



The Virginia Thurston

Healing Garden Cancer Support Center

A community dedicated to improving quality of life

Annual Report FY 2017





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Dear Friends,

I must say, one of the most insightful tasks during the year is to create this annual report. During the year, the staff and I are so busy managing the organization, fundraising, and providing client care, that it can be hard to see the enormity of our impact.

We are so proud to announce that in recognition of the vitally important and comprehensive cancer support provided to the community, the Healing Garden was awarded 2017 Non-Profit of the Year, by the Middlesex West Chamber of Commerce. I am so very, very proud of the staff and therapist team for all that they give.

As recognized leaders in the field, the Healing Garden was invited to collaborate with the YMCA Livestrong Program and the MA Department of Public Health to provide training for YMCA Coordinators which will enhance their ability to understand and respond to the many side effects cancer patients experience.

As I look through these pages, my heart soars – for we have become leaders in our field, and because there is no more concrete sign of the goodness in our world than when you see the generosity of individuals like you caring for others, improving their quality of life.

I hope you will see the tremendous growth and impact that your support makes possible.

In gratitude,

Meg



Margaret Koch, Executive Director

Healing Garden Staff



(Left to right: Brianne Carter, Co-Director of Wellness and Integrative Care; Maria LaCreta, Lesley University Expressive Art Therapy Intern; Co-Founder Bill Thurston; Leigh Carpenter, Director of Development)



(Left to Right: Nanci Bishop, past Director of Development; Marcia Lewin-Berlin, Co-Director of Wellness and Integrative Care; Ride To Thrive Cyclist; Kelly Marchand, Care Coordinator)



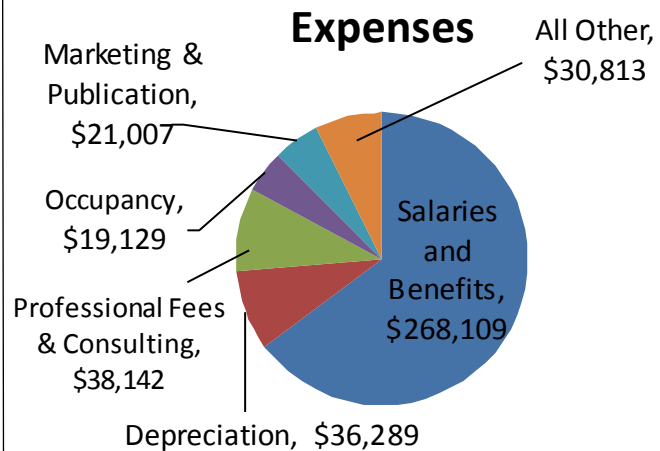
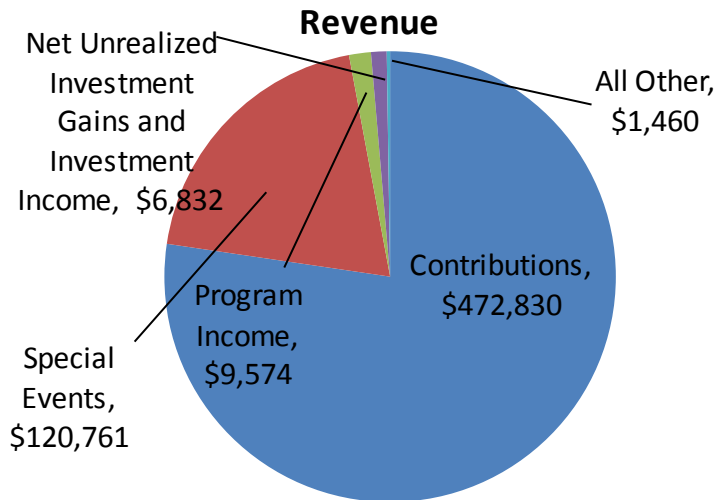
(Center, in grey: Alison Peterson, Business Mgr, CFO)

