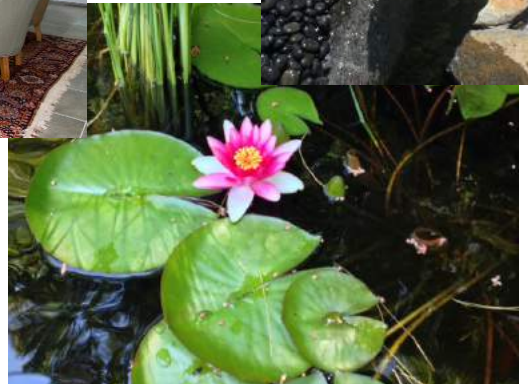
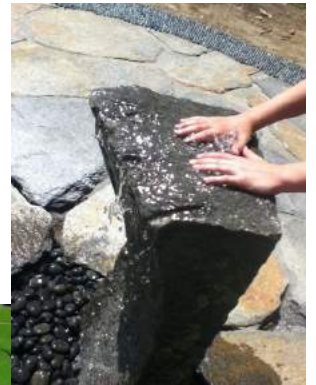


The Virginia Thurston
Healing Garden
A healing environment for those affected by cancer
145 Bolton Road, Harvard, MA 01451



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The Garden View
The Virginia Thurston Healing Garden
Annual Report - 2014





The Virginia Thurston

Healing Garden

A healing environment for those affected by cancer

Over the years we have learned that the needs of people facing cancer are great, but so is our ability to help. Opening our doors to all people facing cancer, regardless of gender or diagnosis has proven to be very positively accepted by our clients, and a welcome and vital resource for our clinical partners in cancer care. We are deeply grateful to our many donors who believe in the importance of our mission to provide a community of support, integrative therapies and a healing environment to anyone facing this disease. FY 2014 was a very positive year in so many ways. We want you to see how the Healing Garden and our clients are flourishing.

with gratitude,

Margaret



Margaret R. Koch
Executive Director



Brianne Carter, LICSW, MTS,
Director of Wellness
and Integrative Care



Lana Heino Roman
Care Coordinator



Alison Peterson, BS
Business Manager

FY 14 Donors

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 Ms. Sharon Stein
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 Mr. and Mrs. John Tilney Jr.
 Mr. James Vernon
 VFW Mens Auxilliary
 Mr. and Mrs. James Wheeler
 Mr. and Mrs. Charles Ziering

In addition we are deeply grateful for the many smaller gifts we receive - every gift helps us meet our client's needs!

FY14 Memorial Gifts were made in loving memory of:

Carol Alexander
 Christine Audibert
 Katherine Ayers
 Noreen Beck
 Claire Burke
 Tricia Castanza
 Susan Cath
 Mary Cerasoulo
 Samuel Chafetz
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 Lillian Chafetz
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 Marilyn Feldberg Telge
 Judith Fossett Rodgers
 Margaret Fries
 Kiera Goodman
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 Ely Hamilton
 Mary Ann Hanna
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 Anita Heino
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 Marnie Kelly-Crook
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 Robyn Reeves
 Lois Reilly
 Lani Roman
 Lind Ruppel
 Loretta Ryan
 Linda Samay
 Anita Simon
 Bridget Spence
 Andrew Strathdee
 Virginia Thurston
 Geraldine Tobin
 Elizabeth Todorov
 Mark Wilcox
 Christina Wright
 Jeanette Yalen

A Client Story - Chris

Diagnosed with breast cancer in 1991, Chris was successfully treated and living well for 19 years. She raised her then 1, 4, and 6 year old sons. And then it happened, her cancer returned and presented in her bones and lymph nodes, and within 3 years was in her brain and spinal cord. Chris began the journey as a metastatic cancer patient, in therapy, on experimental clinical trials, and more. Somehow, she found her way to the Healing Garden too. Slowly she tested the waters with Yoga, journal writing, and T'ai Chi and Chi Gong. We have watched her smile grow a bit wider, her serenity feels more palpable, and her living is ever more alive. While statistics say she should have already faced the end of her life, she has not. She is flourishing, and deeply engaged in mindful living — from her beautiful periwinkle blue clothing, to her appreciation of nature, and personal practices in writing and mindful movement, all learned and/or strengthened by her participation at the Healing Garden. Chris has published essays on her cancer journey in the book *The Thoughts and Struggles of Living with Metastatic Cancer* — her blog, Chricancerjourney.wordpress.com, is well worth a look.



The Garden Continues to Grow

We are delighted to have received an extraordinary day of giving. Landscape contractors, Bonadio and Sons, of Waltham, MA spent July 12th installing an ADA-complaint handicap accessible pathway around the Healing Garden facility, leading up to the back Sensory Garden.



The path begins with a focal entry point featuring a gifted stone mosaic sculpture of Guanyin, the bodhisattva of compassion and mercy. Cavicchio's Nursery of Sudbury, MA donated hundreds of plants to complete our healing landscape.

Art Therapy with Candace Anderson Returns

Through the generous support of donors, a grant from the Bruce J. Anderson Foundation and several local Cultural Council awards, we are delighted to announce that our beloved Art Therapist, Candace Anderson will be returning to the Healing Garden. Not only an incredibly talented artist, Candace is a gifted therapist who has touched the hearts and souls of so many of our clients, bringing her love, wisdom and compassion into her work and relationships. Candace knows well the cancer journey, having both experienced it herself and losing her husband to the disease. With guidance from Candace, clients learn to mindfully look and see things from a new view.



