Complete cancer wellness every step of the way.
We use a research-based psychosocial approach addressing the whole person - socially, emotionally, physically, spiritually and psychologically.

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.

Cancer can take an emotional, physical and psychological toll and can look quite different from one person to the next. That’s why our experts and specialists in the field of oncology welcome participants across 6 program areas to address the whole person. In FY 2022, nearly 3,000 people affected by cancer from 35 states found 520 online, in-person, hybrid, and on-demand programs a month to choose from. That means equitable cancer support is available in a way that is meaningful for each individual, caregiver and family member.

As you read the stories in this Annual Report, you’ll find a common theme of inspiration, hope and a deep sense of connection and community. Each individual experiences a meaningful life-changing improvement in quality of life. Wellness House is here from the moment of diagnosis through survivorship – every step of the way.

Complete cancer wellness for everyone.
“No one should be disadvantaged when faced with cancer. It is truly an honor to be a part of an organization that serves as a cornerstone in the Chicagoland area in offering a multitude of evidence-based psychosocial support services to advance cancer health equity among all people impacted by cancer.”

- Maigenete Mengesha, Director of Programs, Wellness House
Placed in front of Patsy Walker’s home is a flag that bears the words “be a light.” Wellness House, Patsy said, gives her a place to put those words into action.

Patsy spends her Tuesday mornings on Zoom with fellow members of the Living with Metastatic Breast Cancer support group led by Senior Oncology Support and Counseling Program Manager Jill Otto.

“It’s a place where you can let your hair down,” Patsy said, and where women facing a similar diagnosis can share stories, voice worries and lift each other up.

Like many women, Patsy was unfamiliar with being on the receiving end of care prior to her cancer diagnosis. Learning to accept help is one of the many things that she’s gained through the support group.

Patsy’s life is filled with faith and family, but it’s also filled with frequent doctor appointments, treatments and procedures. The support group is a reminder that she is not alone.

“We’re able to talk plainly, matter of factly, about what’s going on in our lives,” Patsy said.

But the women in the Tuesday support group have more in common than cancer. They’re mothers, grandmothers, daughters and wives who share about their families, their jobs and even their pets. Patsy said the other members enjoy it when her dog occasionally joins the call.

Despite her ongoing battle, Patsy said she lives a life filled with blessings, one of which is Wellness House. She said she sees no choice other than to face each day with a positive attitude - an attitude that she’s happy to share with the rest of the group each Tuesday.

“If I can bolster a fellow metastatic breast cancer sister up, it’s a help. It really is.”
Imagine hearing, for the first time, three words that change your life - you have cancer. Your physician will come up with a medical treatment plan, but there are more parts of you that will need care; socially, emotionally, physically, and spiritually. All the things that make you who you are. Wellness House is here to support you as a whole person, from the very moment of diagnosis and beyond - every step of the way.

Last year, 2,993 individuals made 42,900 visits to in-person and online programs to find care for themselves. The numbers speak to the sheer volume of life-changing experiences and a profound result - 97% of those who attend programs feel an improvement in their quality of life. As programs returned in-person this past year, the sounds of healing and hope could be heard as children played outside during Kids Kamp; the aromas of healthy cancer-fighting foods could be smelled during cooking programs; and the quiet strength of understanding could be felt during support groups. Over the past fiscal year, Wellness House participants had a multitude of ways to come together to care for all parts of themselves. A robust combination of 520 in-person and online programs a month, taught by experts in oncology, are available to everyone, regardless of location. The opportunity to live better through every part of a cancer experience has never been more accessible.

Since our doors opened in 1990, you have helped 42,652 people experience meaningful support as they navigate the unexpected twists and turns that come with a cancer diagnosis. We are deeply grateful to you for walking with us, with patients, with families, and survivors - every step of the way.

Warmly,

Lisa K. Kolavennu, MA, LCPC
Chief Executive Officer

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94% of participants say they are likely or very likely to recommend Wellness House to a friend.
“It has been such a pleasure to be with the gentlemen in the prostate group twice every month. They care for each other so authentically, whether they have known each other for a good while or are welcoming a new groupmate. They have established a culture of trust, information and experience-sharing, and always good humor.”

