Healing Garden
Cancer Support Center
Providing education and therapeutic services to those affected by cancer

ANNUAL REPORT
2019-2020
Dear Friends and Supporters,

What a year this has been! As we launched into FY20, the Healing Garden had high hopes to enjoy the celebration of 20 years since our founding- 20 years of growth, of hope and healing. We gathered photos and memorabilia to document happy, fulfilling work, and the many faces of clients, donors, staff and volunteers who have played such a big part in becoming who we are today.

And then, the pandemic hit, and slowly we had to abandon our plans to be together at the Healing Garden providing support, and at our Gala to celebrate our Anniversary.

In true form, though, as often happens here at the Healing Garden, out of the darkness emerged a beautiful light! Several Foundations, Corporations, and charitable entities granted the Healing Garden COVID-19 emergency funds, helping to defray the loss of income from the canceled in-person Gala. Vendors were quick to help us set up our HIPAA compliant technology to take our programs and services online without missing a beat. As a matter of fact, not only did we continue to serve our clients well, our numbers increased and utilization increased by 20%! The needs are greater and we can respond. I am so very proud of the Healing Garden team - this is not an easy way to work, but they are dedicated and giving souls.

So as we wait out this pandemic, I reflect on our 20 years. We owe enormous gratitude to Bill Thurston and Betsy Tyson-Smith for envisioning and creating the Healing Garden- a resource that is so important and needed. We would not have made it if not for the generosity of the Just ‘Cause Walk, the 60-mile, 3-day fundraiser that raised $1,454,074 over 18 years to support the Healing Garden. To Tucker Smith, the leader of the army of Garden Volunteers for so many years, and to Jay Bearfield who designed and installed many of the garden water
features- thank you! To Rich and Cindy Pellitier and Nashoba Valley Winery who generously host our Galas- thank you! To Susan and Peter Grilli who have always allowed us to enjoy their property- thank you! To Sarah Hindle, the first Board Chair, who presided for 12 years, and was instrumental in launching a successful capital campaign to renovate and expand the facility- thank you! To Pamela Sawyer, our second Board Chair, who was instrumental in expanding our mission beyond women with breast cancer to include all people affected by cancer- thank you!

There are so many more moments and people to celebrate - past and present staff, Board members, Advisory Council members, and donors. To all of you - you have made the Healing Garden what it is. Cheers to the next 20 years!

With joy,

Margaret Koch
Executive Director
margaret@healinggardensupport.org
When I was first diagnosed with non-small-cell lung cancer in the summer of 2017, what I didn’t know about cancer would have shocked you. “Stage IV,” my doctor said. “Out of what?” I asked, hoping we were on a 1-to-ten scale. I have learned so much in the last three years, and so much of that learning process--from navigating chemotherapy to spiritual healing--has taken place at the Healing Garden. Perhaps most importantly to me has been my almost three-year participation in the Healing Garden support groups--especially my beloved Metastatic Support Group for others who are stage four cancer patients (that’s four out of four, I was chagrined to learn!).

In the Metastatic Support Group, we joke that this is a group you never want to qualify to join, but once you do, you are so grateful to find this amazing, deep resource. We meet weekly or biweekly and the discussions are celebratory when someone is realizing success on his or her treatment plan, completely healing when cancer mutates around the medicine and treatment plans change or simply run out, hilarious because we can talk the talk for real, without fear of judgment (and what passes for humor in this group is often black, and real, and sorrowful when we lose our beloved fellow travelers as we must.)

When Covid-19 began to shut down the world last March, I knew I was dependent on the lifeline the Healing Garden provided me. Yes, I get massages and take yoga and attend retreats at the Healing Garden, but three years in a support group with a bunch of very ill people have a way of building up a dependence on those forged friendships and the access to the Healing Garden resources. Do you need a ride to MGH? The Healing Garden has a process set up. You need to talk to someone about alternatives to Western Medicine? The Healing Garden can put you in touch with other clients who are exploring those same alternatives. Do you need to work through applying for Disability? Here are some resources. But for me, being held by my group, being seen and understood, with zero pressure to give and 100 percent permission to take, to be honored, to be heard--that has been critical to my healing and my hopefulness. Would Covid-19 shutter those possibilities, especially given how immunocompromised this group is?

