

Here for me, where and when I need it.



We envision 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.

Imagine facing cancer with a feeling of hopelessness and thinking there is nothing left to do. That's what Janet felt (pictured on the cover with her family) – until she found Wellness House. Just like Janet, thousands of others found inspiration, strength, and a community right from their own homes. Cancer knows no boundaries and reaches across all geographies and demographics. That's why free cancer support should be accessible to everyone.

In FY 2021, we broke both geographic and language barriers. **Participants could access nearly 500 online programs a month** in a way that means the most to them - many now in Spanish. More visits were made to programs than ever before.

Participants like Betty, Haruko, David and Janet — highlighted in the pages that follow — found hope and meaning in a way that provides the best possible **support where, when and how they need it**. Read their personal stories and learn how accessible evidence-based psychosocial support changes lives.

Accessible, Equitable and Transformative

Since 1990

44,000

People have been served since Wellness House has opened its doors

In FY 2021

369

Zip codes served

47,527

Visits made to online programs



Betty Lofton

Betty Lofton has always practiced gratitude, even before her journey with cancer. Her journey began in November 2019 after a routine mammogram led to Betty's diagnosis with breast cancer. "I was getting a lot of information from my surgeon and oncologist who believed my cancer was estrogen-driven," says Betty.

To learn more about the cancer experience, Betty participated in two Wellness House support groups at Rush-Oak Park. Betty also participated in Mile Square Health Center Programs Cooking for Cancer, Thriving and Surviving, Tai Chi, Total Body Stretch, Soul Chat and the Mindfulness Series.

But the pandemic hit shortly after she began attending programs. **"Wellness House was a blessing during the pandemic, specifically the online classes," says Betty. "I started with nutrition classes and continued from there."**

Before taking the nutrition classes, Betty was unaware of how much our bodies are affected by what we eat. Now she reads food labels and tries to maintain a plant-based diet. She says the food is both delicious and nutritious and credits Wellness House for her newfound nutritional acumen. "I learned so much," says Betty. "There is just a wealth of information and those classes are invaluable."

Betty has also participated in exercise classes which are geared towards cancer patients and adaptable to individual needs. She finds Chair Yoga calming and the Stressless Breathing classes useful for managing her anxiety. Says Betty, "The instructor demonstrated diaphragmatic breathing which has been so helpful. I still breathe like that. During the pandemic when I couldn't go anywhere, I was able to find those classes online."

Betty found Wellness House support groups equally impactful. Betty began with the Breast Cancer Support Group, the Drop-in Women's Group, Strategies for Stress, and Meaning-Centered Psychotherapy classes. "Through these classes, I learned what I really want to leave as my legacy to my grandchildren," says Betty.

The Spiritual Side of Cancer was perhaps the most meaningful program to Betty. "The classes taken at Wellness House have only enhanced me," says Betty. "Sharing with other women who have had breast cancer and listening to their journey was insightful. I learned to have an attitude of gratitude on a daily basis. I believe that every day, I was put here to help someone else."

Dear Friends,

Last year, visits to Wellness House programs were made by participants from communities near and far. Despite the challenges of both a cancer diagnosis and a pandemic, participants continued to make their way to programs online, seeking and accessing life-changing support. Our programs brought people together during the time it was needed most and as a result, participants made more visits to Wellness House programs than any other year.

Just outside of our main location in Hinsdale runs a railroad track from Chicago, passing through big and small communities along its way. Each day, the passing trains safely carry passengers on this track, all of whom are traveling the same path. Wellness House often feels similar to this train. As people navigate their cancer journeys, Wellness House safely carries them and connects them to one another. Our programs become places where relationships develop as participants find they are on a similar path. Their journeys are traveled together, and healing and hope are exchanged.

In this report, we share four individual stories representing the experiences of those that made over 47,000 visits to programs online in FY21. These stories illustrate the power that comes from connecting with others on similar paths. The healing and transformation you'll read about are only possible because of you. We are grateful you have chosen to join us, to take a seat on this train, and support all those who continue to turn to Wellness House.

With appreciation,

A handwritten signature in black ink that reads "Lisa K. Kolavennu".

Lisa K. Kolavennu, MA, LCPC
Executive Director

A handwritten signature in black ink that reads "Lauren Stanier Haarlow".

