

Wellness
House for LIVING
with CANCER

I
found
hope
here

Annual Report
Fiscal Year 2024

Nearly
50,000
individuals engaged in
Wellness House services
since 1990

3,942
individuals were served*

97%
experienced an increased
sense of well-being*

45,813
visits were made
to programs*

Wellness House programs
EDUCATE, SUPPORT, AND EMPOWER
participants so they will improve their
physical and emotional well-being.

Hope has never been more accessible and starts at the moment when an individual or family member walks through Wellness House's doors for the first time. The meaningful moments and life-changing experiences that define hope can be felt through the halls of The Kay and Mike Birck Home of Hope in Hinsdale, online Zoom rooms, and more than 30 partner collaborations throughout Chicagoland.

In FY24, nearly 4,000 individuals found hope at Wellness House through knowledge in nutrition, exercise, reducing stress through relaxation techniques that calm the mind, family programs, connecting with others who are going through the same thing and staying informed with current and reliable information.

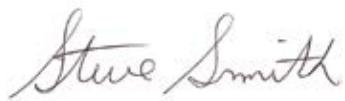
Wellness House is providing life-changing tools and community to more individuals and families than ever before with over 525 monthly programs—all at no cost. Since Wellness House opened its doors in 1990, **nearly 50,000 people have discovered a place to find hope.**

Hope Grows

Dear Friends

The signature of Lisa K. Kolavennu, written in a flowing cursive script.

Lisa K. Kolavennu, MA, LCPC
Chief Executive Officer

The signature of Stephen Smith, written in a flowing cursive script.

Stephen Smith
Board Chair

Hope. Hope can see us through dark and worrisome times. Hope can give us the strength to face a new day even when it is filled with pain and suffering. Hope can mean something different to everyone, yet also be the shared feeling that brings people together to support one another. When someone is diagnosed with cancer, daily life is turned upside down and the future can feel uncertain. That's where Wellness House steps in, encouraging and inspiring hope when it can otherwise feel lost.

Last year, 4,000 people found a space filled with hope when they came to programs at Wellness House. By participating in support groups, exercise classes, nutrition workshops, and more, people facing cancer found life-changing knowledge, encouraging experiences, and a community of support. With more than 525 programs offered each month, those impacted by cancer joined our programs at our main location in Hinsdale, at one of our many partner locations in Chicagoland, and even online. Hope is now more accessible than ever.

In this annual report, we share stories of participants who came to our programs seeking wellness during cancer. On the following pages, you will read about Carmen who found a new passion as well as a new perspective on her future. You will also read about Bernie who found inspiration, friendship, and knowledge while meeting with a group of men facing prostate cancer. These stories, along with others, give a glimpse into the profound impact that Wellness House programs make.

Because of you, hope is growing for more individuals and families than ever before. We are incredibly thankful for your friendship, your support, and your partnership, all of which help make it possible for Wellness House to continue to serve those most in need.

With gratitude,

98%

*experienced an increase
in overall quality of life**

*“Hope can give
us the strength to
face a new day.”*



“I felt welcome the first day I walked into Wellness House.”

Carmen

92%

*experienced an increase in the ability to explore and identify meaning and purpose in their life**

Carmen

Carmen came to Wellness House in search of a creative outlet as she continued to recover from breast cancer surgery and chemotherapy. What she found was a place that gave her the confidence to pursue a passion that's quickly turned into a new career in jewelry design.

