



The Virginia Thurston

Healing Garden Cancer Support Center

A community dedicated to improving quality of life



Annual Report—FY 2016

Supportive Care.

Thriving People.



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A community dedicated to improving quality of life

Dear Friends,

As I reflect upon this past year, I feel such gratitude for the many blessings the Healing Garden has received and bestowed. To our many volunteers and donors, your gifts of time, talent and treasure allow us to provide the critical life-line of support for those whose lives have been overturned by cancer—personalized, integrative and holistic cancer support for patients, caregivers and their families. Your gifts make this invaluable resource possible.

In the words of a client, “I appreciate all the work you are doing to tailor available resources to my specific needs. It really means a lot to me. I was recently asked how frequently I feel lonely, depressed or unsupported. In all honesty, I had to say “never.” The support of the Healing Garden is making it possible for me to get well. Thanks for all you do to make the HG the special gem that it is!”

Our most exciting news this year is that we received our first large bequest allowing us to establish the VTHG Cancer Support Center Endowment Fund at the Community Foundation of North Central MA. Our long time goal of establishing sustainability into the foreseeable future is within our reach. In this report, we hope to give you a glimpse of the power of your gifts.

In gratitude,

Meg



Margaret R. Koch
Executive Director



Nanci Bishop
Director of Development



Kelly Marchand
Care Coordinator



Alison Peterson
Business Manager



Marcia Lewin-Berlin
Co Director of Wellness
And Integrative Care



Brianne Carter
Co Director of Wellness
And Integrative Care

FY16 Impact

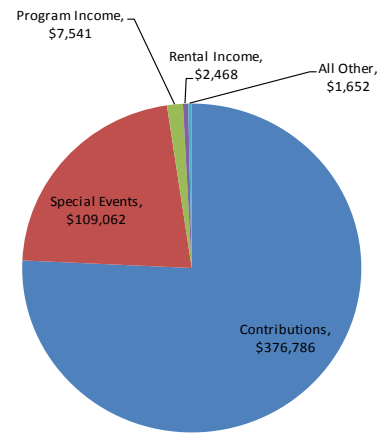
- 128 new Intakes, up 15% over last year
- 2908 total client visits, up 20% over last year
- 649 sessions of Oncology Massage, up 17% over last year
- 408 sessions of Acupuncture utilized, up 160% over last year
- 221 sessions of Shiatsu, up 31% over last year
- 125 support group meetings, up 49% over last year
- 249 program or workshop sessions, up 86% over last year
- 29-146 individuals client visits per month to attend workshop sessions, up 33% over last year
- Our practitioners provided \$127,489 in value of individual therapy of which \$67,524 (53%) was provided on a pro-bono basis to make this care affordable
- Our practitioners provide \$42,193 in value of program facilitation and support group facilitation of which \$28,468 (59%) was provided on a pro-bono basis to make this care affordable

Statement of Operating Results FY16

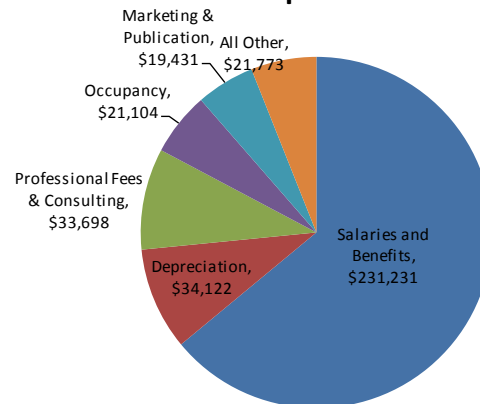
Revenue \$497,509

Expense \$361,359

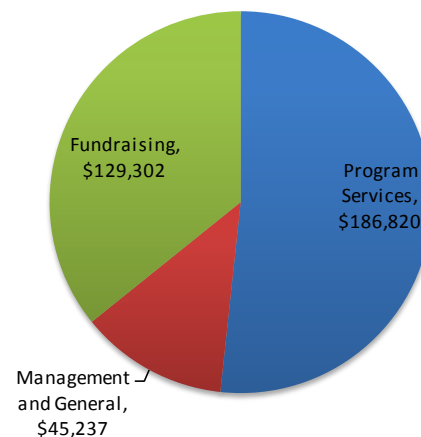
Revenue



Expenses



Functional Expenses



In their own words: “ My husband was laid off from work (five children) between the ending of my chemotherapy treatment and the beginning of radiation. There were times when I paid next to nothing and never sensed any judgment or "pity" from staff. Everything was handled with compassion.”

