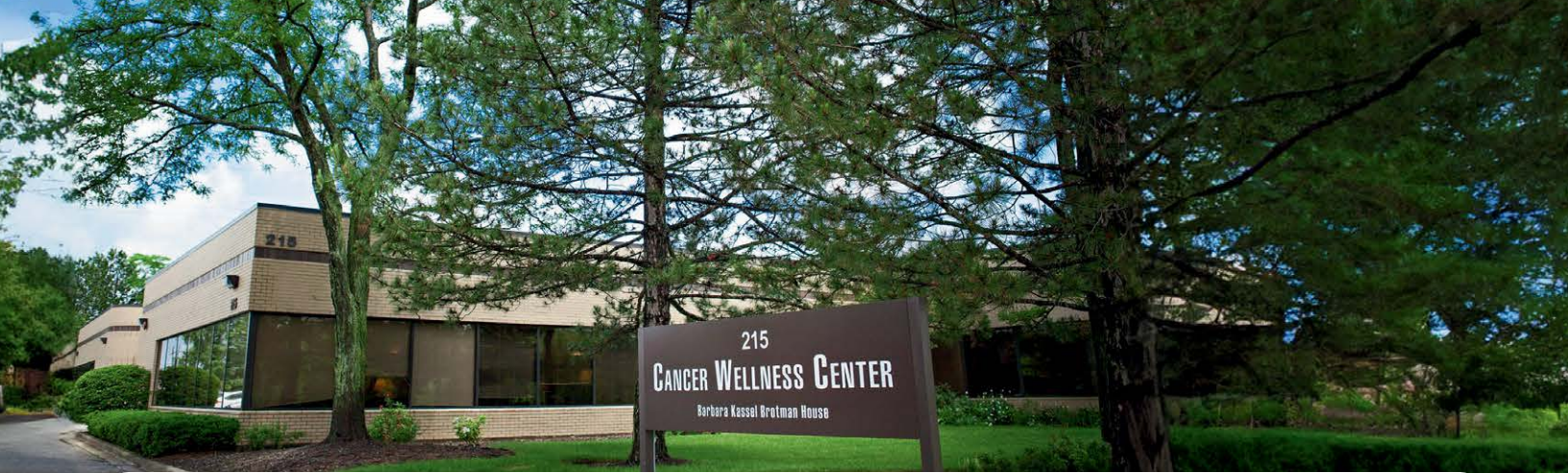
The hard work, time and commitment that goes into each one of these accomplishments is only possible because of a strong and supportive community. We appreciate your joining us in our mission and hope you will continue to partner with us as we help anyone touched by cancer find a way forward.



Nancy Bulzoni
Nancy Bulzoni,
Executive Director



Art Mollenhauer
Art Mollenhauer
Board Chair



The Cancer Wellness Center was started in 1989 in Skokie, Illinois, by friends who were determined to build a reliable source of information and support for cancer survivors and others living with cancer.

The Center opened in a small donated space in Skokie and later moved to its present location in Northbrook. Founders Patsy Winicour and Judy Brannon, RN, began with a telephone hotline and three support groups – the first of their kind in the state.

The Center has grown and expanded its services to provide education, nutrition, wellness programs, counseling and support groups to those impacted by cancer. Today, the Center offers over 25 support and networking groups and provides a variety of programming in Spanish.



As we celebrate this milestone anniversary, we reflect on the thousands of lives that contribute to our story and mission.

The Cancer Wellness Center exists to help anyone touched by cancer find a way forward. Through guidance, comfort, and community, we equip people with cancer and their loved ones to cope with the diagnosis that has changed their lives.

LISA'S STORY



A community who gets you

After Liam's eighth grade graduation, Lisa noticed a bump by her son's eye. It seemed like a harmless bug bite. What the family thought was going to be a quick doctor's visit turned into an alarming drive to Lurie Children's Hospital emergency room and nonstop lab tests.

After three days, Liam was diagnosed with a rare form of Acute Myeloid Leukemia.

