

## **Fact Sheet**

### **History**

Wellness House began in 1990, after a group of local residents affected by cancer, along with oncology professionals, joined forces to address the emotional and psychological effects of cancer. Wellness House began as an organization supported entirely by philanthropy; to this day, all programs remain free of charge to participants.

### **Why, What and How**

Everything we do is to prepare and empower people to fully live life with cancer and beyond. Our experts, specialists and programs focus on the individual needs of people through every step of cancer – before, during and after treatment. We use a psychosocial approach based on research, addressing the whole person – socially, emotionally, physically, spiritually and psychologically.

### **Number of Participants**

In FY2016, approximately 3,000 people made 30,000 visits to Wellness House programs.

### **Three Ways to Get Started**

1. Attend a Welcome to Wellness orientation session
2. Call 630.323.5150 or visit us at our main location in Hinsdale
3. Register online and try a program

### **Relationship to Medical Treatment**

Wellness House was designed to pick up where doctors leave off. Our programs complement traditional medical care. Wellness House works closely with several area oncology offices and hospitals by providing a staff person to meet with patients, screen them for distress, provide counseling and support, and link them to resources.

### **Additional Locations**

We are dedicated to expanding our geographic footprint to reach more people affected by cancer. Through community and medical partnerships, we are serving more people by bringing our services to participants who face barriers to receiving services at our main location in Hinsdale.

### **Staff**

Wellness House has a staff of 27. Those providing direct service to participants are licensed and/or credentialed in their fields. Psychologists, Licensed Clinical Social Workers, Licensed Clinical Professional Counselors, Cancer Exercise Specialists, and an Oncology Dietitian make up the direct service staff. Other staff members contribute in the areas of finance and operations, development and marketing, and at The Courtyard (resale/consignment shop in downtown Hinsdale).

### **Administrative Costs**

79% percent of the budget supports program.

**Participant Demographics**

Approximately:           8% of participants live in Hinsdale  
                                  85% of participants live within a 15-mile radius of Hinsdale.  
                                  50% are between the ages of 56-65; 25% are younger than 46; 25% are older than 65

**Wellness House Volunteers**

150 active volunteers (excluding those associated with the Walk and Ball) help at the front desk, assist with administrative duties, work at The Courtyard and are professionals who facilitate Yoga classes, Qi Gong and Tai Chi classes, Massage, Healing Touch and Reiki sessions, etc.