Nothing short of miraculous is what actually happened. You heard a lot of complaints as we all got used to Zoom, and one member of our group calls our screenshot--9 to 12 women and our fearless leader, Brianne: the Brady Bunch shot. We have thrived in this environment.
Where before, someone might not have had the energy to get up and get to Harvard for the group, now that person simply shows up, maybe in a robe, maybe dressed up in a hoodie and yoga pants, and participates. Really participates. We have grown and thrived with this technology. I know many clients are participating in classes, yoga, art, nature through Zoom.

One absolutely unanticipated joy has been our ability to stay present with one of our dear friends who recently entered hospice care. She can come to meetings and if she is tired or struggling to speak, no matter. We can shower her with love, talk about all of our concerns, make our dark jokes, and see her laughing with us. We are so honored by being allowed to participate in any way with her journey, and I believe the Healing Garden will make this technology work in circumstances like this in the future (beyond COVID--can we dream?) so that our most vulnerable clients can continue to access the healing power of the Healing Garden.
The 2019 Annual Perennial WALK AND RIDE TO THRIVE was a huge success, raising over $90,000!

This was our last in-person event prior to COVID-19.
Nasturium Giving Society
$10,000 and Above
Anonymous
Charles River Laboratories Inc
Mr. & Mrs. James Conniff
Gazbar Sports Grill
Glassybaby White Light Fund
Mrs. Sarah Hindle
Mr. John Duquette
Middlesex Savings Charitable Foundation
Mr. & Mrs. William Sawyer
Mr. & Mrs. Peter Von Loesecke

Jasmine Giving Society
$7,500 to $9,999"
Mr. & Mrs. David Martin
Mr. & Mrs. Jonathan Panek
Mr. & Mrs. Anthony Victor

Passionflower Giving Society
$5,000 to $7,499
Daymarc Foundation
Ms. Katie Gray
Ms. Gail Hindle
Ms. Ruth Silman & Mr. Timothy A. Clark
Mr. Paul Wexelblat

Lavender Giving Society
$2,500 to $4,999
Ms. Kimberly Ansins
Iris Barten & Ted Barten
Mr. & Mrs. Richard Boerner
Bolton Walkers Inc.
Marcia Croyle
Christopher & Leslie DeMers
Mr. & Mrs. Joseph Desmond
Mr. & Mrs. Russell Goodman
Ms. Mary Jane Kohaut

Hawthorne Giving Society
$1,000 to $2,499
American Dental Partners Foundation
Ms. Frances Booth
Bose Foundation
Boston Cancer Support
Mr. & Mrs. John Bowers
Ms. Stephanie Brown & Mr. Marc Bloostein
Mr. & Mrs. Greg Clute
Mr. Edward Colbert
Mr. & Mrs. Mark Corley
Ms. Jennifer Cunningham Butler & Mr. Dan Butler
Ms. Karen Donoghue
Douglas & Isabelle Crocker Foundation
Mr. George Elenbaas
Epsilon Associates
Mr. Joseph Ferrara
Ms. Madeleine Findlay
Mr. Michael Francolini
Mr. & Mrs. Churchill Franklin
Mrs. Connie Greaves Bates
Mr. & Mrs. Michael Guerin
Harvard Lions Club
Mr. Ronald Johnson
Mr. & Mrs. John Kelley
Ms. Sharon Pontes

Rollstone Charitable Foundation, Inc.
Mr. & Mrs. Thomas Rosse
Mr. George Ryan
Mr. Richard Schiding
Mr. & Mrs. Charles Selvidge
Mr. & Mrs. Joseph Shea
Mrs. Roberta Silman
Ms. Ann Snow
Mr. Barry Stell
Sterling Construction, Inc.
Mr. William Thurston
Vibram Corporation
Mr. & Mrs. Kumar Vishwanathan
West Concord Union Church
Mr. & Mrs. Michael & Beth Zellman

$500-$999
All Seasons Forming Supplies, INC.
Mr. Robert Andreo
Ms. Erin Barrett
Mr. & Mrs. Steve Baumhover
Mr. Richard Belin & Ms. Roseanne OBrien
Dr. & Mrs. Alan Berko
Ms. Ann Bischof & Mr. Lawrence N. Huppert
Mr. & Mrs. Paul Bouton
Mrs. Nancy Brown
Dr. & Mrs. Brian Callahan
Mr. Timothy Castner
Ms. Kim Casto
Charter Oak Country Club
Ms. Carolyn Copp
Ms. Karen Cote
Ms. Chris Cournoyer & Mr. James Bryant
Ms. Elizabeth Crowell & Ms. Cheryl Flynn
Ms. Vikki Crowley
Mr. Michael Denmore
Ms. Anne-Marie Donnelly
Enterprise Bank
Mr. & Mrs. David and Paula Feakes
Mr. & Mrs. Frank Ferrara
Ms. Veronique Garro