FY2017 Impact

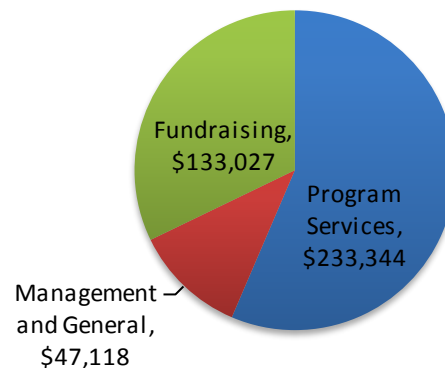
Statement of Operating Results

Revenue \$611,457
Expense \$413,489

- 105 new individuals referred for supportive care
- 3,208 visits by Healing Garden clients affected by cancer, with an average of 107 individuals per month—an increase of 13% over prior year
- 426 visits by non-clients, participating in wellness activities that are open to the public—an increase of 20% over prior year
- 155 sessions of psychotherapy, a 78% increase over prior year (new providers added this year)
- 573 sessions of oncology massage
- 295 sessions of Shiatsu
- 290 sessions of acupuncture
- 91 sessions of energy work (Reflexology, Cranio-sacral massage, Reiki)
- 43 sessions of Facial/Skin care
- 22 sessions of Spiritual Direction
- 13 sessions of Personal Training
- 5 sessions of Prepare For Surgery
- 146 Support Group meetings
- 277 sessions of Workshops/Programs
- 855 hours of Volunteer time
- \$31,510 in value of pro bono facilitator fees donated by our programs and workshop Leaders and \$83,077 in value of pro bono therapy donated by our therapist team, which makes our care affordable for our clients



Functional Expenses



“The medical community offers medicine, the Healing Garden offers hope. This team of dedicated people work to build up people who have lost their way, derailed by cancer. They offer direction, safety, and community in a beautiful, peaceful setting. I have found their open, loving, compassionate mission invaluable as I find my way to a new life living with cancer.”

A Client Story— Erin

Three years ago, a client - Erin, came to me via the Garden, seeking support for upcoming surgery. She is a young women in her mid 30's, mother of two grade school age boys. AND she had recently been widowed. Her young husband had died of a sudden cancer diagnosis two years back, and now she was newly diagnosed and facing her own stage 2 cancer diagnosis. **Life** can be unbearably Cruel.

Erin had recently relocated to New England, having made the decision to move back to be closer to her mother, so she could receive help. She had little financial or community support and was grief-struck, lonely and scared.

Erin has shared with me countless times how the Healing Garden has been a blessing in the best of ways for her. Within a short period of time, she was receiving a wide-range of supports: individual therapy to help her move through her grief and loss; she joined the young women's support group and met some like-minded and supportive friends; she was able to get some child care support after applying through Fund-A-Need; and she came to me for energy work, the prepare for surgery workshop, and later, Neuroptimal therapy. She saw Maria Loring for cranio- sacral work, and she took some yoga with Kathie Lee. At the end of treatment, she joined the post treatment group.

Erin shared with me that because of the loss of her husband and her illness, she had lost her faith. She had once been very spiritually connected and was longing to gain back that connection so she could feel close to her husband again. I invited her into the Oneness Circle. Erin credits this involvement for helping her to open her heart to him, to herself and to all that has transpired.

One cool experience she had was a kayak trip with First Descents - This amazing organization, whom she found about through the Garden, offers life-changing adventures in nature for young adults who have been impacted by cancer. I remember how excited she was as it was approaching, as she had never had been camping or kayaking before. She said to me, "the trip was incredible; I wish I could hold on to all the gifts I was given and all I learned. I want to do it all over again. Time on the river brought me peace, something I never thought I'd feel again."

Today, Erin feels energized and optimistic about her future. From the beginning, she would tell me of how she would one day hope to give back as an expression of gratitude, and to make a difference in the world the way that the Healing Garden has made a difference for her.



Today, Erin volunteers on a local non-profit board for disabled children that is meaningful. And she has been working full time for two years now in the school system doing work she appreciates. So much has changed.

When I saw her last, she told me, **"I'm three years of being cancer free. It's a milestone. I'm so proud of myself. My life has gone from living in a horror movie to an adventure. And I credit the Healing Garden for how it has helped me heal and turn my life around for the better."**

Lisa MacDonnell, Healing Garden Therapist

FY 2017—Where to begin?

It has been a great year for the Healing Garden. Early in the year, we received unprecedented donor support. This resulted in our ability to increase staff hours for our Care Coordinator, our Co-Directors of Wellness and Integrative Care as well as our Chief Financial Officer. These added hours means we can care for more clients, more comprehensively. In addition, funding provided for new computers and updated software, allowing us to work more efficiently. The gift also provided for a year of support group stipends, ensuring that we could add new groups that we needed and maintain those that were deeply rooted here.

During the Fall, staff worked diligently to build out our new website which has been optimized to increase traffic for all those in search of services we provide. It offers a spectacular display of images of the facility, our gardens and our clients engaged in our services, rich content that is easy to navigate as well as the capacity to register for our classes online.

This past Spring, a grateful client created a fundraising event at the Whistler House Museum of Art, to benefit the Madonna Fund, which provides resources for support that women who are caring for children might need as they are going through treatment. Her event was so successful, we anticipate that the fund will last for several years!

As summer rolled along, we became the very fortunate recipients of a solar energy system, recommended by the Town of Bolton, and donated by Solar Flair. It is estimated that we will generate enough energy to reduce our energy costs by one third!