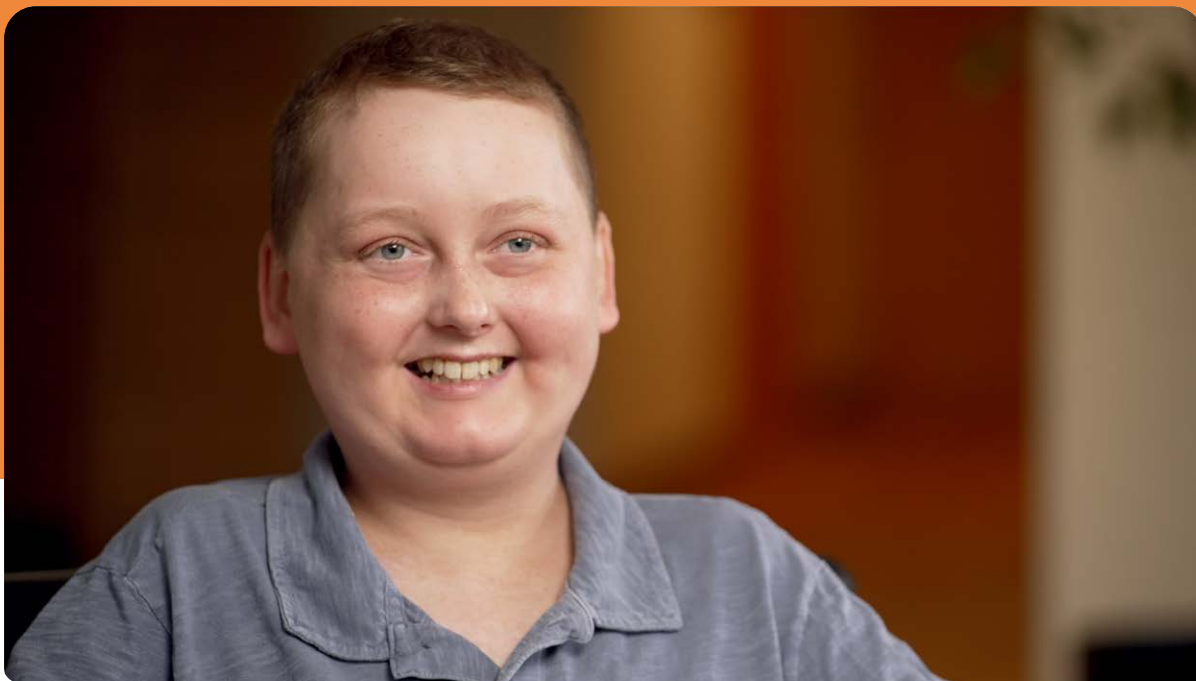
Feeling overwhelmed with Liam's diagnosis, Lisa knew she needed someone to talk to. Although she had great friends and family to support her and her husband, as a mom and Liam's caregiver, Lisa felt very lonely.

Liam's hospital social worker came to Lisa and said, "Here is a resource for you."

The Cancer Wellness Center proved to be an essential resource. She was comforted in being surrounded by a community who gets it; people who have supported loved ones through a cancer diagnosis or as someone who was diagnosed themselves. She was able to challenge the idea that "as a caregiver, you have to be strong," and she processed her bottled up emotions through the therapeutic services at the Center.

For Lisa, talking to a Cancer Wellness Center therapist was one of the best ways she took care of herself. Lisa found the Center's services to be so vital, she introduced them to Liam.

LIAM'S STORY



I am not alone

Hearing about his mom's positive experience, Liam also decided to work with a therapist at the Center.

Liam noticed that after being diagnosed with cancer, the stress, anxiety, and depression would come in waves and explained, **"some days you feel amazing and some days you feel like the world is going to end."**

However, during his meetings with his therapist, Liam felt less stressed and happier. It became easier for him to process his emotions whether it was about difficulties with his diagnosis or celebrating the good things in his life.

Liam also found that attending meet-ups with other children with cancer, organized by the Center's Child Life Specialist, was a rewarding experience. He was able to share stories with kids his age and he enjoyed talking and laughing about experiences that only they could relate to. Having the opportunity to connect with his peers with cancer, as Liam puts it:

"It does make you feel less alone because none of my brothers have been through it; none of my friends have been through it. It makes you feel like you have more support and can get through it if you know someone else who has."

OUR ACCOMPLISHMENTS



1,839
participants served

Participants actively engaged in our therapeutic, education and program offerings - a 26% increase from 2022.

Hours of service include meaningful conversations and gaining valuable skills with our clinical team.



14,545
hours of services provided
across all programming



34%
increase in the number of
participants engaged in
programs and events

Held both virtually and in person, our programs and events offer a welcoming space to cope with cancer through education and activity.

The demand for our services continues to grow. In 2023, the Center reached 359 newly diagnosed individuals - almost twice as many as in 2022.