On behalf of the clients we serve, we thank you all for helping to provide a unique community of compassionate understanding and support.
Ms. Jane Biering
Bikeway Source
Ms. Marilou Bonetti
Ms. Dorene Bowe-Shulman
Mr. & Mrs. J. Kent Boynton
Mr. & Mrs. Richard Briggs
Ms. Ginger Burr
Ms. Kelly Campbell
Ms. Linda Cantrell
Ms. Paula Casey
Mrs. Wendy Chieffo
Mr. & Mrs. Robert Clawson
Ms. Jennifer Clawson
Mr. Eric Clawson
Mr. & Mrs. Charles Clough
Mr. & Mrs. Tom Clune
Ms. Kimberly Cohen
Mr. & Mrs. Andrew Colameta
Mr. Joseph Colameta
Ms. Megan Connor
Mr. & Mrs. Frank Coolidge
Mr. James Corcoran
& Ms. Betsy Reid
Mr. Rich Cote
Ms. Elizabeth Curry
Mr. & Mrs. Robert Cezkanski
Ms. Janet Daisley
& Mr. Tripp Peake
Mr. Christopher Dallmus
Dandini Landscaping CO., INC.
Ms. Cathy D’Angelo & Mr. Donald Felicella
Ms. Amanda Dasch
Mr. & Mrs. John Davis
DeCarolis Insurance Agency, Inc.
Mr. & Mrs. John and Lisa De Fusco
Mr. Arun Kumar
Dhandayuthapani
Ms. Tish Dray
Ms. Sandra Dunleavy
Ms. Nancy Eberiel
Mrs. Alan Emmet
Mr. David Erickson
Mr. & Mrs. Christopher Ferrara
Fiberglass Repair Co.
Ms. Nicole Fisher
Dr. David Frank
& Ms. Sheila Violette
Mr. & Mrs. Glenn Frederick
Ms. Frances Frederick
FTI Consulting
Mr. & Mrs. Guido Gagliano
Ms. Elsa Gay
Mr. & Mrs. Michael Gasbarro
Mr. Michael Goldman
Mr. Paul Goldsmith
& Ms. Karina Assiter
Ms. Janet Gonski
Mr. & Mrs. Lester Gould
Mr. & Mrs. Fred Grein
Ms. Patricia Hair
Ms. Susan Halby
Mr. Alfred Hamilton
& Diana Wainrib
Mr. Peter Harbillas
Dr. Steven Herson
& Ms. Nancy Carpenter
Mr. & Mrs. Ken and Cindy Higgins
Mr. Gage Hindle
Ms. Dara Histed
Mr. Dan Hobaica
Mr. David Hoffman
Mr. & Mrs. James Hommeyer
Mr. David Horne
& Ms. Tina Proffitt
Mr. Benjamin Howe
Mr. & Mrs. John Huggins
Mr. Mark Hughes
Mr. & Mrs David Hurlbut
InBalance Chiropractic & Wellness
Mr. & Mrs. Ken Isaacs
Jo Karen Lingerie, LLC
Ms. Sarah Jordan
Tasso Kaper
Mr. Surya Kiran Punnang
Kitchen Outfitters, LLC
Ms. Joanne Knowles-Dustin
Mr. Sudheer Kommanavancha
Mr. Bronson Kussin
Mr. Benjamin Kussin
Mr. Fritz Kussin
Mr. John Lake
Mr. Joe Laurin
Lauzon Family
Ms. Diane Leath
Mr. & Mrs. Malcolm Lee
Mr. & Mrs. Bruce Leicher
Mr. Morton Levine
Mr. Mark Lewandowski
Mr. & Mrs. Jeff Lischer
Ms. Reyne Macadaeg
Mr. & Mrs. Timothy Mahan
Mr. William Maher
Mr. Keith Man
& Ms. Polly Jenkins Man
Ms. Janey Martin
Mr. & Mrs. Thomas McGilvray
Mr. Paul McGinn
Dr. & Mrs. John McGrath
McWalter, Barron & Boisvert, LLP
Mr. Lawrence Miller
Mr. Chris Milot
Mrs. Dawn Moore
Ms. Mishtu Mukherjee
& Mr. Wes Atamian
COVID-19 transforms 20th Anniversary Gala into virtual event with great success, raising $45,000!