A Client Story—Maryann



Maryann knew. She just knew something wasn't right. A MRI and gene test proved to be negative, yet a year later, on a routine mammogram, there it was, cancer. Determined and with her emotional shield up – she marched forward. Her motto – “We got this”- an unshakable need to be strong, to not blink, to not become untethered. She opted for an aggressive approach to her survival, undergoing a bilateral mastectomy with a complex and lengthy reconstruction. Looming quietly inside this warrior was anger. Recovery would be much slower than she imagined. Along the way her friend Maria suggested she come to the Healing Garden. Her response was “No way, I don't want to be one of *those* people. This is no big deal.” In time, Ted, her loving husband, gently suggested again “maybe we could just go see the place” and so with resignation, she went along for the ride. Being a Saturday, the Garden was closed and Maryann took that as a sign “See?... I am not going.” Again they came, and this time she looked in the windows, and saw Kleenex boxes , and again she fought against it. Finally, one day she picked up the phone and Kelly answered. To her surprise, Maryann could not speak. She cried, and Kelly waited and listened and nurtured her through the call. After being so reluctant, in the year that followed, Maryann joined a support group, took yoga, art classes, pushing herself to try Pilates, massage, Shiatsu and the walking group. She took in everything she could. Today, Maryann knows a new gentleness - a need to take care of herself. Her transformation is inspiring. She speaks publicly about her experience and has become a leader within our community. This fall she returns to work as a teacher—and with her will come her new found self-care, which she discovered from the kind and compassionate people associated with the Healing Garden.

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 27th, 2016
5:00-7:30 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 Community of Support



FY 2016 was another year of growth and excitement for the Healing Garden. We modified our logo to help us clarify that we are a "Cancer Support Center" NOT just a garden. Let us know what you think of the change. We launched our inaugural Advisory Council, with 65 members from the community, including clients, medical professionals, business experts, donors and more. They met twice and provided us with extraordinary insight and input into positioning and sustainability, as well as participated in an educational opportunity led by Gregory Fricchione, MD, Director of the Benson Henry Institute for Mind/Body Medicine. Collaboration seems to be the word for the year, as we embarked upon several fruitful endeavors. Through one of our providers, we are bringing Shinrin-Yoku (Forest Therapy) to Tower Hill Botanical Gardens, in Boylston. In collaboration with Indian Hill Music, we are bringing the Circle of Healing and Song with the Threshold Choir to our clients at the Garden. Bodylines Pilates in Harvard generously brings Mat Pilates for Strength to our offerings here on campus. And, in concert with the Community Harvest Project in Grafton and our affiliated registered dietitians, we are running a pilot study to investigate how bringing free fresh vegetables and fruit, plus nutrition education to our most vulnerable clients, might improve their lives. The generous and enthusiastic support of the Healing Garden is palpable all around us.

FY 16 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

\$15,000 to \$30,000 ♥

Community Foundation of NC MA
Oliver S. and Jennie R. Donaldson
Charitable Trust
Nashoba Valley Winery (in kind)

\$5,000 to \$14,999 ♥

Blue Cross Blue Shield of MA
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Mr Thomas Lenke
Mr and Mrs William Sawyer
Mr and Mrs Brian Sheth
Mr Timothy Clark, and
Ms Ruth Silman

\$2,000 to \$4,999 ♥

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Sereni Salon & Wellness Center
Ms Ann Snow
The Rotary Club of Nashoba Valley
Ms Page Wasson
Ms. Jean Webster

\$1,000 to \$1,999 ♥

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\$500 to \$999

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\$250 to \$499

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 Dr and Mrs Henry Vaillant
 Mr and Mrs Jack Vernon
 Dr Jon Way
 Mr and Mrs Helmut Weymar
 Mr and Mrs John Zupkus

In addition, we are deeply grateful for the many smaller gifts we receive. We thank our many donors who provide in-kind gifts. Thank you too to the many clients and donors who solicits gifts on our behalf. Thank you to our therapists, who donate 50% of their time, our volunteer Healing Gardeners, 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. Every gift helps us meet the needs of our clients. Please contact the Healing Garden if you find any errors in our donor list.

FY 16 Memorial Gifts were made in loving memory of:

| | |
|------------------|-----------------|
| Elissa Abruzzo | Ruth Rarich |
| Beth Andrews | Letitia Reed |
| Chrissy Clawson | Lois Reilly |
| Audibert | Judith Rodgers |
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145 Bolton Road, Harvard, MA 01451

