



The Garden View
The Virginia Thurston Healing Garden
Annual Report—2015



The Virginia Thurston
Healing Garden
A healing environment for those affected by cancer



The Virginia Thurston

Healing Garden

A healing environment for those affected by cancer

DEAR FRIENDS,

The Healing Garden is once again extraordinarily grateful to the many donors and volunteers who support the mission of the Healing Garden; providing vital integrative oncologic therapies, educational programs, and a community of support while immersed in a healing environment, for ALL people affected by cancer. You are the reason that our clients have this resource. Lots of attention and fundraising is focused on cancer research, which we applaud. Yet, there are still so many people being diagnosed and facing the challenging burdens this disease bears. Your gifts are helping those who are here and need this help now.

In FY15, we experienced a 54% increase in new referrals to the Healing Garden. Our reputation for providing essential adjunctive cancer support has grown dramatically. We are providing comprehensive care to clients who live in 165 of the towns and cities in our Commonwealth. As integrative medicine is becoming the standard in best practices for oncology, our client population is growing and diverse. We have doubled the number of men who seek our support and care for more caregivers in distress. Thank you for making this possible. In this report you will find just a small sampling of the stories, highlights and successes of FY15.

In gratitude,

Meg



Margaret R. Koch
Executive Director



Nanci Bishop
Director of Development



Kelly Marchand
Care Coordinator



Alison Peterson
Business Manager



Marcia Lewin-Berlin
Interim Director of Wellness
And Integrative Care

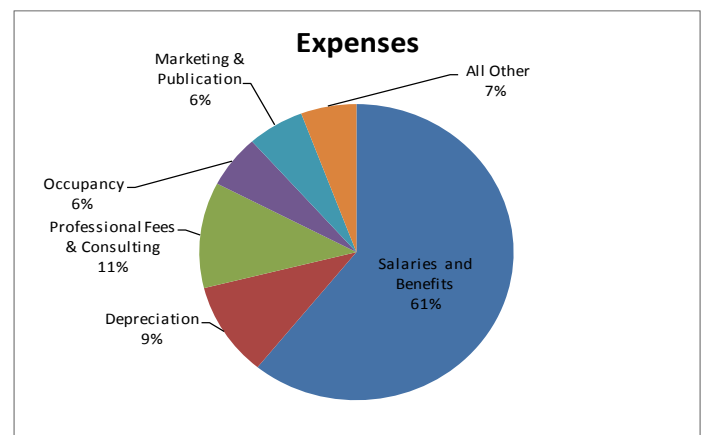
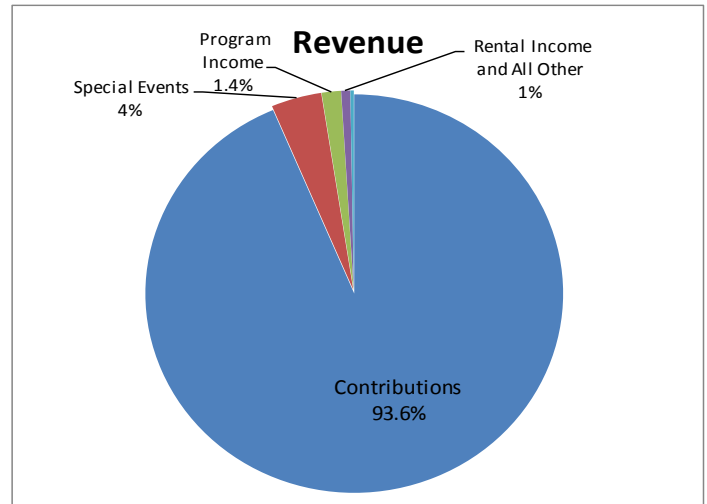


