I found community here.
Everything we do is to prepare and empower people to fully live life with cancer and beyond.
Dear Friends,

As we reflect on the past year, a year like no other, we are filled with an abounding sense of gratitude. Your generosity has made it possible to face challenging and unpredictable circumstances in ways we never could have imagined. This was one remarkable year.

For 30 years, Wellness House has steadfastly provided community and support for those facing the physical and emotional effects of cancer. Through partnership, we’ve expanded our geographic reach to increase access to our programs for those experiencing cancer health disparities. And yet, the level of isolation and uncertainty brought about by the pandemic this year was an unprecedented challenge. When forced to temporarily close our doors for the safety of our community, Wellness House staff quickly transitioned every program to an online platform to maintain a lifeline of uninterrupted care. As a result, over 43,650 visits were made to online and in-person programs – more than any other year since our doors opened in 1990. The life changing care, strength and hope that Wellness House provides can now be accessed from anywhere.

As we celebrate our 30th Anniversary this year, we are struck by the symbolism of the traditional stone, the pearl. Pearls are created when an irritant such as sand works its way into an oyster. To protect itself, the oyster embraces the sand and covers it until a beautiful pearl is formed. The hardships presented this year, like grains of sand, were quickly embraced by all in our community. With grit and determination, we have overcome barriers and found new ways of connecting and sharing. Your donations have empowered Wellness House to make bold changes that have impacted the lives of many. Together, we’ve experienced a meaningful transformation.

We look toward the future with our anniversary pearl in hand, determined to string together the learnings from this year with innovative plans to integrate online and in-person programs in the year to come. We thank you from the bottom of our hearts for your continued support and for caring for all people who are affected by cancer.

With appreciation,

Lisa K. Kolavennu, MA, LCPC
Executive Director

Lauren Staniar Haarlow
Board Chair
Celebrating 30 years of community

Wellness House is here to serve people who are newly diagnosed, in treatment, post treatment, their caregivers and families. **All of our programs are provided at no cost** because of donations and support from people like you.

### IN FY 2020

- **475** Average number of programs offered each month
- **750** wellness House serves the patients of 750 oncologists and surgeons

### IN THE LAST 5 YEARS

- **59%** Increase in annual visits
- **60%** Increase in Information and Education programs offered

### PARTICIPANT OUTCOMES

- **90%** Participants feel an increased sense of community through online programming*
  
  “This is a place of healing. Online programs have been very beneficial to my health and my mental stress during the pandemic. It’s been truly appreciated by every one of us that has been touched by cancer”
  
  - Online Participant

- **97%** Experienced an increased sense of well-being and improved quality of life*
  
  *Participants surveyed in FY20

- **97%** Celebrating 30 years of community

*Participants surveyed in FY20
Since we opened our doors in 1990, over 42,700 people have been served.

NEW Online Programs

Cancer support that meets you where you are.

While the pandemic has affected life for many families, coping with the effects of cancer has not taken a back seat for the participants and families Wellness House serves. In fact, coping with cancer is even more challenging because of the increased feelings of isolation brought about by COVID-19. On March 16, we quickly adapted all in-person programs to an online format so participants would receive uninterrupted support from wherever they live. The ability to access programs without leaving home has made a profound impact on cancer patients and their families during the pandemic.

This new online model will continue along with in-person programs once they resume. This new model has expanded accessibility and reach, removes barriers and provides life-changing support to anyone affected by cancer.

“Many people’s cancer experience has been made harder by COVID-19. The usual ways people cope with stressors such as socializing with family and friends have not been available. Online programs help participants feel a sense of community.”

Michael Williams, Psy.D.
Senior Oncology Support Counselor

95% Participants have had a good or excellent experience during online programs*

16,610 Visits made to online programs between March 16 and June 30 (end of FY2020).
"I’ve attended breast cancer group even on bad chemo days and the group always helps me with ideas of how to handle things better."

Anna - Wellness House Participant
At Wellness House, participants don’t find just one support person – they find a tight-knit community of people going through the same thing. Now that programs are online, anyone can access a support or networking group and talk with people going through similar experiences. **All of our staff and volunteers are united in their mission to build that community.** As one participant says, “I was relieved to find a group of people who knew what I was going through.” Wellness House provides weekly and monthly groups for those diagnosed and their loved ones. All groups are facilitated by experts in their field. One person can make a world of difference. Research demonstrates that emotional support can reduce depression and anxiety among patients, caregivers and loved ones.