While the facility has been closed, the grounds are open and nature is still here. We were able to enjoy the glory of meeting in person, at least part of our year.

Healing Garden clients became volunteer drivers for Expect Miracles Transportation Grant, reducing barriers to access care.

Volunteers, including Anne Marie Hershberger, Carolyn Copp and Tina Flaherty were busing making masks for client households.

Support arrives in many ways, including Girls Scout Cookies for clients from our local Brownie troop.
The Healing Garden is delighted to appoint Sarah Hindle the 2020 Steward of Hope award recipient. The award celebrates an individual whose contributions exemplify compassion, dignity, generosity, and love. “For two decades, Sarah has tirelessly worked to support the mission of the Healing Garden; to provide education and therapeutic programs and services to improve quality of life for all those affected by cancer. She is a delight to work with and is so very generous. I have had the privilege to work under her leadership as Chair of our Board, and now as the recipient of her sage advice and example of grace” remarks Meg Koch, Executive Director.

Sarah was raised in Oak Park, Illinois, attended public high school, and enjoyed her father’s gentleman’s farm on weekends, and summers on Crystal Lake in Michigan. She attributes her interests in volunteerism to her work with the Junior Service League working with inner-city underserved youth in Chicago, her connections to her church, a summer camp based on Christian ideals, and her parents who were very philanthropic and shared their passion with her. Sarah understood at an early age that “we should be there for others”.

Like Sarah, Win Hindle supported the Healing Garden, making a final bequest that the Healing Garden Board, with Sarah’s family’s approval, became the foundational gift used to start the Hindle Legacy Giving Society initiating a Healing Garden Endowment Fund at the Community Foundation of North Central MA.

Sarah takes no personal credit but was instrumental over many years for growing the organization, increasing the Board, driving a successful capital campaign, and expanding the mission to be as inclusive as it is today. When asked what message Sarah wants others to think about, she replies “Live gently, work from your heart, observe nature and all that it can offer you in lessons, and listen.” With six grandchildren and two great-grandchildren, and a legacy of charity, volunteerism, and activism, Sarah exudes the qualities that make her the Healing Garden’s Steward of Hope recipient for FY 2021.

The Hindle Legacy Giving Society honors those who have included the Healing Garden in their estate plan:

- Mr. Win Hindle
- Ms. Carol Ehrlich
- Mr. & Mrs. Dana Koch
Generous Matching Gift Raises Endowment Funds

Diagnosed in 1991, after many years of living with her cancer under control, Chris Way came to the Healing Garden when her cancer spread and there was no cure. She needed to navigate the journey of endless rounds of chemotherapy, radiation, and eventually clinical trials. She arrived at the Healing Garden looking for support and tested the waters with Yoga, journaling, Tai Chi, and Qi Gong. Her journaling resulted in a self-published book of essays on living with metastatic disease, which she shared with our other clients, as a testament to the challenges they face. As time moved on, we watched her smile grow a bit wider, her serenity felt more palpable, and her “living” became more clearly precious. Despite a poor prognosis Chris flourished and deepened her engagement 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. After 25 years of living with cancer, Chris passed away in the fall of 2015. Everyone who knew her was so positively influenced by her exceptional grace on this journey.

Thankfully, Chris’s influence at the Healing Garden continues. Her husband, a retired physician, Dr. Jon Way, chose to join our Board of Directors. Jon felt it imperative to ensure the Healing Garden remains a vital resource for others, as it had been for Chris.

In celebration of the Healing Garden’s 20th Anniversary, Jon pledged a $10,000 matching gift to Annual Appeal donors who had already made an annual gift, who would join him by making an additional gift to the Healing Garden’s Endowment Fund. We saw incredible generosity in our donor’s responses to the challenge, such that $31,925 has now been added to the fund. In loving memory of Chris Way, and in honor of Jon Way, MD; we are so very grateful.