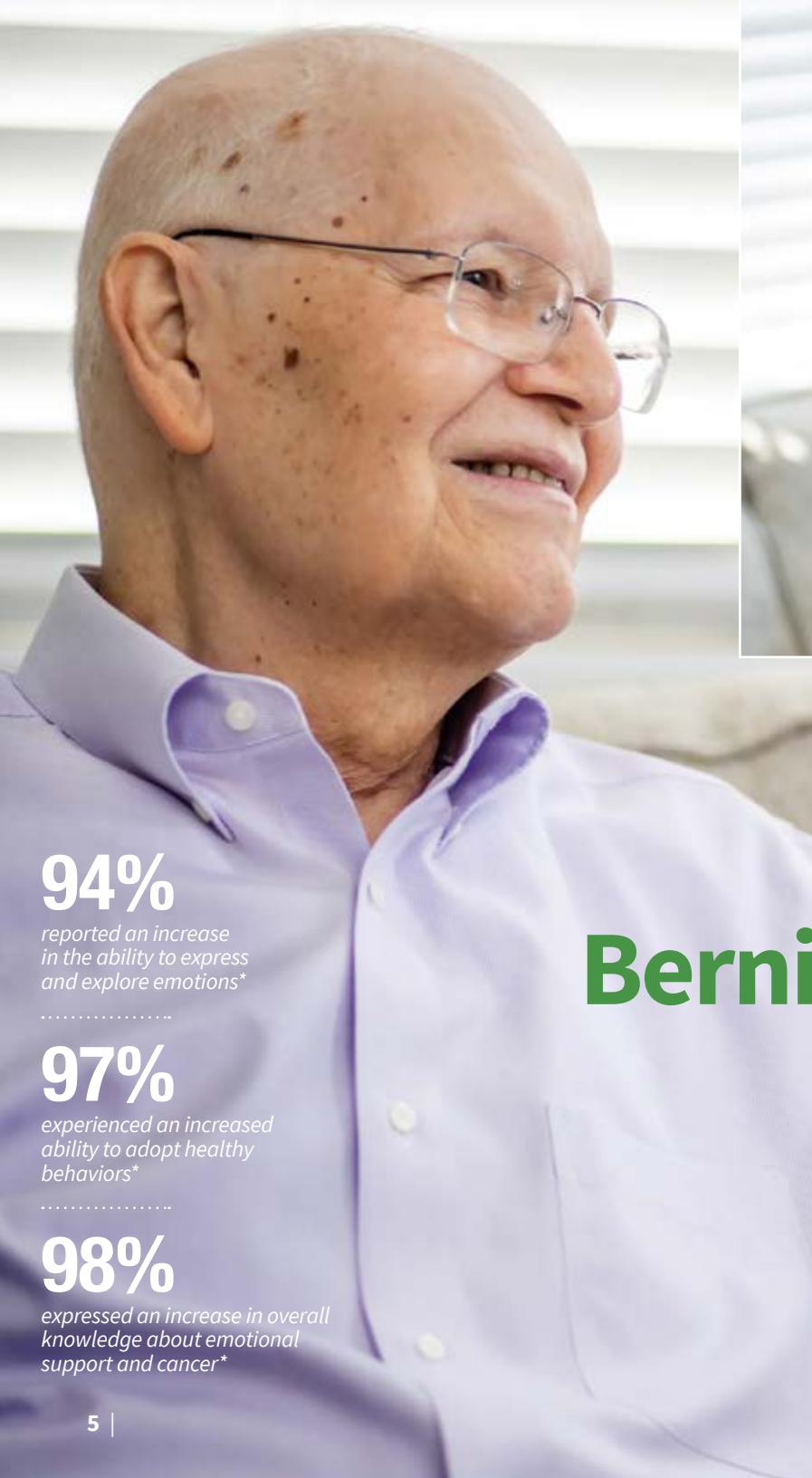
“I signed up for art therapy classes,” said Carmen, who received her diagnosis in early 2023.

Those classes unleashed the artist that Carmen had set aside in favor of a career that, while unfulfilling, offered security.

“I was fighting with myself,” she said, torn between a job that would pay the bills and one that would make her happy. Since her cancer diagnosis, Carmen has learned to fight for herself, and she owes that newfound confidence in no small part to Wellness House.

“I told myself, just do it,” said Carmen, who said she felt a welcoming energy the first time she walked through the doors of Wellness House, and every day since. In the following months she enjoyed cooking classes, discovered reiki, and found people and resources to support her through her cancer experience and beyond.

“They really do what they say,” said Carmen, who is now cancer free and looking forward to a life and career doing what she loves.



94%

reported an increase
in the ability to express
and explore emotions*

97%

experienced an increased
ability to adopt healthy
behaviors*

98%

expressed an increase in overall
knowledge about emotional
support and cancer*



Bernie

“Strength in numbers fits the Wellness House Home of Hope Prostate Support Group in both the most heartfelt and the most practical ways. The culture of trust, camaraderie and good humor these men have built together is itself an ongoing source of strength. They are there for each other, thick and thin.”

Michael Williams, Psy.D.
Senior Oncology Support Counselor

“It’s a very close group in that respect,” Bernie said.

Twenty-five or more men typically turn out for the support group’s twice-monthly meetings. After years of virtual meetings, the group returned to an in-person format in 2023, but retained the option to meet via Zoom. That allows men from all over the country, including Bernie’s good friend from Austin, Texas, to benefit from the advice and camaraderie that comes with being a “Prostate Cancer Brother.”

Diagnosed with prostate cancer in late 2018, Bernie said he wishes he would have found Wellness House sooner.

Despite the love and support of his wife, Janice, and his family, Bernie recalls feeling alone in the months and even years after his diagnosis.

“People in your family who haven’t had it can’t understand what you’re going through,” he said. But the people at Wellness House understand, and so do the men who make up the prostate cancer support group that Bernie regularly attends.

Men joining the group for the first time are presented with a book containing contact information for every member. Bernie said he’s used the book to reach out to fellow members for information, support, or just someone to talk to. Other times, he’s on the giving end of that support.