Lauren Stanier Haarlow
Board Chair

97%

Participants say they are likely or very likely to recommend Wellness House to a friend



Haruko Shino

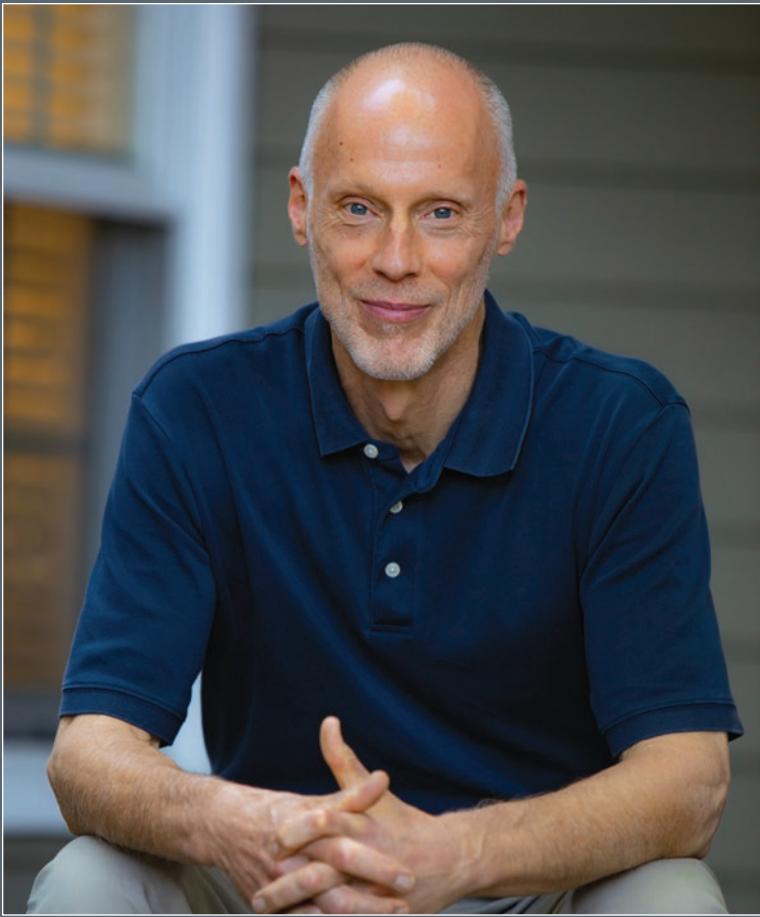
In June 2013, Haruko Shino received shocking news. She was diagnosed with Stage 2 Estrogen Positive Breast Cancer. After the initial shock, Haruko underwent a single mastectomy and chemotherapy. She learned about the programs at Wellness House, attended a film screening about breast cancer, and later joined the Rush-Oak Park Breast Cancer Group.

Haruko has now been attending the weekly program via Zoom, for a year and a half. “It was so supportive through my treatments,” says Haruko, “There were people in the group who had gone through it before.”

Haruko appreciates the information and the support she has received through this group. **“I just know they understand what I am going through,”** says Haruko. **“It’s a group of women in the same situation and there is comfort in that.** Ultimately we became friends as well.” This same group participated as a team in the Walk for Wellness House in May 2021.

Wellness House Cooking and Nutrition classes inspired Haruko to eat better and change her diet. She now eats more fruits and vegetables, avoids alcohol, and drinks more green tea. Haruko also participated in Meaning-Centered Psychotherapy course which she found extremely beneficial. Haruko also finds the Information and Education webinars with doctors informative and important.

“Because of Wellness House, I feel much more knowledgeable about cancer and the treatments. I feel empowered,” says Haruko. “Wellness House has become a big part of my journey.”



In FY 2021

5,951 Online programs provided at no cost

500 Average programs per month

95%

Participants report an increase in their sense of well-being

94%

Participants report an increase in their overall quality of life

“From our seamless transition to serving Wellness House participants via Zoom beginning March 12, 2020, the natural power of people getting to connect with each other has melted the distance and brought people together in their usual warm and information-exchanging way. While most everyone has at some point expressed the wish to be back to Wellness House in person, when COVID-safe, many have made regular, effective use of participating by video or telephone when they would otherwise have missed their groupmates entirely, due to illness, hospitalizations, work demands and even family vacations – Wellness House has robustly and heartfully remained Wellness House this whole time.”