Brianne Carter
Director of Wellness
And Integrative Care

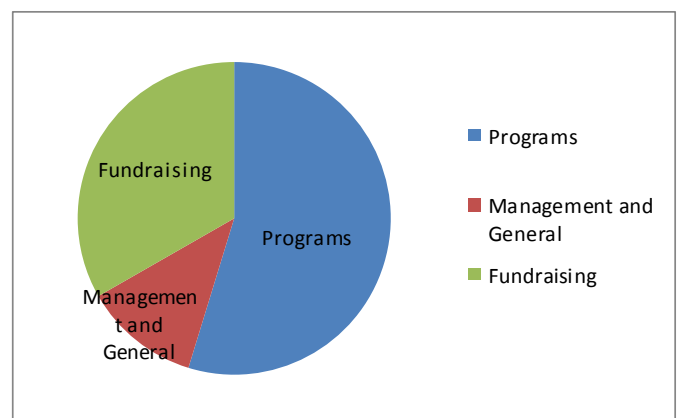
FY15 Impact

- 2472 total client visits, up 35% over last year
- 263 sessions of psychotherapy utilized, up 28% over last year
- 744 sessions of Oncology massage/Shiatsu/Energy work utilized, up 46% over last year
- 157 sessions of Acupuncture utilized, up 57% over last year
- 36 unique therapeutic groups workshops/programs offered with 111 gatherings
- 91.8% of surveyed clients report the Healing Garden provides care not provided by their medical team and that Complementary/Integrative care is essential to them
- 43% of our clients have been utilizing services for 0-1 year, 19% for 1-2 years, 21% for 3-5 years, and 17% for 5+ years
- Prior to beginning services 80 % of surveyed clients report significant emotional distress and 67% report significant physical distress
- After engaging in the Healing Garden 86.% of surveyed clients report improvements in their emotional well-being and 57% reported significant improvement in physical well-being
- Therapists provided \$99,579.00 in value of individual therapy of which 49% was provided on a pro-bono basis to make this care affordable
- Therapists provide \$8,315 in value of program facilitation and support group facilitation of which 59% was provided on a pro-bono basis to make this care affordable

Statement of Operating Results FY15 Revenue \$400,920 Expense \$383,274



Functional Expenses



In their own words: "Cancer treatment is an invasive experience involving trauma - physical, emotional and spiritual. The Healing Garden is a unique, and special environment that helps those with this illness find themselves again learn to find peace in these three essential arenas."

A Client Story—Alice



Diagnosed with breast cancer at the age of 33, Alice was just entering the happiest time of her life: a new house and plans to start a family. The cancer was misdiagnosed and the news went from bad to worse. Alice's mother flew in from Taiwan to care for her while recovering from a double mastectomy, requiring her to leave Alice's brother with special needs to the care of family. Alice felt pushed by western medicine to pursue rigorous treatment while family at home in Taiwan were vehemently against it. Alice was left to translate the debate between her husband and mother. Arriving at the Healing Garden, she felt hopeless, frightened, riddled with side effects from chemo and ready to quit.

Fortunately, the Healing Garden had just the right resources. JoAnn Simon, an acupuncturist cared for Alice, with adjunctive therapy that Alice embraced. Being bilingual, Joann was able to communicate with Alice's mother in Mandarin, and help her to understand how to prepare native foods in a way that Alice could eat, and to understand that by combining eastern and western health care, Alice would have the best chance of a long and happy life. Today, Alice is feeling great, teaching music, caring for a newly adopted dog, and starting course work towards becoming an occupational therapist. Life is good.

Fall Remembrance Gathering

Every day we are blessed to meet people from all walks of life, all dealing with the impact of a cancer diagnosis, all searching to thrive and live healthy, happy lives. We surround them with love and support and they give us their truth and their trust.

Our clients allow us to walk with them as they take their journey with cancer. We become a community of support and feel like family. We celebrate their goals for hope and healing and we share in their losses. At our remembrance gathering we celebrate their lives, well lived, when they pass on from this world.



Please join us on
Thursday, October 1st, 2015
from 6:00 to 7:00 pm

We invite the families and friends of our clients who have passed on to join with us for a gathering of readings and music that commemorate and honor those we have loved and lost. Wine, crackers and cheese will be available. Please RSVP to Kelly@healinggarden.net.

Our Champion Fundraisers—The Just Cause Walk & The Just Cause We Can Walk

For the 13th consecutive year, community members, Healing Garden Board, staff, clients and their families have gathered to walk either the 3-day, 60 mile JC Walk, or the 3.5 mile JCWC walk, raising awareness and most importantly, general operating funds. This year's total raised for the Healing Garden was just over \$100,000! That is just amazing. Thank you to all of the supporters and donors out there that respond to these fundraising walkers.



In Their Own Words...“Expressive arts enabled me to connect with others in a similar situation, which minimized feelings of loneliness and isolation. Working with artistic materials awaken the senses numbed by diagnosis and treatment.”

“Joining the support group at the Healing Garden is the single most helpful thing I have done for myself since my cancer diagnosis nearly 5 years ago. Its benefits are too numerous to recount, but if I had to sum up its effects I would say that because of the support group I retained my ability to smile, and even to laugh, while living with cancer.”

What a year this has been. In spite of the prolific snow this winter, the Healing Garden was open and busier than ever before. Men and women joined in support groups, exercise classes, nutrition classes and more. Expressive Arts, Sound Therapy and Journaling brought peace for those in need. In the spring, after 15 years of compassionate service, Lana Roman retired from her position as Care Coordinator. And, Brianne Carter, our Director of Wellness and Integrative Care welcomed the birth of her second daughter. We are delighted to welcome Kelly Marchand as our new Care Coordinator, and Marcia Lewin-Berlin as our interim Director of Wellness and Integrative Care. They both bring a wealth of knowledge and a healing spirit to our team. Early summer brought sadness to our team, as we lost two of our beloved therapists, Joan Scalio-Rubin, and Marilyn Strong. They will forever be remembered for the gifts they brought to our community.

