



REPORT TO OUR COMMUNITY

2008 saw impressive growth for The Wellness Community Valley/Ventura. Serving more than 3,160 individuals through 13,464 visits representing more than 23,668 hours of service, TWC V/V also opened two new satellite locations and served more than 1,545 NEW PARTICIPANTS. Our services complement conventional treatment, enhance recovery and improve quality of life for people with cancer. All of our services are **FREE OF CHARGE** to people affected by cancer. The following programs and services were provided in 2008:

16 WEEKLY SUPPORT GROUPS

(Totaling 765 sessions)

Support groups for cancer patients and family members are facilitated by professional therapists who specialize in psychosocial oncology issues.

13 MONTHLY NETWORKING GROUPS

(Totaling 151 sessions)

Networking groups are designed for people with similar experiences, including breast cancer, prostate cancer, brain tumors, gynecological/ovarian cancer and life after cancer. These groups are facilitated by professional therapists, registered nurses and peers who specialize in psychosocial oncology issues.

9 WEEKLY MIND/BODY/ EXERCISE CLASSES

(Totaling 504 sessions)

Mind/body classes such as yoga, Tai Chi Chih and Qigong aid in stress reduction, enable people with cancer to gain strength and stamina and promote a sense of well-being. All classes are led by experienced practitioners who have worked extensively with cancer survivors.

SPANISH LANGUAGE PROGRAMS

3 bi-monthly support groups, 1 monthly support group, 1 bi-monthly, bilingual Kids Circle

(Totaling 88 sessions)

These services include the underserved, monolingual Spanish-speaking participants with any type of cancer, and are facilitated by bilingual, culturally-fluent therapists. Programs offered include support groups, mind/body programs, social activities, peer support, one-to-one outreach to patients in oncology clinics and Kids Circle.

7 EDUCATIONAL SERIES

(Totaling 58 sessions)

Educational series are held for 6-10 weeks each to provide those affected with cancer and their caregivers in-depth strategies, tools and resources to cope with the experience of cancer and treatment. Facilitated by professional therapists and oncology experts, series include: Return to Wellness, Live Well! Life beyond Cancer, Mindfulness-based Stress Reduction and Spiritual Perspectives.

124 EDUCATIONAL WORKSHOPS

Workshops are conducted by experts on a variety of topics such as nutrition, treatment advances and complementary therapies.

78 KIDS CIRCLE PROGRAMS

Weekly groups and special activities are held for children who have a parent or grandparent with cancer, enabling children to cope with the experience of a parent going through treatment and recovery. These activities are facilitated by professional therapists who specialize in psychosocial oncology and family issues.

99 SOCIAL ACTIVITIES FOR PARTICIPANTS AND FAMILIES

A variety of social activities are held throughout the year to foster community and mutual support for people with cancer and their loved ones. Examples are: National Cancer Survivors Day, Daniel's Day of Magic and other community events.

INDIVIDUAL SUPPORT

(Totaling 1,735 sessions)

This includes intake interviews, informal counseling, and one-to-one outreach to cancer patients, orientation and referrals.

Pictured above: Bob Ferber, a nine-year survivor of chronic myeloid leukemia, and a Wellness Community participant.

Photo by Kristen Thebaud



PARTICIPANT SPOTLIGHT

NANCY COLTON

Nancy Colton, a Wellness Community participant, steadfastly holds on to hope. Nancy embodies the Patient Active® concept that is the foundation of The Wellness Community Valley/Ventura and inspires those around her to “find some joy in every day.”



Photo by Mark Brandes

Initially diagnosed with invasive ductal carcinoma, Nancy later learned that her cancer had spread and she was dealing with Stage IV metastatic cancer, which is currently incurable.

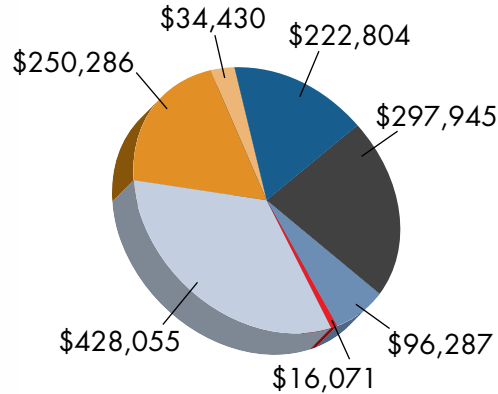
Nancy says, “I have a husband, three kids, three dogs and I had a full time job – I didn’t have time for cancer! But, we don’t choose cancer, it chooses us. Keeping my head in a good place enables me to feel like I have some control over choices I make, how I choose to live my

life and how I choose to treat my disease. Cancer doesn’t just happen to you or one part of your body. It affects your body, mind and heart. It affects your family, your loved ones, your co-workers and friends. In order to keep my head in a good place I choose to treat my whole body, mind and heart by attending support groups, Yoga classes, utilizing complementary treatments and most importantly remembering to laugh. Hope is what keeps my head in the right place and enables me to continue moving forward with life. One source of hope is my support group. Wednesday, the day my support group meets, is my favorite day of the week. I wish that there were more Wednesdays in a week so I could be at TWC V/V with my group more often.

I don’t know anyone who could manage this journey alone. But nobody has to, if they take advantage of The Wellness Community Valley/Ventura. There are free programs for family members and caregivers as well as children who have either a parent or grandparent experiencing cancer.

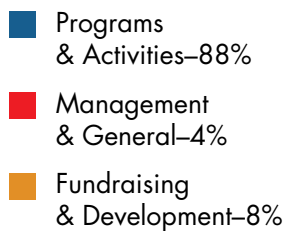
I plan to do all I can to live long enough for some brilliant scientist to find a cure and I know that the support I receive from my family, friends and The Wellness Community Valley/Ventura will be there with me every step of the way.”

REVENUE



TOTAL REVENUE
\$1,345,878

EXPENSES



TOTAL EXPENSES
\$1,320,406

Based on unaudited 2008 internal financial statements

The mission of TWC V/V is to help people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education, and hope.

THE WELLNESS COMMUNITY VALLEY/VENTURA

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SATELLITE OFFICES:

CENTRAL COAST SATELLITE

614 13th Street, Paso Robles, CA 93446 | 805.238.4411

SAN FERNANDO VALLEY SATELLITE

19725 Sherman Way, Ste. 270, Winnetka, CA 91306 | 818.407.1643

VENTURA SATELLITE

Community Memorial Hospital, Cancer Resource Center
184 North Brent Street, Ventura, CA 93003 | 805.652.5459