*Michael Williams, Psy.D.*
Senior Oncology Support Counselor

Jim Horn

Jim Horn has never been one for surprises. An attorney, he prefers to know what’s coming and how he will react. But there was no way to prepare for the shock he received when a routine physical in 2016 revealed stage 3 prostate cancer.

“Nothing could have surprised me more,” said Jim, who had always been healthy and active.

Jim began visiting Wellness House almost immediately after his diagnosis. He’s attended educational programs, peer group meetings, nutrition consultations, exercise classes, mind-body movement sessions and learned about meditation. Today, he’s cancer free, thanks in no small part, he said, to Wellness House.

Jim said he has drawn significant strength from the prostate cancer support group, which gives men a safe place to share their experiences, voice their fears and gather information. More than 100 men engage with the prostate cancer support group, and 20 to 30 typically attend the twice monthly meetings, Jim said. Each of those men is in a different place in their experience, but each can find the support he needs amongst his fellow members and group facilitator, Michael Williams.

Jim said sharing his knowledge and experience with the prostate cancer support group has helped make his own difficult and unexpected journey a little easier.

“Doing what I can to help others facing cancer has given new meaning and purpose to my life,” he said. “It’s my way of giving back.”

Meanwhile, he listens to the experiences of other men in hopes of preparing himself for whatever lies ahead, and avoiding another life-changing surprise.

“I’m already armed with lots of information,” he said, and the knowledge that he has Wellness House and his fellow support group members to turn to for support.
Having cancer can be a lonely experience. It can be even lonelier when you speak a different language from most of those around you.

“I needed to find a place where I could find support and where people understood what I was going through,” said Wellness House participant Esperanza Gomez, speaking through an interpreter. Esperanza speaks Spanish, and she said she was thrilled to learn that Wellness House offered support groups, classes and counseling in her language.

During treatment for breast cancer, Esperanza said she gained strength from grupo de apoyo, a support group for Spanish speakers, and it helped to hear others’ experiences and share her own story - all in her own language. At Wellness House, she found people who understood how she was feeling and what she was saying, Esperanza said.

Now in remission, Esperanza continues to turn to Wellness House as she works on her physical and mental health. She takes part in Saturday yoga classes and nutrition programs, all taught in Spanish, which help her to take charge of her own health. She said Wellness House nutrition classes have introduced her to some different but delicious new recipes, including a plant-based Puerto Rican rice and a hot dog made from bananas.

“I was always a healthy eater,” Esperanza said. But now, she’s even more careful about what she cooks and what she eats. Esperanza said she wants more people to know that Spanish speakers don’t have to feel alone in their cancer journey. Bilingual programming at Wellness House has made her feel welcome, supported and helps her live intently, with cancer.

“I am grateful to everyone who helps me have a better quality of life every single day.”
Our experts, specialists and programs focus on the individual needs of people through every step of cancer - before, during and after treatment.

Research shows that eating healthy foods, exercise, stress reduction and emotional support lead to better outcomes during and after cancer treatment. **97% of participants report an increased sense of well-being.**

“**Our exercise programs provide the tools to start somewhere and progress at a rate that is recommended and safe.**”

*Jadyn Chipman, ACSM GEI, ACSM/ACS CET*

“**Our experts create a dependable place for participants to unwind and relax.**”

*Angie Ruggiero, ACE CPT, ACE GFI*

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In FY 2022

- **520** online, in-person and hybrid programs presented on average each month.
- **42,900** visits were made to Wellness House programs.
- **94%** of participants report an increase in the ability to manage the side effects of cancer treatment.
Information and Education
Access to current and reliable information on topics that inform and empower.

Nutrition
Eating healthy during cancer increases energy and reduces 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.
“Wellness House partners with established organizations so that we can reach communities we couldn’t before. Partnerships are vital in spreading our mission of creating equitable psychosocial support to communities that are deserted in terms of cancer support. These champions understand the “ripple effect” of a diagnosis and the impact of cancer support. We plant the seed – they then take the proverbial seed we’ve planted and with this we not only grow stable partner programs but we grow trust in the community.”

