Cancer isn’t simple but getting support should be
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.
Dear Friends,

What an incredible year! With your help, we now provide services at 16 locations around Chicagoland in addition to our main location in Hinsdale. We’ve been able to lay the groundwork and begin the process of changing lives at new partner locations in communities that had little or no psychosocial support just last year. Yet our work has just started. In 2018, 1,735,350 people will be diagnosed with cancer in the U.S. and many previously diagnosed are living longer than ever before. For each and every one, the journey is profoundly personal, unique and life altering.

Cancer isn’t simple. In just about every family, neighborhood and workplace, there is someone dealing with their own specific challenges of cancer. Cancer isn’t one disease. There are more than 100 types of cancer and no one journey is exactly the same. One common denominator, however, is that cancer is a scary diagnosis. With your help, in FY2018 Wellness House provided 400 programs each month to those newly diagnosed, in treatment and navigating survivorship. Sound research confirms that people receiving psychosocial support have better outcomes and a higher quality of life. YOU are making this happen!

We’ve just “broken ground” (with no need for construction) at University of Illinois at Chicago, where we’ll provide 35 programs a month starting in early 2019, at their Mile Square Federally Qualified Health Center (FQHC). What an exciting and challenging year to come! We thank you for enabling us to provide services at no cost since the day we opened our doors in 1990. Help us grow and continue to follow the path we’ve begun in preparing and empowering people to fully live life with cancer and beyond.

Please know, your generosity makes an enormous difference to individuals and families affected by cancer.

Warmly,

Jeannie Cella, MS, LCPC  
President and CEO

Rob Knuepfer  
Chairman of the Board
“Nutrition speaks to everyone those in pre-treatment, active treatment and post-treatment. It has such an incredible impact on side effects as well as survivorship.”

Angela Dennison, RD, LDN, ServSafe Certified Oncology Dietitian
Exercise and Nutrition

Exercise during cancer treatment improves physical functioning and quality of life. A simple everyday walk across a parking lot can become a difficult and sometimes impossible task to someone living with cancer. Chemotherapy and radiation can affect the heart, peripheral neuropathy in feet can affect balance, and surgical ports or ostomy bags can create special challenges during exercise. Wellness House Oncology Exercise Specialists know how cancer treatments affect the body. Nutritional support during and after treatment leads to fewer side effects, better food choices, and better outcomes. Classes with a focus on nutrient-dense foods are taught by our Oncology Dietitians.

“When I was diagnosed with stage II breast cancer I was angry and fearful. I walked in feeling anxious and weak. The hands-on cooking classes with Angela are very informative, helping me transition to a healthy plant-based diet. And I’m amazed at how encouraging and compassionate the exercise and yoga instructors are. Today, with the help of Wellness House, my faith, family, and friends, I walk out feeling encouraged, empowered, stronger and most importantly FEARLESS.”

Betsy - Wellness House Participant
Information and Education

Knowledge is power, but the sheer amount of general oncology-related data can be overwhelming – especially when each day’s sound bite seems to contradict a previous one. At the same time, specialized cancer information can be hard to find, often confined to obscure academic journals that are difficult for laypeople to access or understand.

Our experts stand as the gold standard for definitive, current information. They also provide critical context, so participants can learn how and when to incorporate new information into their lives. Whether participants attend our classes, workshops, or lectures, they emerge feeling stronger, more in control … in a word: better.

“Before the leukemia diagnosis, we would not have been as attuned to the needs of our bodies. Seeing so many different types of people here at Wellness House taking charge of their own lives, that gives you hope. With cancer, you learn what your priorities are and how you want to spend your energy.”

Jim and Holly - Wellness House Participants
Stress Management

Few things in life are more stressful than living with cancer. The tension can consume participants’ days and affect how they eat, sleep, work, and play.

But it’s still possible to find peace. Our stress management program helps them do that through classes that range from guided meditation to Reiki, painting to flute circles. Participants renew their physical, mental, and emotional energy – so they have more strength to devote to healing.