Michael Williams, Psy.D. Senior Oncology Support Counselor



David Brady

It was a beautiful Sunday afternoon in July 2019 when David first noticed unusual symptoms. He was coaching his daughter's softball team when, during warmups, David noticed he couldn't catch any ball that was thrown to his right side. He didn't think much of it until the following week. While at work, David experienced more unusual symptoms including migraine-like pain, vomiting, speaking out of turn, and walking as if inebriated. By Thursday, he was admitted to the hospital and had an MRI which revealed a baseball-sized tumor in his right frontal temporal lobe. He was diagnosed with oligodendrogloma (Grade 3).

David went to Rush University Medical Center and had surgery under Dr. Richard Byrne, a renowned neurosurgeon. "He removed everything he could see and told me that the best case scenario was that I would never see him again," says David.

After the surgery, David completed several rounds of radiation, chemotherapy and a blood transfusion. His tumor has been stable since then.

While seeking support for his diagnosis, David and his wife attended the American Brain Tumor Association National Conference. A guest speaker advised the attendees to find support locally. This led David to discover Wellness House.

David has participated in numerous Wellness House programs, including the weekly Men's Support Group, the Brain Tumor Group, Cancer in Your 40s groups, the Spirituality Group, and the Meaning-Centered Psychotherapy Group.

"The Spirituality Group in particular deepened my faith immensely."

I always believed God was calling me to be a teacher," says David, who now teaches several faith formation classes.

As for his two daughters, David uses The Legacy Project assignment from his Meaning-Centered Psychotherapy group to pass on a piece of himself to them. He has taken the course a few times, and this time David is purchasing bibles and highlighting his favorite passages. "I want my legacy for my daughters to be my gift of faith," says David. "I feel truly blessed."

“Wellness House is deeply committed to increasing our program offerings in underserved communities. With the addition this year of our first Bilingual Oncology Counselor, Thelma Razo, our Spanish program offerings have expanded to include an array of support groups and individual counseling.”

Jill Otto, LCSW
Support and Family Programs Manager

“Here at Wellness House, we provide a safe space for participants to feel heard, empowered, and guilt-free when saying ‘I am not ok’ and feel comfortable being vulnerable. To be able to offer this for the Spanish-speaking community is huge because language is no longer a barrier to access these spaces at Wellness House.”

Thelma Razo, LSW
Bilingual Oncology Support and Family Counselor

In FY 2021

94% Participants report an increase in sense of community and support

747 Total visits to Spanish programs and consultations/counseling



Jill Otto, LCSW Support and Family Programs Manager





Yanet Castaneda

For many people like Yanet Castaneda, a cancer diagnosis affects more than just the patient. It affects loved ones too. That's what Yanet's daughters discovered when Yanet was diagnosed with triple-negative breast cancer on Valentine's Day. "My daughters were significantly affected by everything that was happening to me," says Yanet.

As a result of genetic testing, Yanet's oncologist recommended a mastectomy and hysterectomy as prevention, so that's what she did. Through her treatments and recovery, though, her daughters were right by her side. "It was a significant emotional impact on them to see me lying in bed all the time and not doing what I did before the diagnosis," says Yanet.

To seek out extra support, Yanet turned to the many programs at Wellness House, thanks to the Bilingual Oncology Support and Family Counselor Thelma Razo. Thelma runs many programs in Spanish for the Latinx population.

Yanet participated in the Spanish cooking classes, Spanish nutrition consultation, Spanish Yoga, meditation, writing, support for cancer patients, and individual counseling with Thelma once per week. Yanet's daughters utilized the counseling programs with Gina Danehl, Child and Family Specialist as extra support.

Wellness House helped Yanet in so many ways, but most importantly it gave her hope. "**With a cancer diagnosis, you think there is nothing you can do, but I learned a lot from my sessions,**" says Yanet. Plus, the other group participants help Yanet stay positive. Says Yanet, "There is always someone in our group who is saying that we will get through this."

Yanet is grateful for the many programs at Wellness House that have given her a more positive outlook which has also impacted her daughters. "I realized how vital therapy at Wellness House is for my daughters because they are not afraid of cancer anymore."