And as if this all were not enough, the Healing Garden was awarded free access to an Electronic Health Record (EHR) system, allowing us for the first time to keep all of our information in one place, offering our staff and therapists the ability to synthesize a client's health story, their care plan, visits, goals and outcomes with ease.

We are so grateful for this tremendous support!



FY 17 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

Anonymous
The Just Cause Walk

\$30,000 to \$49,999

Mrs Sarah Hindle

\$15,000 to \$29,999

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

\$5,000 to \$14,999

Digital Federal Credit Union
Expect Miracles Foundation
Gable Family Foundation
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Lorraine Mastropieri
Ms Mary Judith Meelia
Men with Heart
Mr and Mrs William Sawyer
Mr Timothy Clark, and
Ms Ruth Silman

\$2,000 to \$4,999

Alice Rowan Swanson Foundation
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Mr and Mrs James Croyle
Mr and Mrs. Joseph Desmond
Greater Lowell Community Fdn.
Mr Kurt Hiler, and
Ms Susanne Hanson
Mr and Mrs Dana Koch
Mr and Mrs David Martin
Matec Instrument Companies, Inc.
Mr and Mrs Charles Parrott
Mr and Mrs Steven Peterson
Risa Rosengard Foundation, Inc.
Sereni Salon & Wellness Center
Ms Page Wasson
Thomas Zarrella

\$1,000 to \$1,999

Bauer Fitness LLC, Shelia Bauer
Bodylines Pilates, Kim Casto
Bose Foundation
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Mr and Mrs Robert Cooperstein

Mr and Mrs Christopher DeMers
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Ms Donna Dickinson and Ms Joan
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Mr Michael Francolini
Mr and Mrs Churchill Franklin
Mr and Mrs Russell Goodman
Ms Cornelia Greaves Bates
Groton Garden Club
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Mr Fred Hamilton
Harvard Lions Club
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Foundation
Ms Gail Hindle
Intel Volunteer Grant Program
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Mr and Mrs Steven Kouvo
Mr Dean Leid and Ms Jennifer Gasser
Mr and Mrs Stephen Lewin-Berlin
Ms Sally Lewis
Ms. Lisa MacDonnell
Mr Robert Novak
Dr Kerri Osterhaus Houle
Mr and Mrs Jonathan Panek
Mr and Mrs Richard Perkins & Family
Pfizer Foundation Matching Gifts
PLU, Inc.

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Mr Dan Routhier
Mr and Mrs John Schoenfeld
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Mr Gary Shepherd
Mr Frederick Slavin
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Fund of the Maine Community Fdn
The Pink Angels
Ms Kate Vansavage
West Concord Union Church
Mr and Mrs Paul Wexelblat
Mr and Mrs James Wheeler
Workers Credit Union

Mr and Mrs Michael Zellman
Mr and Mrs Charles Ziering

\$500 to \$999

6 Bridges Gallery
A Beautiful Day Hair Care Studio
Alcott School
Mrs Iris Barten
Bead-It-Forward
Ms Francis Booth
Ms Dunuta Bukatko
Ms Kathleen Carusone
Mr and Mrs Richard Clawson
Mr Edward Colbert
Ms Lauren Corduck
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 Ms Gail Zwink

\$250 to \$499

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 Ms Susan Avery
 Mr Paul Belanger
 Ms Heather Benevento
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 Ms Linda Hoffman and Mr Blasé Provitalo
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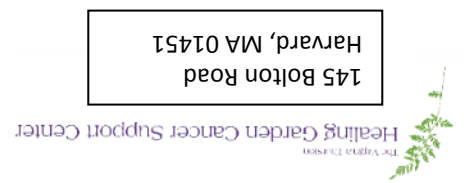
Ms Kathleen Kuna
 Mr and Mrs Fritz Kussin
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 Ms Kathleen Lemieux
 Mr Douglas Maquire
 Dr Anne Matthews
 Ms Catherine McCarthy
 Mr David Metzger
 Mr and Mrs Marc Monahan
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 Ms Lorraine Ward
 Dr Jon Way
 Ms Irene Weigel
 Ms Jennifer Werner
 Mr and Mrs Helmut Weymar

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 17 Memorial Gifts were made in loving memory of:

Adam Alesius	Vivian Lorentzen
Beth Andrews	Jean Mancini
Wendy Bailey	Ann McEnnis
Kasia Basjon-Ferrara	Hazel Morrill
Stephen Benton	Cecilia Novak
Tricia Castansa	Leah Parker
Mary Ellen Connell	Steve Paul Perry
James Crowley	Nancy Pollock
Tyke Crowely	Letitia Reed
Denyse Densmore	Ilana Roman
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Joy Kuna	
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145 Bolton Road, Harvard, MA 01451