“...helped me to understand the impact that stress has had on my daily life and to reduce that stress. That’s the greatest thing I’ve learned here.”

Kathy - Wellness House Participant
“One of the best benefits of Wellness House is the group sharing the load. I can’t move this couch alone but give me four or five people and we’ll put it any place you want. And cancer is kind of like that.

You get a great caregiving group together and it makes a huge difference. I can’t imagine someone going through cancer without this. It helps not just a little bit, it helps immensely.”

John - Wellness House Participant
Support Groups and Counseling

One person can make a world of difference. Research demonstrates that the presence of a single supportive friend or family member can reduce depression and anxiety among patients, caregivers, and loved ones.

At Wellness House, participants don’t find just one support person – they find a tight-knit community of friends. All of our staff and volunteers are united in their mission to build that community. As one participant says, “I’ve never found so much support in one place as I have at Wellness House.”

Stepping through the door here is like stepping into the embrace of a friend. Wellness House provides weekly and monthly groups for those diagnosed and their family members. All groups are facilitated by Oncology Support Counselors.

understood

“Everyone has a life story that is unique and holds meaning. A cancer diagnosis greatly impacts that story. Our goal is to help our participants find support and connection that honors their uniqueness, yet also helps them recognize that they are not alone.”

Valerie Piazza, RN, MA, LCPC, C-MI
Senior Oncology Support Counselor
Child and Family Programs

Family members of all ages find a home away from home at Wellness House. We’ve designed our programs to help them reconnect and strengthen each other as well as themselves. We offer individual, family, and group counseling ... and so much more. Our experts lead a summer camp for kids, help participants prepare for medical procedures, supply memory making tools like hand print art, fingerprint art, and legacy videos, facilitate play therapy, and organize family events like Polar Express and Spooky Spectacular. During the school year, our experts communicate with teachers to help children readjust to school after a death or medical leave of absence.

We know how important these programs are. When family members feel confident and comfortable communicating openly with each other, their lives improve dramatically. They are better equipped to handle not only major life challenges but also the stresses of everyday life.

“I feel good when I am at Wellness House, because other kids get it. It is hard to be at school, because it feels like no one gets it.”

Wellness House Child Participant
“I’ve created coping plans/poke plans that children can bring to the hospital with them whenever they need to have their port accessed or an IV placed. They are meant to give kids some control when it comes to medical procedures.

They get to have a say!”

Carly Jokich, MS, CCLS, CEIM
Oncology Child and Family Specialist
Wellness House staff and volunteer leaders began an innovative initiative in 2015 to bring psychosocial support to underserved areas. With the support of generous donors to the 25th Anniversary Campaign, we were able to expand our impact in the metropolitan Chicago area using technology and the cultivation of partnerships with community and healthcare organizations. We decided on this approach rather than the construction of additional brick and mortar locations because we felt it was a more responsible use of the funds our donors entrust to us. We are pleased to report that in just 3 years of identifying and building partnerships, we now have 16 partner sites, and have served 1,590 people who have made more than 4,050 visits outside the walls of our main location in Hinsdale – all because of the generosity of people like you who support our mission.

Highly Trained Experts

Wellness House program staff have specific training and certifications in their fields, as well as years of experience working with those impacted by cancer. Wellness House values professional development, which helps staff maintain professional credentials and enhance expert status in their fields.

Partnerships

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Yoga for Cancer Survivors

Pav YMCA - Berwyn

“They love to be able to move their body knowing that their body can do so much more than they thought it could do.”

Michelle Garcia, LMT, RMT, CYT
Beyond Cancer at Loyola University Medical Center
and Fighting Fatigue at MacNeal Hospital.

“Participants feel a sense of community and empowerment when attending Wellness House programs. Through education and human connection, cancer survivors are given the confidence to move forward, gain strength, and sustain the quality of life they enjoy.”

