



Photo by Carol Hicks

Stan and Kathleen participating in a heart-centered meditation during our spring retreat



The Virginia Thurston
Healing Garden Cancer Support Center

ANNUAL REPORT

2017-2018



To our friends and supporters,

After nearly two decades, the Healing Garden continues to be the premier leader in providing comprehensive, integrative cancer support services, serving community members from 165 of the towns and cities in the Commonwealth.

Here, nestled in the woodlands and gardens of the Thurston's grounds, unparalleled serenity and contemplative practice is made easy. Men and women, their caregivers and families immerse themselves in compassionate loving care offered by the staff and therapists as they navigate cancer.

Your many gifts ensure that vitally important programs and services are readily available for anyone in need. And, through your longstanding and continuous support, we have been here to walk along with our clients for the many years they live with their disease. They become family with one another and with us.

Know that our clients are humbled and honored to be given this gift by you.

It has been a great year of organizational growth. Strategic planning resulted in targeted goals for the future sustainability of our work, through effectively engaging you, our donors and friends, with our stories.

I hope you will take note of the incredible impact your generosity makes possible.

In gratitude,
Meg Koch
Executive Director



Impact of your giving

- 110 new clients added this year
- 3,467 visits by Healing Garden clients affected by cancer, with an average of 110 individuals served per month
- 276 Psychotherapy sessions, up 74% over prior year
- 528 Oncology Massage treatments
- 297 Acupuncture treatments
- 85 sessions of Energy Work, including Shiatsu, Reflexology, and Reiki
- 40 Oncology Skin Care visits
- 22 Spiritual Companionship meetings
- 9 Prepare for Surgery consultations
- 24 Personal Training/Exercise sessions
- 143 Social Work assessments

OUR COMMUNITY AND THEIR GROUP ACTIVITIES

- 145 support group meetings, including groups that address in-treatment, post-treatment, metastatic disease, young adults, bereavement, and caregiving
- 898 units of care in support group setting
- 305 workshops/classes
- 1,302 units of care in workshop/classes
- Our practitioners provided \$141,124 in value of individual oncology massage or bodywork and acupuncture of which \$92,506 (67%) was provided on a pro-bono basis
- Our practitioners provided \$38,846 in value of program facilitators and support group facilitation of which \$28,717 (74%) was provided on a pro-bono basis

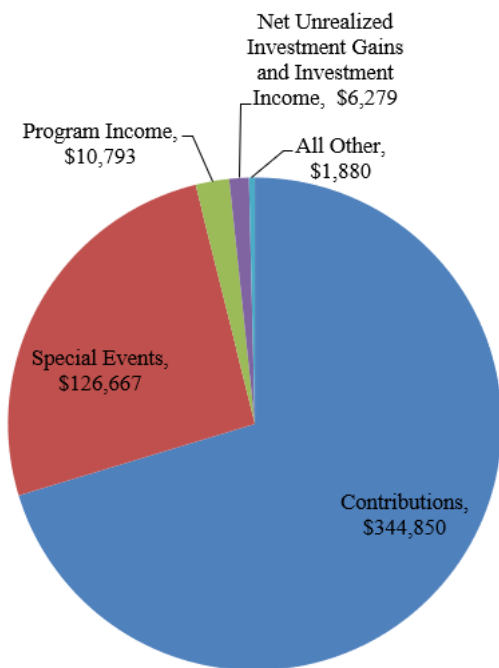
Our practitioners' commitment to affordable care is extraordinary.



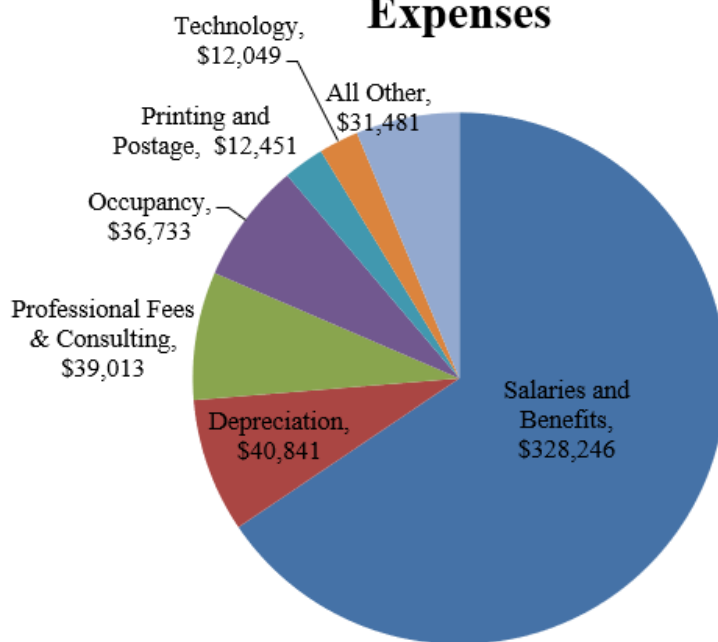
Marilyn, former HG therapist, now client, bolstered by others in her post-treatment support group