Since first joining Wellness House, Bernie also has benefited from private counseling. Janice has taken nutrition classes to learn more about the foods she and Bernie should be eating. Soon, he hopes to return to exercise classes.

Having just finished another round of chemotherapy, Bernie said he doesn’t know what the future holds. But he knows that whatever lies ahead, he will face it with the help of Wellness House and the men he’s met there who now are friends.



98%

*experienced an increase
in sense of community
and support**

Janice, Yolanda, Kendall

People often speak of the things that cancer takes away. Janice, Yolanda and Kendall are living proof of what it can provide.

The three were attending a showcase event at Wellness House's location in Mile Square Health Center and found they had something more in common. Janice had been friends with Yolanda's sister, Lucille, who died from COVID while being treated for multiple myeloma.

"After that day, we became instant family," Janice said. She, Yolanda and Yolanda's fiance, Kendall, bonded not only over their shared experience battling cancer, but of their shared love of Lucille.

Kendall attends Wellness House programs in support of Yolanda, but he also benefits from the support and knowledge provided by Wellness House.

"It applies to me, too," he said of the

nutrition information and relaxation techniques he's learned at Wellness House. "I tell everyone, take a beat and breathe."

Kendall said he also enjoys having a new friend in Janice, and he's seen a big change in Yolanda since finding Janice and Wellness House. Yolanda is more open, he said, and more willing to express her needs and feelings.

Diagnosed with triple negative breast cancer, Yolanda will mark two years in remission this November. She, Janice and Kendall regularly attend Wellness House's tai chi, yoga, art, nutrition and meditation classes together, sometimes taking two classes in one day.

Like Lucille, Janice has multiple myeloma. She's been free of medications for 15 months now and feeling good, because of the support from Wellness House and the new friendships she found there.

"We're actively surviving," Janice said. And they're doing it together.



Janice



Kendall



“I have witnessed Janice, Yolanda and Kendall grow in their self-confidence and self-awareness throughout their engagement with Wellness House, and it’s an honor to serve alongside them in the Chicago community.”

Leanne Siewert
NASM CPT VCS, CETI CET
Oncology Exercise and Engagement Specialist

“Janice, Yolanda and Kendall have encouraged each other and others in the Chicagoland Community to explore our UI Health Mile Square Health Center programs and share community. This is what the Wellness House Mission is all about.”

Earl King, MS, LPC
Oncology Support and Family Counselor

“we became instant family.”

Janice

More than
6,300

*programs were offered in
6 different program areas**

21%

*increase in new participants
served over the previous year**

91%

*experienced an increase in
the ability to manage the side
effects of cancer treatment**

96%

*saw an increase in coping skills**

Expertise and Compassion That Make a Difference

We know that cancer affects everyone differently. Our evidence-based, and expert-led programs address the whole person. At Wellness House, participants can choose from over 525 programs a month in the program areas of Information and Education, Nutrition, Stress Management, Exercise, Child and Family and Support and Counseling.

When a participant enters a class or program, they are met by a welcoming staff member that is equal parts compassionate and professional. This combination allows our team to precisely focus on the individual needs of people who are impacted by cancer.

Hope builds and finds its way through knowledge, experiences, and connecting with others going through the same thing.

Hope Builds

FY 2024: July 1, 2023 - June 30, 2024



SHARING KNOWLEDGE AND COMMUNITY



Participants attend programs from **30** states

On average
525
in-person and online
programs per month

PROGRAM AREAS



Information and Education

FEEL EMPOWERED and stay informed with current and reliable information about new treatments, managing side effects, and coping with cancer



Nutrition

ENERGIZE with healthy eating tips to reduce cancer-related side effects.



Exercise

STAY ACTIVE with safe and recommended exercises before, during, and after cancer treatment. All abilities are welcome and no experience is required.



Stress Management

RELAX with stress management techniques to calm your body, still your mind, and engage your spirit.



Child and Family

BUILD UNDERSTANDING with parent, child, and teen programs that give families a place to learn, express feelings, and heal.



Support Groups and Counseling

CONNECT with others who understand what you're going through.

Unique Boutique

Personalized Salon and Bodywork: A warm and welcoming salon specializing in the care of skin, hair and body during and after cancer.

*“Wellness House
makes me
want to live.”*

Maria



*“I see Maria in three classes a week,
gaining strength, endurance,
confidence, and always smiling
with our other participants.
She has improved not only her own
wellbeing but all our participants
get to share in her joy.”*

Alex Bohnstedt, ACSM-EP
Oncology Exercise and Engagement Specialist





94%

*reported an increase
in knowledge about
nutrition and cancer**

Maria

As the baby of her family, Maria is accustomed to being cared for and protected by her two older sisters. But when it came to facing her life post-cancer, Maria found she needed more.