Jadyn Chipman, ACSM GEI, ACSM/ACS CET
Oncology Exercise Specialist

Cancer Connections Group
Rush Oak Park Hospital

“We provide a sense of peace and relief for participants during group. It is an opportunity for members of the community to engage and receive and give hope to one another.”

Sherri S. Wick, LPC
Oncology Support Counselor

Head and Neck Networking Group
 Mercy Hospital and Medical Center

“Having cancer of any kind can be socially isolating, but that is particularly true with head and neck cancer because communication can become such a barrier. I think part of what is so helpful about this group at Mercy is that it is a space where everyone there will take the time and have the patience to really listen to what they have to say. That is huge for them.”

Jenna S. Kiel, Psy.D.
Support and Family Programs Manager

Arlington Heights
Northwest Community Healthcare Wheeling Township Office

Berwyn
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Chicago
ALAS Wings
The Boulevard Mercy Hospital and Medical Center

University of Illinois Hospital Recovery On Water

Elmhurst
Elmhurst Hospital

Hinsdale
Amita Health Cancer Institute Wellness House Main Location

Lisle
DuPage Medical Group

Maywood
Loyola University Medical Center

Oak Park
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Palatine
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River Forest
West Suburban Medical Center Breast Care Center at River Forest Medical Campus

Wellness House Main Location

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### STATEMENT OF FINANCIAL ACTIVITIES AND POSITION

*Fiscal Year Ends June 30*

#### Operating Revenue

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions</td>
<td>$1,632,532</td>
<td>$1,604,485</td>
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<tr>
<td>Special events, net</td>
<td>$973,554</td>
<td>$1,066,102</td>
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<tr>
<td>Grants</td>
<td>$347,350</td>
<td>$238,310</td>
</tr>
<tr>
<td>In-Kind Contributions</td>
<td>$234,433</td>
<td>$257,155</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>($40)</td>
<td>$214</td>
</tr>
<tr>
<td>Interest and Dividends</td>
<td>$2,547</td>
<td>$2,233</td>
</tr>
<tr>
<td><strong>Total Operating Revenue</strong></td>
<td><strong>$3,190,376</strong></td>
<td><strong>$3,168,499</strong></td>
</tr>
</tbody>
</table>

#### Operating Expenses

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$2,380,035</td>
<td>$2,571,824</td>
</tr>
<tr>
<td>Administrative</td>
<td>$135,307</td>
<td>$171,469</td>
</tr>
<tr>
<td>Development</td>
<td>$549,785</td>
<td>$569,882</td>
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<tr>
<td><strong>Total Operating Expenses</strong></td>
<td><strong>$3,065,127</strong></td>
<td><strong>$3,313,175</strong></td>
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</tbody>
</table>

#### Change in net assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>($144,676)</td>
<td>($125,249)</td>
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</tbody>
</table>

#### Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents, Current Receivables</td>
<td>$953,754</td>
<td>$947,214</td>
</tr>
<tr>
<td>Other Receivables</td>
<td>$1,471</td>
<td>$11,500</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$57,760</td>
<td>$85,235</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>$1,012,985</strong></td>
<td><strong>$1,043,949</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Property and Equipment (net)</td>
<td>$2,413,500</td>
<td>$2,305,448</td>
</tr>
<tr>
<td><strong>Total Other Assets</strong></td>
<td><strong>$2,413,500</strong></td>
<td><strong>$2,305,448</strong></td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$3,426,485</strong></td>
<td><strong>$3,349,397</strong></td>
</tr>
</tbody>
</table>

#### Liabilities and Net Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td>$30,279</td>
<td>$78,700</td>
</tr>
<tr>
<td>Accrued Expenses</td>
<td>$74,768</td>
<td>$96,435</td>
</tr>
<tr>
<td>Deferred Income</td>
<td>$5,000</td>
<td>$2,500</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>$110,047</strong></td>
<td><strong>$177,635</strong></td>
</tr>
</tbody>
</table>