FY 15 Donors

Through donor generosity, the Healing Garden is able to offer vital Integrative cancer support to members of our community, their families and caregivers. On behalf of all of the clients served, we thank you all for making such a difference to so many, providing clients with a profound improvement in their quality of life.

Leadership Giving Society ♥

\$50,000 and Above ♥

Mr and Mrs Winston Hindle
The Just Cause Walk

\$5,000 to \$14,999 ♥

Blue Cross Blue Shield of MA
Bruce J Anderson Foundation
Mr Edward Colbert
Ms Meg Erickson
Gable Family Foundation
H.R. Prescott and Sons
Mr Thomas Lenke
Mr and Mrs David Martin
Men with Heart
Mr Sam Peirce, and Ms Nancy Federspiel
Mr and Mrs William Sawyer
Mr and Mrs Brian Sheth
Mr Timothy Clark, and Ms Ruth Silman
Mr and Mrs William Thurston

\$2,000 to \$4,999 ♥

Ms Kim Casto—Bodylines Pilates
Daymarc Foundation
Dell, Your Cause, LLC
Fieldstone Foundation
Mr Fred Hamilton
Mr Kurt Hiler, and Ms Susanne Hanson
Mr and Mrs Dana Koch
Mr and Mrs Howard Martin
Millennium Pharmaceuticals, Inc.
Montachusett Home Care Corp (CHNA#9)
Mr James Morgan, and Mr Joseph Rondonis, Jr
Ms Anastasia Pricenski
Ms Ann Snow
Ms Elizabeth Walker
Ms. Jean Webster

\$1,000 to \$1,999 ♥

Mr and Mrs Kenneth Bishop
Mr and Mrs Richard Boerner
Bose Foundation
Mr and Mrs Charles Clough

Ms Christine Cournoyer, and Mr James Bryant
Mr and Mrs Joseph Desmond
Ms Karen Donoghue
Ms Katie Edwards
Ms Carol Estes
Mr and Mrs Gregor Ferguson
First Parish Church, Stow and Acton
Mr and Mrs Churchill Franklin
Mr and Mrs Robert Gerber
Ms Cornelia Greaves Bates
Harvard Lions Club
Harvard Pilgrim Health Care Foundation
Mr Richard High, and Ms Anne Perkins
Highland Street Foundation
Mr and Mrs Ronald Johnson
Mr and Mrs Steven Magoun
Middlesex Savings Bank
Mr and Mrs Jonathan Panek
Mr and Mrs Richard Perkins
Mr and Mrs Steven Peterson
Rosse Family Charitable Foundation
Mr and Mrs Donald Siegrist
Stow Community Chest
Mr and Mrs Murray Swindell, II
West Concord Union Church
Mr and Mrs Charles Ziering

\$500 to \$999

Mr and Mrs Richard Amico
Ms Sheila Bauer-Bauer Fitness
Mr Barry Berkman, Esq.
Mr and Mrs Gregory Clute
Mr and Mrs James Conniff
Mr Kevin Connelly
Mr and Mrs James Croyle
Mr John Duquette
Mr George Elenbaas
Mr Thomas Erickson
Mr and Mrs David Evanson
Mr Michael Francolini
Givalike
Mr and Mrs Russell Goodman
Groton Cultural Council
Ms Susan Halby
Mr and Mrs Douglas Hanna
Ms Karen Hanson

Hologic CYTYC Corporation
Intuit Foundation
Mr and Mrs Steven Kouvo
Mr and Mrs John LaMothe
Mr and Mrs Stephen Lewin-Berlin
MA Master Gardener Association, Inc
Dr. Anne Matthews
Mr and Mrs Richard Melvoin
New England Women's Hockey League
Nypro Foundation
Ms Kristine O'Brien
Ms. Donna Paruti
Rise and Shine Fitness
Dr and Mrs Richard Roman
Mr and Mrs Shawn Roman
Mr and Mrs Paul Sampson
Mr and Mrs Duwayne Sayles
Mr and Mrs Joseph Shea
Mr Fredrick Slavin
Mr and Mrs Michael Stansky
Mr Barry Stell
The Pink Angels, Inc
Mr David Smith, and Ms Betsy Tyson-Smith
United Way of North Central MA
Mr and Mrs Darrell Wickman
Mr and Mrs. Michael Zellman