Memorial Gifts

In Loving Memory of

Kerry Barton Lee
M. Jacqueline Beauchemin
Brenda Belanger
Iris Ben David
Harriet Bridges
Nancy Cappello
Patricia Castagno
Liz Chambers
Chrisy Clawson Audibert
Barbara Clayton Patterson
James Crain

Marilyn Crain
Terry Croteau
Denyse Densmore
Rhonda Doll
Susan Duquette
Susan Elenbaas
Anne Felton
Judith Bossett Rodgers
Jean Francolini
Kelly Gower Ormsby
Noreen Griffin
Frances Guyer
Ellie Hamilton

Angelina Heino
Kathleen Hughes
Mary Jo Johnson
Karen Kisslinger
Lynn Klemper
Svetlana Kotyaryevskaya
Kathleen Lake
Ellen Leavitt
Lindy Lewandowski
Lee Lombard
Richard Luppold
Amanda Miller
Mary Jane Miller

Ann Frances Natale
Jim Naughton
Timothy J. Noonan
Stephen Ofsthun
Rick Osborne
Carol Palazzi
Leah Parker
Nancy Pollock
Joseph Rand
Letitia Reed
Johanna Ricciardi
Carmelette Rotella
Rosalie Schroth
Dorothy Shulman

Andy Shulman
Joseph Smeeding
Dorothy Steinbach
Nancy Stell-Kiely
Charlotte Szuch
Carol Telsey
Virginia Thurston
Phyllis Volt
Christine Way
Marianne Wessling-Resnick
Michelle White
Pamela Wyman
FY 20
Our Financials

REVENUE: $707,712
EXPENSES: $664,320
In FY20 The Healing Garden served over 318 clients from 70 different towns & cities from 3 states (MA, NH, NY)

Our overall reach:
Towns with ten or more households served

<table>
<thead>
<tr>
<th>Town</th>
<th>Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acton</td>
<td>22</td>
</tr>
<tr>
<td>Harvard</td>
<td>20</td>
</tr>
<tr>
<td>Bolton</td>
<td>15</td>
</tr>
<tr>
<td>Stow</td>
<td>15</td>
</tr>
<tr>
<td>Concord</td>
<td>13</td>
</tr>
<tr>
<td>Leominster</td>
<td>13</td>
</tr>
<tr>
<td>Fitchburg</td>
<td>11</td>
</tr>
<tr>
<td>Lunenburg</td>
<td>11</td>
</tr>
<tr>
<td>Sudbury</td>
<td>11</td>
</tr>
<tr>
<td>Groton</td>
<td>10</td>
</tr>
<tr>
<td>Littleton</td>
<td>10</td>
</tr>
<tr>
<td>Westford</td>
<td>10</td>
</tr>
</tbody>
</table>

- 4,249 Visits by clients and caregivers, 19% increase over prior year
- 318 Individual clients and caregiver served
- 114 new clients
- 306 Therapeutic/educational classes, 37% increase in attendance over prior year
- 187 Support group sessions, 21% increase over prior year
- 1,305 Individual counseling & bodywork sessions, 11% drop over prior year due to COVID-19 restrictions for bodywork
- 45% of clients have breast cancer, 40% have other cancers, 15% are caregivers and bereavement clients
- 88% of clients were female, 12% were male
The Virginia Thurston
Healing Garden
Cancer Support Center
Providing education and therapeutic services to those affected by cancer

145 Bolton Road | Harvard, MA 01451
info@healinggardensupport.org

**Founders:**
William Thurston
Elizabeth Tyson-Smith

**Board of Directors:**
David Martin, MBA, Chair
Karen Shea, Vice Chair
Timothy Wondolowski, CPA, Treasurer
Thomas Mackie, Esq., Clerk
Marcia Croyle
Sarah Hindle
Holly Kouvo
Sharon Pontes
Anne Rarich
Pamela Sawyer, MHA
Ruth Silman, Esq.
Jon Way, MD

**Staff:**
Margaret Koch
**Executive Director**
Brianne Carter, LICSW, MTS, OSW-C
**Co-Director of Integrative Care**
Christine Zinke, LICSW
**Co-Director of Integrative Care**
Maddie Phadke
**Director of Development**
Kelly Marchand
**Executive Assistant & Care Coordinator**
Shannon Kelley
**Business Manager & CFO**

Because of you, supportive care starts here.

We are all in this together.