#### Net Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2017</th>
<th>FY 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undesignated equity in property and equipment</td>
<td>$2,413,500</td>
<td>$2,305,448</td>
</tr>
<tr>
<td>Undesignated</td>
<td>$649,630</td>
<td>$663,079</td>
</tr>
<tr>
<td>Temporarily restricted</td>
<td>$253,308</td>
<td>$203,235</td>
</tr>
<tr>
<td><strong>Total net assets</strong></td>
<td><strong>$3,316,438</strong></td>
<td><strong>$3,171,762</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$3,426,485</strong></td>
<td><strong>$3,349,397</strong></td>
</tr>
</tbody>
</table>

#### Wellness House Functional Expenses (FY 2018)

Although we don’t charge participants for any of the programs that we offer, we know that they have tremendous value to those who are impacted by cancer. Every donation makes a difference.

*That is why your support is so vital to our continued efforts to offer these services. We take great care in how we handle our spending.*

![Pie chart showing the distribution of expenses: Program Services 78%, Development 17%, Administrative 5%]
In FY 2018

- **6,938** Support and Counseling visits
- **4,266** visits to Information and Education events and classes
- **18,912** visits to Exercise and Nutrition classes
- **40%** increase in Family program visits over last year

**Participant Satisfaction**

- **96%** rated overall experience with Wellness House as either “Very Good” or “Excellent”
- **98%** rated a high likelihood of recommending Wellness House to another

**In the last 5 years**

- **50%** increase in number of individuals who use Wellness House programs
- **57%** increase in people visiting Wellness House for the first time

We use a psychosocial approach based on research, addressing the whole person, socially, emotionally, physically, spiritually and psychologically.

Dr. Steven Cole, Professor of Medicine and Psychiatry and Biobehavioral Sciences in the UCLA School of Medicine, studies the pathways by which social environments influence gene expression in cancer patients. Cole's research mapped the pathways by which social factors such as exercise, diet, support and stress level affect cancer progression and metastasis after cancer. His research revealed that there is an increased survival rate for people with cancer who receive increased social support. The largest increased survival was shown when people with the most challenging cancers received whole-person care.

Nearly **40,000** number of people served since we opened our doors in 1990

**37,700** total visits in FY 2018

**4,160 additional visits over last year**
**BOARD OF DIRECTORS**

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President and CEO

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Lisa Kolavennu, LCPC  
Senior Director of Programs

Jadyn Chipman, ACSM GEI, ACSM/ACS CET  
Oncology Exercise Specialist

Angela Dennison, RD, LDN, ServSafe Certified  
Oncology Dietitian

Carly Jokich, MS, CCLS, CEIM  
Oncology Child and Family Specialist

Jenna S. Kiel, Psy.D.  
Support and Family Programs Manager

Barbara Kilkus  
Engagement Coordinator

Jeri Lau, ACSM/ACS CET, CETI, CES  
Oncology Exercise Specialist

Tracy Lester, MS, ACSM/ACS CET, ACE Health Coach, RYT  
Wellness Programs Manager

Magenete Mengesha, Ph.D.  
Senior Oncology Support Counselor

Karie Milewski-Carlson, M.Ed., MSSW, LSW  
Oncology Support Counselor

Kelli Mitchell  
Community Relations Manager

Ellen Nieman, MSW, LSW  
Oncology Social Work Navigator

Valerie Piazza, RN, MA, LCPC, C-MI  
Senior Oncology Support Counselor

**Marketing and Development**

Mary Kreller  
Director of Development and Marketing

Alice Fillers  
Development and Marketing Assistant

Annie Hart  
Manager of Special Events and Annual Giving

Deb Kwiat  
Marketing and Communications Manager

**Finance and Operations**

Gaye E. Preston, MBA  
Director of Finance and Operations

Caly Meyers-Mixa, Ph.D.  
Human Resource and Volunteer Manager

Bradley Schafer  
Office Manager

**The Courtyard**

Marna Slawson, MBA  
The Courtyard Manager

Jamie Ott  
The Courtyard Assistant Manager
Our Mission
Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.