

## Annual Report 2007-2008 Fiscal Year

### For Our Participants Who Give Voice to Our Mission

*"I discovered the Wellness Community a few months ago, and the staff and the participants have become my comfort and a means of getting through this ordeal without the feelings of isolation and dread that can be devastating." ~ Irene, metastatic breast cancer survivor*

The mission of **The Wellness Community-West Los Angeles** is to help people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education and hope.

### The Figures

**Total Revenue**  
\$1,413,000

**Total Expenses**  
\$1,371,466

**Net Assets**  
\$5,754,691

**People Served**  
1,442

**Total Visits**  
10,320

**Outreach**  
14,000



### Ongoing Support Groups

Ongoing, professionally-facilitated support groups for people affected by cancer. To deal with the distress of a cancer diagnosis, people come together to find support, education and hope. Groups are for the person with cancer and their family.

### Networking Sessions

These groups meet to discuss issues and information specific to certain types of cancer and/or issues arising from a cancer diagnosis. It is a time to share experiences and feelings with others who have similar issues and concerns. **New this year:** *Living with Cancer as a Chronic Condition.*

### Education & Social Events

Educational programs are conducted by experts in oncology and other professionals who provide information useful for people affected by cancer. With increased knowledge, participants can make thoughtful and informed decisions about treatment, as well as create strategies to enhance quality of life. Workshop topics vary from disease-specific issues to pain and symptom management to cooking classes, to name a few. Social activities are offered to add joy and hope.

### Mind, Body and Soul

A wide range of exercise and mindfulness programs are offered to help people gain strength, increase flexibility, release tension and enhance physical recovery.



**New this year:** *Walking Chi Gong*, taught by TWC-WLA participant, Michael Sieverts.

### Offsite Programs

With numerous hospital partners, TWC-WLA offers networking groups, art therapy, and educational workshops at several hospitals in downtown Los Angeles, the Westside, and Orange County.

**Our programs make an immediate difference in the lives of those we serve!**

When surveyed in January 2008, our impact was revealed:

- 93% ~ Feel Less Alone
- 89% ~ Stress Level Improved
- 87% ~ Gain Hope
- 83% ~ Are Better Able to Handle Their Disease
- 78% ~ Believe that the Relationship with Their Loved One Has Improved
- 77% ~ Believe They Have Improved Quality of Life

*The Wellness Community-West Los Angeles  
relies on the generosity of its donors and we are grateful  
to all who contributed in the last year.*

Our donors support us in a variety of ways.



This year, individuals responded to our mid-year and end of the year appeal letters in record numbers. Together, these two campaigns raised more than \$135,500.

Our events not only raise necessary funds but are fun-filled, meaningful and remind us why we believe so strongly in the mission of TWC-WLA. During this year, we hosted a luncheon, a dinner gala, a bingo event, and coordinated a marathon team.



Foundation support is another important revenue stream. TWC-WLA thanks the following foundations that funded programs in the past year:

Advanced Health Media  
The Ahmanson Foundation  
The Albert Parvin Foundation  
The Angell Foundation  
Catholic Healthcare West  
Cedars Sinai Medical Center  
Employees Community Fund of Boeing CA  
Entertainment Industry Foundation  
Hollywood Presbyterian Medical Center  
Joseph Drown Foundation  
Kaiser Permanente

Kiwanis Charities of Santa Monica  
Mission Hospital  
Pacific Palisades Junior Women's Club  
St. Matthew's Church Organizations  
St. Vincent Medical Center  
Susan G Komen For The Cure, LA Affiliate  
Symonds Foundation  
Taxol Settlement Funds  
Tim & Tom Gullikson Foundation  
White Memorial Medical Center