During one of the Wellness House programs, Yanet mentioned the hope-filled conversation her two daughters recently had. Her youngest daughter asked, "Do you think we will have cancer when we grow up?" Her older daughter responded, "Yes, but we are going to the doctor and we will recover just like Mom did."

Our staff of experts has specific training and certifications in the field of oncology, as well as years of experience working with those impacted by cancer.

The depth of our programming can be found in six program areas, and that means participants can choose what works best for them.

Participants can choose from over **500 programs a month** such as **nutrition** for help with the side effects of chemo treatment, **stress management** for peace and relaxation, **support groups** to share thoughts and feelings with those going through the same thing.

In FY 2021

92%

Participants report an increase in their ability to adopt healthy behaviors

93%

Participants report an increase in their ability to manage stress

93%

Participants report an increase in the ability to manage side effects of cancer treatment





PROGRAM AREAS



Information and Education

Access to current and reliable information empowers



Nutrition

Healthy eating to increase energy and reduce side-effects



Exercise

Improves quality of life and reduces side effects such as fatigue



Stress Management

Provides techniques to relax the mind and engage the spirit



Child and Family

A space for kids, teens and parents to express how they feel



Support and Counseling

Connecting with others experiencing the same thing

Partnerships Increase Access Near and Far



There is a growing demand to address cancer health equity. **Creating access to psychosocial care** directly impacted equity in FY21. Through our valued partnerships, Wellness House expanded online and Spanish-speaking programs to increase access to psychosocial cancer support to diverse populations with a disproportionate cancer burden. We maintain our commitment to gaining credibility and establishing trust in new communities, an integral part of our work towards **increasing access and equity for all people impacted by cancer.**



"The partnership between Wellness House and Mile Square Health Center at UIHealth continues to grow. It is unmeasurable just how much our cancer survivors benefit from the psychosocial support of Wellness House programming, especially in terms of improving their overall well-being and quality of life. We are excited to keep working with Wellness House and expanding our collaborative efforts to provide holistic care for the survivors of cancer."

Deborah Manst, MD, MPH
Oncogeneralist, University of Illinois Cancer Center



Excellence Starts Here



93% of participants surveyed reported an increase in their knowledge about nutrition and cancer



Madeline Butler-Sanchez, MS
Bilingual Community Oncology Dietitian

Angela Dennison, RD, LDN
Nutrition Program Manager

FY 2021

July 1, 2020 – June 30, 2021

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FY 2021

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Janie Petkus

Heather Pleune

Jan Porter

Kathleen Radcliffe

Shivani Rao

Sue Rehak

Carol Rettker

Aimee Ricci

Kristen Rosenberg

Mary Rowley

Kathy Ryan

Barbara Schwartz

Betsy Sciortino

Sara Sciortino

Liz Shayani

Lindsay Shea

Carita Sims

Judi Slakter

Marilyn Sliter

Pat Smith

Lisa Sparagna

Marie Trader

Jane Van De Velde

Barb Walenga

Bonnie Walk

Sally Warshawsky

Sheila Wentland

Susan Wilson

Derek Wolff

June Woodward

Lynne Woulfe

Eileen Yelovich

* Includes gifts directed to the Wellness House Foundation

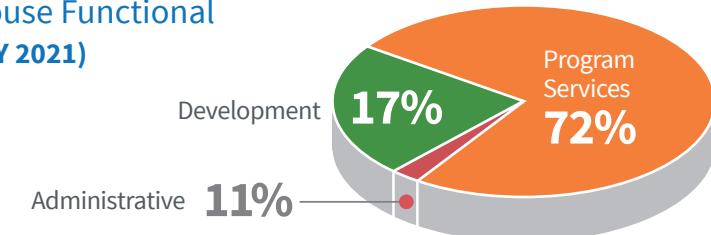
STATEMENT OF FINANCIAL ACTIVITIES

Fiscal Year Ends June 30

	FY 2020	FY 2021
Operating Revenue		
Contributions	\$2,116,172	\$1,944,095
Special events, net	\$1,121,558	\$963,826
Grants	\$409,690	\$383,595
In-Kind Contributions	\$117,615	\$86,991
Other Revenue	\$1,821	\$9,286
Interest and Dividends	\$2,791	\$1,682
Total Operating Revenue	\$3,769,647	\$3,389,475
Operating Expenses		
Program Services	\$2,547,334	\$2,296,157
Administrative	\$395,957	\$331,269
Development	\$559,297	\$548,493
Total Operating Expenses	\$3,502,588	\$3,175,919
Change in net assets	\$267,059	\$213,556
Assets		
Cash and Cash Equivalents	\$1,386,094	\$1,862,731
Current Receivables	\$191,504	\$23,250
Prepaid Expenses	\$74,148	\$49,773
Total Current Assets	\$1,651,746	\$1,935,754
Property and Equipment (net)		
Total Other Assets	\$2,151,981	\$2,082,792
Total Assets	\$3,803,730	\$4,018,549