Ikea Johnson
Community Relations Advocate

Partnerships
With more than 32 years of expertise and leadership in psychosocial support, we are breaking barriers and innovating to increase access so that nobody has to face cancer alone. We’re now delivering a powerful combination of online and in-person programming through our main and partner locations so that anyone can access life changing cancer support – from anywhere - all at no cost.
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July 1, 2021 – June 30, 2022

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<tr>
<td>Torianna Lamah</td>
<td>Erin Leahy</td>
<td>Nora Linville</td>
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<td>Barbara LeBreton</td>
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<td>Pablo Lebron</td>
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<td>Cherie Lambourne</td>
<td>Helena Ledic</td>
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<td>Melodie Lamkey</td>
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<td>Mark Lamutt</td>
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<td>Leslie Landenberger</td>
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<td>Madonna Leichum</td>
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<td>J Lane</td>
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<td>Victor Locastro</td>
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<td>Katie Lane</td>
<td>Lemont High School District 210</td>
<td>Janet Lochridge</td>
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<tr>
<td>Brian Lang</td>
<td>Donna Lengyel</td>
<td>Robert Lockerby</td>
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<tr>
<td>Daniel Lang</td>
<td>Kathleen Lennon</td>
<td>Lodge Friendship No 66 CSA</td>
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<thead>
<tr>
<th>Volunteers</th>
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</thead>
<tbody>
<tr>
<td>Elaine Adams</td>
<td>Maryann Ahmad</td>
<td>Ardie Baroni</td>
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<td>Mary Berglind</td>
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<td>Mary Binder</td>
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<td>Jill Cecchini</td>
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<td>Jordyn DeLeon</td>
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<td>Jeff Deutsch</td>
<td>Jeff Deutsch</td>
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<td>Anne Delaney</td>
<td>Molly DiBernardo</td>
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<td>Jordyn DeLeon</td>
<td>Joyce Domenico</td>
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<td>Jeff Deutsch</td>
<td>Mary Drobny</td>
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<td>Molly DiBernardo</td>
<td>Brenda Duncan</td>
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<td>Joyce Domenico</td>
<td>Juanita Elder</td>
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<td>Mary Drobny</td>
<td>Anne Emmons</td>
<td>Anne Emmons</td>
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<td>Brenda Duncan</td>
<td>Charlie Evans</td>
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<td>Rick Meschino</td>
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<td>Cathy Milner</td>
<td>Kathy Nolan</td>
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<tr>
<td>Russell Myers</td>
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<td>National Charity League-Hinsdale</td>
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<td>Kathy Nolan</td>
<td>Gail Pearson</td>
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<td>Gayle Perzek</td>
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<tr>
<td>Jamie Ott</td>
<td>Darlene Piasecki</td>
<td>Darlene Piasecki</td>
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* Includes gifts directed to the Wellness House Foundation
# STATEMENT OF FINANCIAL ACTIVITIES

_Fiscal Year Ends June 30_

## OPERATING REVENUE

<table>
<thead>
<tr>
<th></th>
<th>FY 2021</th>
<th>FY 2022</th>
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<tbody>
<tr>
<td>Contributions</td>
<td>$1,944,095</td>
<td>$1,826,721</td>
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<tr>
<td>Special events, net</td>
<td>$963,826</td>
<td>$1,345,168</td>
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<tr>
<td>Grants</td>
<td>$383,595</td>
<td>$496,250</td>
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<tr>
<td>In-Kind Contributions</td>
<td>$86,991</td>
<td>$95,265</td>
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<tr>
<td>Other Revenue</td>
<td>$9,286</td>
<td>$8,206</td>
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<tr>
<td>Interest and Dividends</td>
<td>$1,682</td>
<td>$1,030</td>
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Total Operating Revenue $3,389,475 $3,772,640

## OPERATING EXPENSES

<table>
<thead>
<tr>
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<th>FY 2021</th>
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<tbody>
<tr>
<td>Program Services</td>
<td>$2,296,157</td>
<td>$2,632,381</td>
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<tr>
<td>Administrative</td>
<td>$331,269</td>
<td>$336,743</td>
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<tr>
<td>Development</td>
<td>$548,493</td>
<td>$665,916</td>
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Total Operating Expenses $3,175,919 $3,635,040

Change in net assets $213,556 $137,600

## ASSETS

<table>
<thead>
<tr>
<th></th>
<th>FY 2021</th>
<th>FY 2022</th>
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</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$1,862,731</td>
<td>$1,889,803</td>
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<tr>
<td>Current Receivables</td>
<td>$23,250</td>
<td>$67,500</td>
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<tr>
<td>Prepaid Expenses</td>
<td>$49,773</td>
<td>$105,979</td>
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Total Current Assets $1,935,754 $2,063,282