Client Stories - Liz and Ann



"When I was first diagnosed, I was panicky, thinking I would die within months. I wouldn't plan ahead further than a few weeks. Now, seven years later, I am enjoying life fully, even though I am aware that I have an illness that will not be cured. However, I have no panic, almost no anxiety, and very little stress. For that, I give credit to the Healing Garden." ~Liz



"I was able to understand and voice my fears and concerns at the Healing Garden in a loving environment. The classes and the support groups were very helpful in working through the emotional and physical effects of my cancer diagnosis. It truly is a sanctuary that wraps you in loving care — the place, the people, the connections you make." ~Ann

FY 14 Donors

Through donor generosity, the Healing Garden is able to offer vital cancer support to members of our community who are struggling. On behalf of all of the clients served, we thank them for making such a difference to so many, allowing Healing Garden clients to feel hope and healing.

\$50,000 and Up

The Just 'Cause Walk (Bolton Walkers, Inc.)
Mr. and Mrs. Winston Hindle

\$15,000 to \$49,999

Mr. and Mrs. Charles Clough Jr.

\$5,000 to \$14,999

Bruce J. Anderson Foundation
Gable Family Foundation
Jennifer's Gift of Hope, Inc.
Lynda's Kause, Inc.
Mr. and Mrs. William Sawyer
Ms. Ruth Silman and Mr. Timothy Clark

\$2,000 to \$4,999

Daymarc Foundation
Mr. Fred Hamilton
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Mr. Thomas Lenke
Mr. and Mrs. David Martin
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Mass Mutual
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Mr. and Mrs. Duwayne Sayles
Ms. Ann Snow
The Fieldstone Foundation, Inc.
Mr. and Mrs. Gary Webster

\$1,000 to \$1,999

Anonymous
Bodylines Pilates
Mr. and Mrs. Richard Boerner
Bose Foundation
Charter Oak Country Club
Ms. Chris Cournoyer and Mr. James Bryant
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Mr. and Mrs. Joseph Desmond
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Mr. and Mrs. Michael Gillespie
Mrs. Cornelia Greaves Bates
Harvard Lions Club
Mr. Kurt Hiler and Ms. Susanne Hanson

KGA, Inc.

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Middlesex Savings Bank
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Ms. Anastasia Pricenski
Mr. and Mrs. Lee Rosenbaum
Mr. and Mrs. Robert Silman
Stow Community Chest
Mr. and Mrs. William Thurston
Ms. Page Wasson
West Concord Union Church

\$500 to \$999

Ms. Lily Baddour
Mr. and Mrs. Thomas Beamer
Mr. and Mrs. Paul Bouton
Mr. and Mrs. David Cath
Mr. and Mrs. Greg Clute
Mr. Edward Colbert
Mr. Patrick Connelly
Mr. and Mrs. William Diercks
Mr. George Elenbaas
Enterprise Bank
Faber Daeufer and Itrato PC
Dr. David Frank and Ms. Sheila Violette
Ms. Karen Hanson
Harvard Pilgrim Health Care Foundation
Harvard Unitarian Universalist Church
Town of Harvard Police Association
Mr. and Mrs. Steven Kouvo
Mr. and Mrs. Darren Kreidler
New England Women's Hockey League, LLC
Ms. Marlene Nusbaum and Mr. Neville Frankel
Mr. and Mrs. Richard Perkins
Mr. John Rhoades and Mr. Kevin Honaker
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Mr. and Mrs. Joseph and Karen G. Shea
Ms. Miriam Silman and Mr. David Gardner

Mr. William Smith

Mr. and Mrs. Michael Stansky
Mr. and Mrs. Steven Strong
Mr. Don Sugai
Mr. and Mrs. Gregory Telge
The Julie and Dennis Murphy Family Foundation
The Pink Angels Inc.
Ms. Elizabeth Tyson-Smith and Mr. David Smith
Warrior Football of Sudbury
Mr. and Mrs. Michael Zellman

\$250 to \$499

Acton Women's Club
Mr. and Mrs. Ken Anderson
Back to the Rack Consignment
Mr. and Mrs. Bill Barton
Ms. Michele Basile
Dr. and Mr. John Bauer-Wu
Mrs. Cathy Berard
Mr. Paul Birch
Ms. Michelle Blackmore and Mr. Gene Lejeune
Mr. and Mrs. Lawrence Buell
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Mr. and Mrs. Glenn Frederick
Mr. and Mrs. John Fries Jr.
Mr. and Mrs. Janet Ganson
Mr. and Mrs. Russell Goodman

FY14 Impact

- 336 active clients; 72 newly added this year
- 1,860 client visits in total
- 35 Clients provided with 201 sessions of free care subsidized through Fund A Need
- \$23,500 in pro bono therapeutic services provided make comprehensive care affordable
- Client volume averages 66 individuals per month, a 20% increase over last year
- 65% increase in the number of workshops and programs offered
- 79% increase in the number of individuals served by workshops and programs
- 35% increase in support group utilization
- 72% of surveyed clients report the Healing Garden was extremely important in the reduction of social isolation
- 86% of surveyed clients report the Healing Garden was extremely important in improving their quality of life
- 93% of surveyed clients report participation in the Healing Garden cancer support helped them resume 'normal' living in work life, social life and duties at home
- Sensory Garden is now complete, making active Horticultural Therapy a reality
- Established partnership with Lesley University offering a Healing Garden Expressive Arts Therapy Internship program

FY14 has been a year of continuing growth. Through an Angel donor, the Healing Garden has been able to bring in a much needed Director of Development, allowing us to focus on the essential fundraising needed for sustainability. The grounds, gardens and special outdoor features, landscaped and maintained by volunteers alone, has been completed. Our partnerships with clinical staff at cancer centers is expanding, and so today more than ever, people with cancer can receive integrated care that addresses how the body and the mind together can help us to heal.