“...I wish I had started sooner. I was in the thick of treatment. I delayed getting support and didn’t feel good. But when I finally did come, it was during a breaking point. A weight was lifted off of my shoulders. Having people there to support you is like no other.”

Wendy - Wellness House Participant
We focus on plant-based eating in groups or individually. It makes my day when a participant tells me how nutrition has helped them improve their side effects or that they have improved cooking skills after attending classes.”

Angela Dennison, RD, LDN
Nutrition Program Manager, Wellness House

The building blocks of health – exercising and eating well – pose unique challenges to cancer patients from the day of diagnosis and beyond. Environmental challenges and access to healthy eating education and cancer specific exercise can also make it hard to know where to start. With new online programs, participants learn tools, regain a sense of control, and can reduce the side effects of cancer and its treatment from anywhere in the country.

Our experts understand how cancer and its treatment can change what is “best” regarding nutrition and exercise: how chemotherapy affects heart health and appetite, for example, and how surgical ports and ostomy bags affect exercise techniques. We offer dozens of online cooking and nutrition workshops facilitated by a registered dietitian, as well as over 60 weekly online movement offerings, including yoga, Tai Chi, Qi Gong and exercise classes led by oncology exercise specialists.
Online Yoga for Cancer

“Switching to an online platform has not only brought a bit of normalcy to our participants’ routines, but also virtual classes have made programs much more accessible - which is one of my goals as a yoga teacher. Participants who would otherwise not be able to attend due to distance/location and timing now have more options to participate from the safety and comfort of their own home.”

Michelle Garcia, LMT, RMT, CYT
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. The stress and isolating effects of a pandemic can make it even harder to cope, particularly when it’s difficult to leave home.

But it’s still possible to find peace. Our stress management programs help people do that through guided meditation, Reiki, drawing, flute circle and more – all accessible from home via an online platform.

Participants renew their physical, mental, and emotional energy to help them heal at times when they need it most.

“I feel I’m surrounded by love at Wellness House. The best part is I’m not giving up or giving in.”
Deborah - Wellness House Participant
Knowledge is power, but the sheer amount of general oncology-related data can be overwhelming—especially when you are newly diagnosed. At the same time, specialized cancer information can be hard to find, often confined to 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 such as dealing with cancer during COVID-19. And if you live in an area that doesn’t have accessible medical care or supportive services, a lack of information can affect quality of life and outcomes. Whether participants attend our classes, workshops, or lectures online or in-person, they emerge feeling stronger, more in control … better equipped to fully live life with cancer and beyond.

Inspired

“I cherish the people at Wellness House who help me have a better life and inspire me.”

Chet – Wellness House Participant
Family members of all ages find a home away from home at Wellness House – now available online. We’ve designed our programs to give families a space to learn, express how they’re feeling and heal.

We offer individual, family, teen and group counseling and so much more. As families navigated the pandemic during 2020, online classes and groups created a haven for parents and kids to come together virtually. Our experts led a summer camp for kids; provided virtual indoor recess and story time; helped participants prepare for medical procedures; guided them through memory-making experiences like hand and fingerprint art; facilitated play therapy and organized family events like Polar Express and Spooky Spectacular.

“The planning, effort and care that went into our virtual experience was just AMAZING. We thank you so, so much for making this happen!” Jennifer - Wellness House Participant

Family members of all ages find a home away from home at Wellness House – now available online.

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Shared Experience

“When a family member is diagnosed with cancer, there is a ripple effect of stress and emotions. Child and Family Programs at Wellness House provide a safe space and tools to address these complex issues.”

Gina Danehl, LCSW - Oncology Child and Family Specialist
**FY 2020**

**July 1, 2019 – June 30, 2020**

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In FY20, our partnership model continued to flourish, enabling Wellness House to provide vital psychosocial support for people who wouldn’t otherwise have access. Many of our partner relationships were enriched during the COVID-19 pandemic, when compounded isolation for our participants made accessing the Wellness House community more important than perhaps ever before.

Thank you to our valued partners.

“Wellness House has been an amazing partner to ALAS-Wings for many years. Our collaboration has provided numerous innovative programs to Latina breast cancer survivors, their families and caregivers throughout Chicago. Our joint programs, all in Spanish, include yoga classes, art classes, music events, education and mentoring support groups. The alliance between Wellness House and ALAS-Wings is making a huge and powerful impact on the Latina community in Chicago.”