## LIABILITIES AND NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>FY 2021</th>
<th>FY 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td></td>
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<tr>
<td>Accrued Expenses</td>
<td>$93,767</td>
<td>$141,028</td>
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<tr>
<td>Refundable Advances</td>
<td>$47,767</td>
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<td>Total Current Liabilities</td>
<td>$225,290</td>
<td>$199,569</td>
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## NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>FY 2021</th>
<th>FY 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undesignated equity in property and equipment</td>
<td>$2,082,792</td>
<td>$2,067,146</td>
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<tr>
<td>Undesignated</td>
<td>$1,650,502</td>
<td>$1,743,713</td>
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<tr>
<td>Donor restricted</td>
<td>$59,965</td>
<td>$120,000</td>
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<tr>
<td>Total net assets</td>
<td>$3,793,259</td>
<td>$3,930,859</td>
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</table>

Total Liabilities and Net Assets $4,018,549 $4,130,428

We don’t charge participants for any of the programs 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 expend our resources._
**FY 2022**
**BOARD OF DIRECTORS**

**Chair**
Lauren Staniar Haarlow

**Members**
Gina Pongetti Angeletti
Angela Breton
Andrew Brickman
Stephanie Brzozowski
Dick Burridge Sr.
Vineet D’Souza
Lilly Gillespie
Thomas D. Grusecki
Molly Haunty
Monte Henige
Lauren Ferrara Houder
Ken Julian
Robert C. Knuepfer III
Karen Dunn Lopez
Sean E. McCarthy
LaToya McGhee
Briana Brandt Murray
Lori Naccarato
Curtis Reed
Elizabeth Sharp
Stephen Smith
Mike Soenke
Kevin Thilborger
Arpi Thukral
Shawauna Ward

**Executive Director**
Lisa K. Kolavennu, MA, LCPC

**LIFETIME TRUSTEES**
Terri and Dick Barrett
Henry G. Bates
Robert H. Baum
Susan and Ken Beard
Katherine and Michael Birck
Mary Grace and Kevin Burke
Nan and Dick Burridge Sr.
Bethanne and Rick George
Lynne and A. William Haarlow III
Suzanne and James N. Hallene
Allison and Robert C. Knuepfer III
Allen Koranda
Kay and Fred Krehibiel
Robin and Thomas S. Lee
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, LCPC,
Executive Director

**Programs**
Magainete Mengesha, Ph.D.
Director of Programs
Tracy Lester
Director of Strategic Program Initiatives
Nevada Bennett, LPC
Oncology Support and Family Counselor
Brittany Brady
Community Engagement & Program Events Manager
Jadyn Chipman, ACSM, GEI, ACSM/ACS CET
Exercise & Stress Management Programs Manager
Angela Dennison, RD, LDN
Nutrition Programs Manager
Blanca Diaz-Martinez
Participant Navigator
Beth Gomez, LCSW, OSW-C
Child and Family Program Manager
Ikea Johnson
Community Relations Advocate
Jeri Lau, ACSM/ACS CET CETI CES
Oncology Exercise Specialist
Ellen Nieman, MSW, LCSW
Education, Engagement and Evaluation Manager
Jill Otto, LCSW
Sr. Oncology Support & Counseling Program Manager
Beth Possley
Program Associate
Angie Ruggiero, ACE CPT, ACE GFI
Exercise & Stress Management Coordinator

Thelma Razo, LSW
Bilingual Oncology Support & Family Counselor
Allison Wenclawski, AM, LCSW
Oncology Support Counselor
Michael Williams, Psy.D.
Senior Oncology Support Counselor
Kara Niekamp
Oncology Education & Engagement Associate
Jamie Shifley
Community Oncology Dietitian

**Development and Marketing**
Kate Fridholm
Director of Development
Alice Fillers
Development and Marketing Assistant
Deb Kwiat
Marketing Communications Manager
Liza Larsen
Manager of Special Events & Annual Giving

**Finance and Operations**
Gaye E. Preston, MBA
Director of Finance and Operations
Lizz Hawkey
HR and Volunteer Manager
Bradley Schafer
Office Manager

**The Courtyard**
Tami Cartensen
Courtyard General Manager
Jamie Ott
Courtyard Retail 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.