"I found myself very lonely," said Maria, whose sisters saw her through surgery, chemotherapy and radiation. "I needed to be around people who knew what I was going through."

Maria was scrolling through Facebook when she saw a post about Wellness House and decided to give it a try. In Wellness House she found a place to exercise, yoga to help her relax, and nutrition classes to help her eat better and feel better. She also found the help and support she was looking for.

As she continues to recover from colon cancer, Maria said she is comforted knowing she will always have the support and resources offered at Wellness House.

"The loneliness is not there anymore. Wellness House is what I was looking for. There, they understand me," she said.

One year after first visiting Wellness House, Maria said she's ready to give back to the organization for all it's done for her. She participated in the Walk for Wellness House to help raise funds for free cancer support.

"I'm so happy to feel good enough to walk and to look forward to another day. It's been wonderful. I count the days before I can come back here," Maria said. "Wellness House makes me want to live."



Left: Maria enjoys exercise training programs at Wellness House

In FY 2024

1,061

individuals served at partner locations

3,480

visits to partner locations



Left to Right: Lisa Kolavennu, CEO, Wellness House, Otis W. Brawley, MD, MACP, FRCP(L), FASCO, FACE Bloomberg Distinguished Professor of Oncology and Epidemiology at Johns Hopkins University(keynote speaker at Stronger Together - Health Equity Summit), Maigenete Mengesha, Ph.D., Director of Cancer Health Equity Initiatives



Nearly 80 healthcare professionals attended Stronger Together, Cancer Health Equity Summit presented by Wellness House in partnership with UI Health on the campus of the University of Illinois-College of Medicine. This special event united cancer health equity leaders across Chicago to share new findings and collectively shine a light on solutions to address inequities in cancer care through expert speakers and interactive workshops.

Partners That Bring Cancer Support Close to Home



We partner with healthcare providers throughout Chicagoland to offer accessible cancer support that is close to where people live and work. Our partnership model focuses on relationship building. Together, with other healthcare providers in the Chicagoland area, we unite to reach new participants and increase access to our psychosocial support programs.

Our healthcare provider partnerships play a critical role in helping individuals and families find the life-changing support they need through Wellness House.

Healthcare Collaboration and Education

We provide educational opportunities for the healthcare community through programs such as Professional Perk, Experience Wellness House, Lunch and Learn and our annual Cancer Health Equity Summit. We are committed to supporting our professional colleagues who have the oncology population in their care.

Hope is Shared

Statement of Financial Activities

Fiscal Year Ends June 30

	FY 2023	FY 2024	FY 2023	FY 2024
OPERATING REVENUE			LIABILITIES AND NET ASSETS	
Contributions	\$1,877,155	\$2,169,159	Accounts Payable	\$83,753
Special events, net	\$1,474,303	\$1,687,296	Accrued Expenses	\$192,642
Grants	\$385,194	\$495,506	Total Current Liabilities	\$276,395
In-Kind Contributions	\$106,567	\$117,058	Total Non-Current Liabilities	\$530,786
Other Revenue	\$8,338	\$6,440	Total Liabilities	\$722,313
Interest and Dividends	\$15,930	\$61,800		
Total Operating Revenue	\$3,867,487	\$4,537,259		
OPERATING EXPENSES			NET ASSETS	
Program Services	\$2,714,334	\$3,123,178	Undesignated equity in property and equipment	\$1,970,578
Administrative	\$352,005	\$405,075	Undesignated	\$2,047,524
Development	\$664,905	\$727,056	Donor restricted	\$49,000
Total Operating Expenses	\$3,731,244	\$4,255,309	Total net assets	\$4,067,102
<i>Change in net assets</i>	<i>\$136,243</i>	<i>\$281,950</i>	Total Liabilities and Net Assets	\$4,343,497
ASSETS				\$5,071,365
Cash and Cash Equivalents	\$2,268,796	\$2,824,309		
Current Receivables	\$17,250	\$16,231		
Prepaid Expenses	\$86,873	\$143,189		
Total Current Assets	\$2,372,919	\$2,983,729		
Property and Equipment (net)	\$1,970,578	\$1,875,661		
Total Other Assets	\$1,970,578	\$2,087,636		
Total Assets	\$4,343,497	\$5,071,365		

Wellness House Functional Expenses (FY 2024)

We don't charge for any of the programs we offer. We know they have tremendous value to those who are impacted by cancer. *Every donation makes a difference and your support is vital. We take great care in how we expend our resources.*

Program Services	73%
Development	17%
Administrative	10%

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July 1, 2023 – June 30, 2024

\$50,000 +

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