Judy Guitelman
Founder and Executive Director of ALAS-Wings

PARTNERSHIPS

Advocate Good Samaritan Hospital, Downers Grove
ALAS-Wings, Chicago
AMITA Health Cancer Institute, Hinsdale
Arlington Heights
Countryside Church, Palatine
Edward-Elmhurst Health | Elmhurst
Memorial Hospital, Elmhurst
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Loyola Medicine | MacNeal Hospital, Berwyn
Mercy Hospital & Medical Center, Chicago
Mile Square Health Center, Chicago
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Rush Oak Park Hospital, Oak Park
University of Illinois Cancer Center, Chicago
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West Suburban Medical Center | River Forest Breast Care Center, River Forest
## STATEMENT OF FINANCIAL ACTIVITIES AND POSITION

**Fiscal Year Ends June 30**

### Operating Revenue

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions</td>
<td>$1,969,013</td>
<td>$2,116,172</td>
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<tr>
<td>Special events, net</td>
<td>$1,141,387</td>
<td>$1,121,558</td>
</tr>
<tr>
<td>Grants</td>
<td>$297,990</td>
<td>$409,690</td>
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<tr>
<td>In-Kind Contributions</td>
<td>$132,250</td>
<td>$117,615</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>$11,611</td>
<td>$1,821</td>
</tr>
<tr>
<td>Interest and Dividends</td>
<td>$3,104</td>
<td>$2,791</td>
</tr>
<tr>
<td><strong>Total Operating Revenue</strong></td>
<td><strong>$3,555,355</strong></td>
<td><strong>$3,769,647</strong></td>
</tr>
</tbody>
</table>

### Operating Expenses

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$2,534,496</td>
<td>$2,547,334</td>
</tr>
<tr>
<td>Administrative</td>
<td>$282,058</td>
<td>$395,957</td>
</tr>
<tr>
<td>Development</td>
<td>$597,919</td>
<td>$559,297</td>
</tr>
<tr>
<td><strong>Total Operating Expenses</strong></td>
<td><strong>$3,414,473</strong></td>
<td><strong>$3,502,588</strong></td>
</tr>
<tr>
<td>Change in net assets</td>
<td>($140,882)</td>
<td>$267,059</td>
</tr>
</tbody>
</table>

### Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$1,214,544</td>
<td>$1,386,094</td>
</tr>
<tr>
<td>Current Receivables</td>
<td>$21,719</td>
<td>$191,504</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$82,645</td>
<td>$74,148</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>$1,318,908</strong></td>
<td><strong>$1,651,746</strong></td>
</tr>
</tbody>
</table>

### Property and Equipment (net)

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$2,214,663</td>
<td>$2,151,981</td>
</tr>
<tr>
<td><strong>Total Other Assets</strong></td>
<td><strong>$2,214,663</strong></td>
<td><strong>$2,151,981</strong></td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$3,533,571</strong></td>
<td><strong>$3,803,730</strong></td>
</tr>
</tbody>
</table>

### Liabilities and Net Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td>$68,121</td>
<td>$104,064</td>
</tr>
<tr>
<td>Accrued Expenses</td>
<td>$82,506</td>
<td>$79,263</td>
</tr>
<tr>
<td>Refundable Advances</td>
<td>$70,300</td>
<td>$40,700</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>$220,927</strong></td>
<td><strong>$224,027</strong></td>
</tr>
</tbody>
</table>

### Net Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2019</th>
<th>FY 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undesignated equity in property and equipment</td>
<td>$2,214,663</td>
<td>$2,151,981</td>
</tr>
<tr>
<td>Undesignated</td>
<td>$974,076</td>
<td>$1,327,622</td>
</tr>
<tr>
<td>Donor restricted</td>
<td>$123,905</td>
<td>$100,100</td>
</tr>
<tr>
<td><strong>Total net assets</strong></td>
<td>$3,312,644</td>
<td>$3,579,703</td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$3,533,571</strong></td>
<td><strong>$3,803,730</strong></td>
</tr>
</tbody>
</table>

### Wellness House Functional Expenses (FY 2020)

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.
BOARD OF DIRECTORS

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Edmond Opler
Kerstin Regnery
Kara Reiff
Mike Soenke
Omer Sultan
Scott Thick
Shawauna Ward

Executive Director
Lisa K. Kolavennu, MA, LCPC

President and CEO
Jeannie Cella  Retired December 2019 - Nearly 30 Years of Dedication and Service
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.