FY18
Revenue \$502,969
Expenses \$500,814

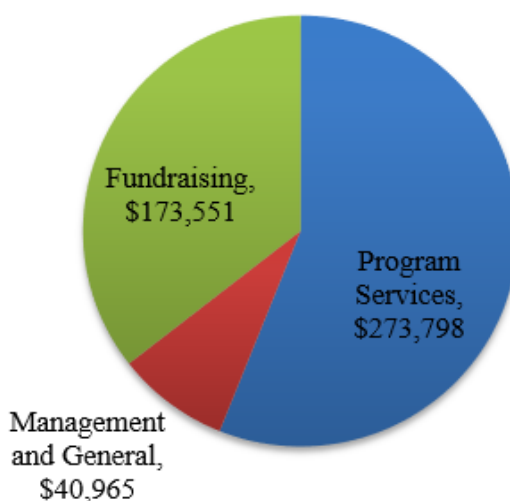
Revenue



Expenses



Functional Expenses



"What a wonderful spirit-filled place you provide for all who come seeking your compassionate care in their battle against cancer. We are so grateful for your staff and all the generous people who bring their support and expertise to the myriad opportunities for healing. Our daughter, Margaret, loved the Garden and found life-giving serenity, light, love, courage, and strength as she joyfully spent so many happy times there. We miss our Margaret every moment and want you to know how very grateful we are that she had you by her side." – Alison, mother of Healing Garden client



Worcester Family Health asked for Healing Garden help in supporting non-English speaking, culturally diverse group.

Brianne Carter, Director of Integrative Care, and Nadine Mazzola, former Healing Garden client, now expressive arts therapist, were asked to partner with the Worcester Family Health Center to work with their newly formed Celebration of Life support group. The members of the group have – or have had – breast cancer.

The women, who have immigrated from Albania, Brazil and the Dominican Republic, were accompanied by respective translators. Through the expertly crafted retreat, these women emerged out of the isolation of being non-English speaking, immigrant cancer survivors, alone in their health care experience. Under the thoughtful guidance of the Healing Garden, they participated in experiences that transcend language to explore their deepest fears and desires. Through translators, they spoke of feeling connected and inspired by one another.



Fabiola on treatment day, with her kids

Our clients come from near and far, all with different needs. Thankfully, we have a team of expert therapists who assess need and together with clients and families create a care plan that supports their goals. This may come in the form of childcare during treatment, food and housing assistance or house cleaning to counseling, support groups, healthy lifestyle education and individual therapeutic mind/body modalities of care.

Our clients are culturally, educationally, socioeconomically and spiritually diverse. We honor those differences and respect the value of each and every life we touch.

FY18 DONORS

Through donor generosity, the Healing Garden is able to offer vital integrative cancer support to members of our community. On behalf of the clients served, we thank you all for providing clients with an opportunity for profound improvement in their quality of life.

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\$25,000 +

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"I want to thank you
for being here, for
giving what you can,
for allowing me to
have access to this
amazing resource
and the people who
bring it to light."

~ 2018 Swing into
Spring
Nashoba Valley
Winery Gala &
Auction

Amanda, shares her grief about
metastatic disease and her gratitude for
community based support, provided by
the Healing Garden.



Healing Garden Board Members, Jennifer Cunningham-Butler
& Tim Wondolowski enjoy the festivities at the
Swing into Spring Gala & Auction, April 2018

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The Healing Garden partners with Community Harvest Project in studying how access to fresh produce and nutritional education improves overall health outcomes for clients and their families.

"Having them on my counter made me think 'here is my healthy choice and it's right here, I will do it.'"

Clients enjoying one of six free farm share distributions from The Community Harvest Project.

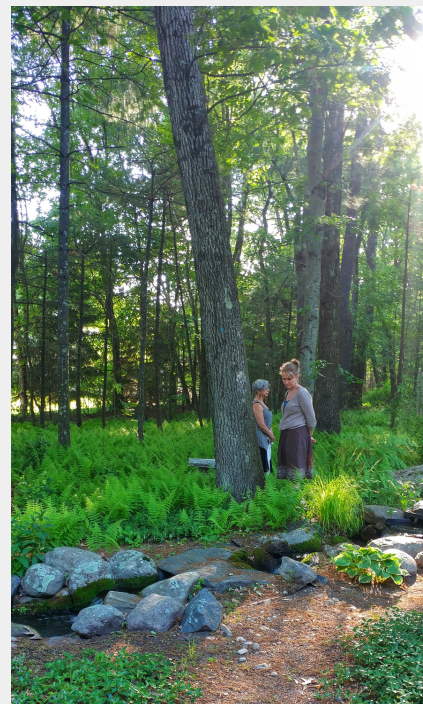
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*Shin-Rin Yoku (Forest Bathing)
guided meditation*

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 solicit gifts on our behalf. Thank you to our therapists who donated 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 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.

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The Virginia Thurston

Healing Garden Cancer Support Center

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HARVARD, MA 01451



The Virginia Thurston

Healing Garden

A healing environment for those affected by cancer

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