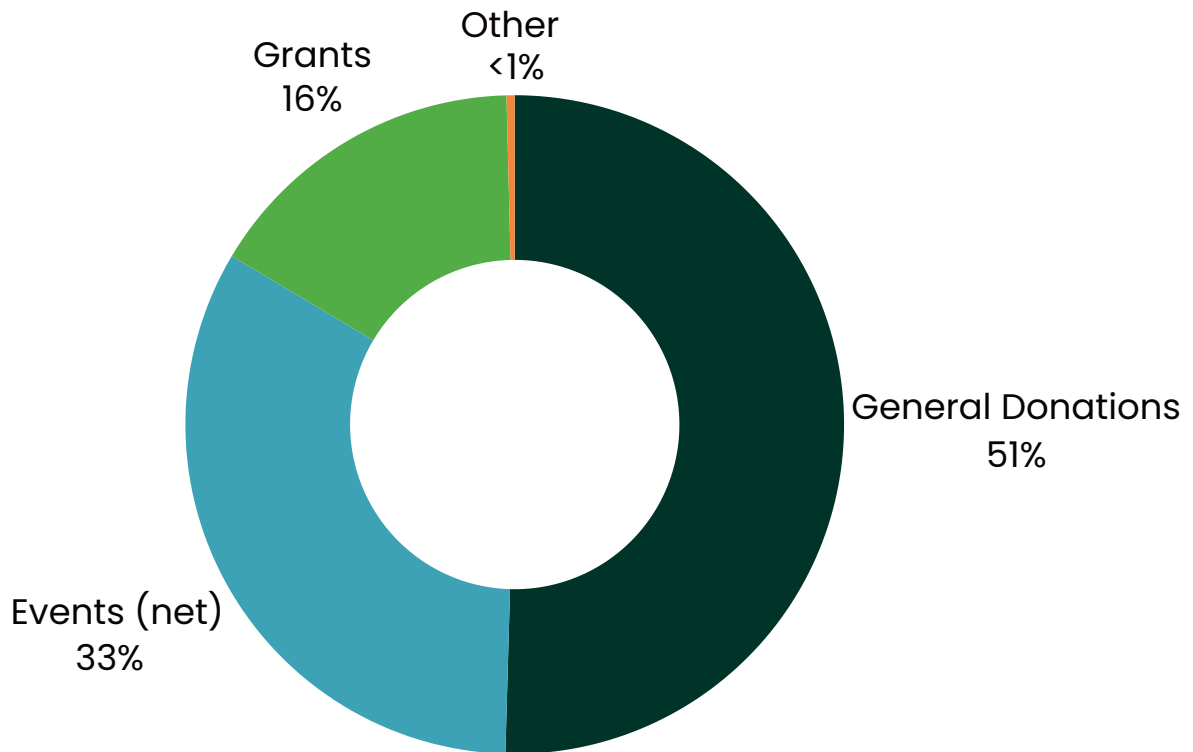
1,287
intake interviews conducted -
a 27% increase from 2022

Every gift makes a difference.

We are committed to efficient spending that enables increased access to all those in need of our free cancer support services.