\$250 to \$499

Ms Jean Abramson
Acton Women's Club
Acton Boxborough Cultural Council
AMVETS Post 208
Mr and Mrs Robert Arsenault
Ms Susan Avery
Mr and Mrs. Michael Baliestiero
Mr Thomas Beamer
Mr Russell Beede
BioActives, LLC
Mr Paul Birch
Ms Ann Bischoff, and Mr Lawrence Huppert
Blue Cross Blue Shield Foundation
Bolton Cultural Council
Ms Susan Burt

Dr and Mrs Brian Callahan
 Mr and Mrs David Clive-Vigliani
 Concord Cultural Council
 Mr John Cratsley
 Ms Jennifer Cunningham Butler
 Mr Mickael Dziekan, and
 Ms Carolina Signorino
 Mrs Alan Emmet
 Ms Jacky Foster
 Dr David Frank, and
 Ms Sheila Violette
 Mr Neville Frankel
 Ms Sheara Friend
 Ms Jennifer Geary
 Ms Linda Hair-Sullivan
 Mr and Mrs Robert Halpin
 Ms Dorothy Harris
 Harvard Cultural Council
 Town of Harvard Police Association
 Dr Steven Herson, and
 Ms Nancy Carpenter
 Mr Lawrence Hettinger
 Mr David Hochschild
 Hudson Cultural Council
 Mr Andrew Kleppner
 Levitt Law Group
 Ms Laurie Link
 Littleton Cultural Council
 Ms Lela Love
 Lunenburg High School Soccer Boost-
 ers
 Ms Lisa MacDonnell
 Mr John Skinner, and
 Ms Lynn Martin Skinner

Ms Lorraine Mastropieri
 Mr and Mrs Dennis Murphy
 Mr and Mrs David Nathan
 Mr and Mrs John O'Brien
 Mr and Mrs Stephen O'Brien
 Mr Daniel O'Connor
 Ms Mary-Ellen Odone
 Osterman Propane, Inc
 Mr and Mrs Al Rosinski
 Schneider Electric North
 American Foundation
 Ms Julie Sheffield
 Ms Dorene Shulman
 Stow Cultural Council
 Mr and Mrs George Symula
 The Loading Dock Gallery
 Ms Andrea Urban



Mr and Mrs Jack Vernon
 Dr and Mrs. James Vernon
 Mr and Mrs Gerard Ward
 Ms Elizabeth Wilson
 Ms Deborah Woodcock

In addition, we are deeply grateful for the many smaller gifts we receive. We thank our many donors who provide in-kind gifts. Every gift we receive helps us meet the needs of our clients. We also want to acknowledge the incredible generosity of several groups: our therapists, who donate 50% of their time, making their services affordable to clients; our volunteer Healing Gardeners, who single-handedly manage our gardens, the MA Master Gardener's Association and The Garden Club Federation of MA, who join us for special garden projects, and finally, those volunteers who help with our administrative projects and special events. Please contact the Healing Garden if you find any errors in our donor list.

FY 15 Memorial Gifts were made in loving memory of:

Sandy
 Read Albright
 Beth Andrews
 Joan Bianchi
 Stephen Benton
 Doris Bunzick
 Tricia Castagno
 Sue Cath
 Paula Cavallaro
 Chrissy Clawson Audibert
 Jill Connolly
 Caroline Cox
 Terry Croteau
 Mary Drew
 Sue Duquette
 Carolyn Edwards
 Gail Edwards
 Sue Elenbaas
 Lori Farrell
 Jean Francolini
 Dody French

Margaret Fries
 Holly Fordyce
 Marion Guswa
 Elly Hamilton
 Irene Hamilton
 Joan Leavy Harmon
 MaryAnn Hanna
 Robert Hanna
 Maureen Hart
 Eero Heinonen
 Marily Heller Strong
 Marylu Hildreth
 Beth Hogan
 Binnie Holum
 Ann Kelleway
 Lynda King
 Dorothy "Taffy" Krone
 Ellen Leavit
 Robert Mitchell
 Hazel Morrill
 Margaret Nye

Leah Parker
 John Peirce
 Ruth Rarich
 Letetia Reed
 Peggy Reedy
 Lois Reilly
 Ilana Roman
 Lina Ruppel
 Loretta Ryan
 Jack Ryan
 Jerry Sarasin
 William Sawyer
 Joan Scilio-Rubin
 Anita Simon
 Nancy Stell-Kiely
 Paul Stone
 Carol Telsey
 Elizabeth Todorov
 Andrea Trasher
 Josephine Vicino
 Diane Youn



The Virginia Thurston
Healing Garden
A healing environment for those affected by cancer

145 Bolton Road, Harvard, MA 01451