	FY 2020	FY 2021
Liabilities and Net Assets		
Accounts Payable	\$104,064	\$83,923
Accrued Expenses	\$79,263	\$93,767
Refundable Advances	\$40,700	\$47,600
Total Current Liabilities	\$224,027	\$225,290
Net Assets		
Undesignated equity in property and equipment	\$2,151,981	\$2,082,792
Undesignated	\$1,327,622	\$1,650,502
Donor restricted	\$100,100	\$59,965
Total net assets	\$3,579,703	\$3,793,259
Total Liabilities and Net Assets	\$3,803,730	\$4,018,549

Wellness House Functional Expenses (FY 2021)



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

Chair

Lauren Staniar Haarlow

Members

Eric Biegansky
 Angela Breton
 Andrew Brickman
 Stephanie Brzozowski
 Nolan Burke
 Dick Burridge Sr.
 Anna Fiascone
 Thomas D. Grusecki
 Molly Haunty
 Monte Henige
 Lauren Ferrara Houder
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 Ken Julian
 Robert C. Knuepfer III
 Karen Dunn Lopez
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 LaToya McGhee
 Lori Naccarato
 Curtis Reed
 Kerstin Regnery
 Elizabeth Sharp
 Mike Soenke
 Omer Sultan
 Scott Thick
 Kevin Thilborger
 Shawauna Ward

Executive Director

Lisa K. Kolavennu, MA, LPC

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 Tornie and Stu MacKay
 Marcia and Thomas McCormick
 Edward T. McGowan
 Sarah and Eddie Opler
 Valerie and John Paro
 William Walker
 Lorraine Wolfe

STAFF

Lisa K. Kolavennu, MA, LPC,
 Executive Director

Programs

Tracy Lester, MS, ACSM/ACS CET,
 ACE Health Coach, RYT
 Director of Programs
 Nevada Bennett, LPC
 Oncology Support and Family Counselor
 Brittany Brady
 Oncology Education Coordinator
 Madeline Butler-Sanchez, MS
 Bilingual Community Oncology Dietitian
 Jadyn Chipman, ACSM GEI, ACSM/ACS CET
 Exercise and Stress Management
 Programs Manager
 Angela Dennison, RD, LDN, ServSafe Certified
 Nutrition Programs Manager
 Ikea Johnson
 Community Relations Advocate
 Barbara Kilkus
 Engagement Coordinator
 Jeri Lau, ACSM/ACS CET, CETI CES
 Oncology Exercise Specialist
 Maigenete Mengesha, Ph.D
 Senior Oncology Support Counselor
 Kelli Mitchell
 Community Relations Manager
 Ellen Nieman, LCSW
 Education, Engagement and Evaluation Manager
 Jill Otto, LCSW
 Support and Family Programs Manager

Vania Perry, MS, NASM-CPT, CETI CES
 Oncology Exercise Specialist

Beth Possley
 Program Associate

Thelma Razo, LSW
 Bilingual Oncology Support and Family Counselor

Michael Williams, Psy.D,
 Senior Oncology Support Counselor

Amanda Woods, MS, ACSM/ACS CET, ACSM EP-C
 Wellness Programs Coordinator

Marketing and Development

Mary Kreller
 Director of Development and Marketing

Laura Anderson
 Marketing Assistant

Alice Fillers
 Development and Marketing Assistant

Deb Kwiatt
 Marketing and Communications Manager

Liza Larsen
 Manager of Special Events and Annual Giving

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
 Courtyard Manager

Tami Cartensen
 Assistant Courtyard 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.

**Wellness
House** for LIVING
with CANCER

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521

Phone 630.323.5150 wellnesshouse.org