Total Operating Revenue

\$2,126,766



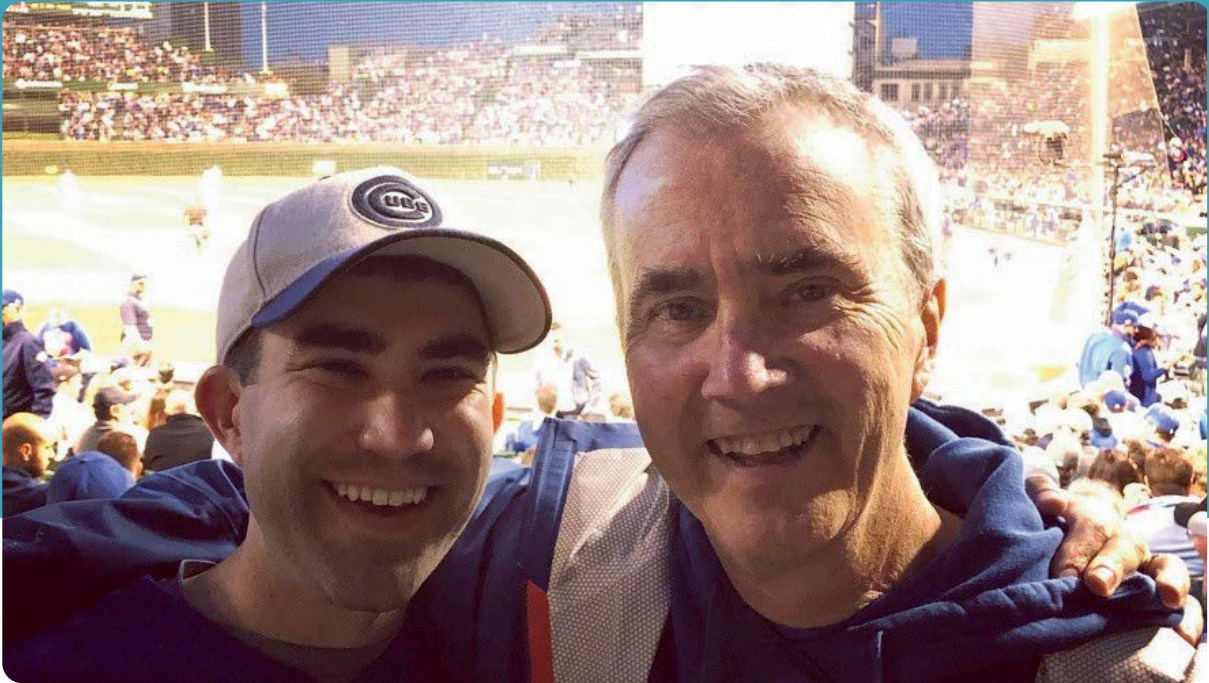
Total gross revenue received in 2023 was \$2,483,381

Funding Supports

- Counseling
- Support Groups
- Education Programs
- Wellness Classes
- Nutrition Consultations and Workshops

For full list of offerings, visit our website: www.cancerwellness.org.

DONOR SPOTLIGHT: RYAN CAREY



My dollar goes a long way at the Center

Ryan Carey first heard of the Cancer Wellness Center after his dad, who had been diagnosed with stomach cancer, started utilizing the programs and services. One of the biggest benefits of the Center was knowing there was a community of people helping his dad care for his physical and mental well-being. Ryan's involvement quickly grew from a proud Do-It-Yourself (DIY) fundraiser, raffling off Super Bowl squares with friends or asking for donations in honor of his dad, to being an active member of the Associate Board.

Since joining, Ryan has become a part of an amazing community of professionals, many of whom have been touched by cancer themselves.

"I am always amazed by the energy that people bring, their willingness to give their time, their skills, and their money to give back to the Center, while also navigating their own personal lives."

Ryan is enthusiastic about the Associate Board's decision to focus their fundraising efforts to support programming for young adults impacted by cancer.

"I think all adults could use a little support, and then you add a cancer diagnosis during your formative years and that can completely change your definition of who you are and how you see the world or what the world can be."

Ryan describes the Center as a place that can help answer all the in-between questions that someone might be too nervous about or unsure of how to ask their cancer care team.

“The Center has a soft spot in my heart not only because of what it did for my dad or my family, but because being on the Associate Board, you can see what the fundraising efforts turn into as far as expanding services, renovating facilities, or hiring a new therapist. You see what the money goes towards and that is meaningful.” Last year’s fundraising efforts have translated into this year’s accomplishments.

Ryan sees his continued fundraising efforts for the Center as a chance to give to an organization that needs and intentionally uses funding to help anyone impacted by cancer find a way forward. “My dollar goes a long way with an organization like this.”



Looking to get involved with the Cancer Wellness Center?

Join the Associate Board, a group of driven professionals who are dedicated to helping support the Center’s mission. With the Associate Board, you can:

- Learn how non-profits function
- Hone your fundraising skills
- Network with other professionals
- Strengthen skills for leadership development
- Raise money to support the Center’s free services
- Give back to your community

Contact Doris Downing at ddowning@cancerwellness.org for more information.

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Mark Livshots, MA, LPC
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Elyssa Siegel, CCLS
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PLANNED GIVING

The Cancer Wellness Center is so important to our community. Many people that I know and love have benefited from these services and I want to make sure the Center will continue to be available to those who need it for years to come. By including the Center in my estate plans, I know the funds will be put to good use - to support the health and well-being of those impacted by cancer.

- *Susan Barr*



For more information on how to make a planned gift by including us in your will, please contact Michelle Maer at 847.562.4974 or mmaer@cancerwellness.org.



Thank you to the many donors whose generosity helped raise **\$2,483,381**. You made it possible to provide much needed cancer supportive care throughout our community.

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