Resilience Recovery Renewal

ANNUAL REPORT



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Board and Executive Director Message

A TIME OF RESILIENCE, RECOVERY AND RENEWAL

Welcome to Wellspring Niagara's annual report for 2022. We are proud to share our successes, challenges, and the lessons learned during a disruptive two years with COVID.

As with many organizations, the pandemic impacted our service delivery and operations and how we raised vital donations to support our mission delivery. A cancer diagnosis presents challenges and struggles for many people, and COVID added another element of isolation and uncertainty.

As a community-based organization, we are proud of our staff, volunteers and program leaders' resiliency and quick adaption in responding to disruptive changes with minimal impact on our members. We are also incredibly grateful to our community, who supported our mission and mandate during this time of uncertainty. With less income generated, your support was instrumental in helping Wellspring ensure no one had to face cancer alone.

On April 4, 2022, we officially reopened our beautiful centre and began returning to a "new normal." Our approach to getting back through this recovery and renewal period was slow and systematic. We applied new and innovative learnings to improve program delivery, including a hybrid model that increased member accessibility. We also moved our member and program registration to an online process, making it quicker and more convenient for people to access our programs.

Upon our gradual return, we were surprised to experience a 51% increase in new member registration compared to pre-pandemic numbers. This increase only demonstrates the need for our services in Niagara.

As a community-based organization with no government or hospital funding, we must focus on developing a strategy to provide sustainable funding so that Wellspring Niagara can continue to meet the ever-growing demand for its services.

On behalf of the Board of Directors and staff, we thank our community for its unwavering support and generosity. Throughout our 21-year history, our community has helped us grow and impact thousands of individuals and families.

Wellspring Niagara has helped and continues to help people live well with cancer.



Deborah O'Leary Chair, Board of Directors



Linda Morinello Co-Chair, Board of Directors



Ann Mantini-Celima Executive Director

Wellspring Niagara has been building a supportive cancer community since 2001. We support anyone with any cancer at any point on their journey – those diagnosed, caregivers and kids.

"No one should feel alone." Aldo Mantini, Founder, Wellspring Niagara

> "Wellspring has been a true gift and lifeline for me. A place I feel seen, heard, and supported in this difficult, complex life my family and I live."

> > Gloria Wellspring Niagara Member

Program Impact

2022 proved to be a year of recovery and renewal as we reintroduced in-person programming while continuing with virtual programs offered since the onset of the COVID pandemic.

On April 4th, 2022, we officially welcomed back members. With a slow integration of programs, we focused on ensuring our members, volunteers and program leaders felt safe returning to our centre.

Throughout 2022, we registered over 5,549 attendances and saw an increase in new member registration and centre visits.

New Member Registration 2021 vs. 2022



Quick Highlights

789 Cancer Exercise attendances registered, with 72 individuals participating.

765 Peer Navigation calls and visits were registered.

325 Therapeutic Arts sessions registered.

66 gently used wigs were distributed to women in cancer treatment.

2022 Mission Survey

An annual Mission Survey is conducted with members across Niagara. The following are the results received in 2022.

100%

Niagara members felt that Wellspring is a safe and confidential place.

100%

Niagara members felt they were treated with compassion and respect.

100%

Niagara members felt that Wellspring staff and program facilitators are knowledgeable and helpful.

100%

Niagara members felt that Wellspring is warm and welcoming.

100%

Niagara members felt they would recommend Wellspring to others.

99%

Niagara members felt satisfied with their overall experience at Wellspring.

97%

Niagara members felt their quality of life improved as a result of participation in Wellspring programs.



Quality Assurance Process

Wellspring's program model includes quality assurance features such as:

- Minimum credentials of leaders:
- Where applicable, credentials and areas of expertise from guest experts;
- Required training for new leaders;
- Reference and police checks;
- Ongoing evaluation.

Thank You To Our Dedication Volunteers



"As a Wellspring volunteer, I see tears replaced by smiles and laughter, fear and uncertainty replaced with hope, and the feeling that you are alone replaced by camaraderie. Wellspring programs are offered free of charge to all those who attend because of the generous donations of the people of Niagara."

> Gena Wellspring Niagara Peer Volunteer



Dianne, Winnie and Kanchan

This dynamic trio celebrated 21 years as our library volunteers. In 2022, Dianne and Winnie officially retired, leaving Kanchan to stay on.

Their service has made a difference to so many.



"I am so grateful for the Breast Cancer Support Circle. It provides me with emotional support and information as I navigate this difficult journey which brings fear and anxiety of the unknown."

> Sandra Wellspring Niagara Member





Outdoor Garden Dedication

On June 23, 2022, the Wellspring Niagara Board of Directors invited supporters to attend an open house and dedication ceremony for our beautiful outdoor program gardens.

Our sincere thanks to these incredible donors who helped create a sanctuary for those living with cancer in our community. These beautiful spaces were instrumental in helping us return to in-person programming safely and effectively.

вмо Frank Adamson The Drennan Family Joe Fleming Cathy and Tom Hopkins Kinsmen Club of Fonthill The Mantini and Spagnol Families Rich and Alix Morgan Marco Marrone Joe and Annalea Matthews Merit Contractors Mountainview Building Group Niagara Peninsula Foundation for Children **Ontario Power Generation** George Saranchuk Town of Pelham Willowbrook Nurseries

A Community Working Together To Make A Difference



Following a two-year hiatus due to the pandemic, the Rankin Cancer Run returned in 2022, this time as a virtual event.

Since 2006, the Rankin Cancer Run has raised more than \$11 million to support cancer care programs in Niagara. Wellspring Niagara has been a proud recipient of this incredible community event, receiving over \$2M.

Last year, Wellspring Niagara was grateful to receive an astounding \$200,000! Every dollar Wellspring Niagara receives is directed to the free programs and services offered to men, women and children living with cancer. Every dollar raised stays in Niagara.

We thank the Rankin Cancer Run all-volunteer committee, Rankin Construction and the Niagara community!

Way to go, Niagara!

"Listening to the stories, challenges, and successes of others dealing with their cancer journey helped to maintain a balanced sense of what could and does happen with one's cancer reality."

Paul





Charitable Registration # 86414 6162 RR0001

A Community Working Together To Make A Difference Third-Party Community Events



Cardinal Red Hats

Cotton Construction Golf Day

Bill Drennan Golf Tournament

Dante Lodge Pasta Night

Filthy Phil's Golf Tournament





First Ontario Christmas Raffle

Hometown Bowling

Kinsmen of Fonthill Home & Garden Show

Knights of Columbus 2319 Gardenfest

Knights of Columbus 2319
Harvestfest





Kristy's Army

Niagara Golf & Cycling Marathon

Pat & Dean's Bottle Drive

Station One Coffeehouse Breakfast

Tango Boutique 30th Anniversary





Tim Hortons Smile Cookie Week

Vermeer's Ladies Night

Wellspring Quilt Sales



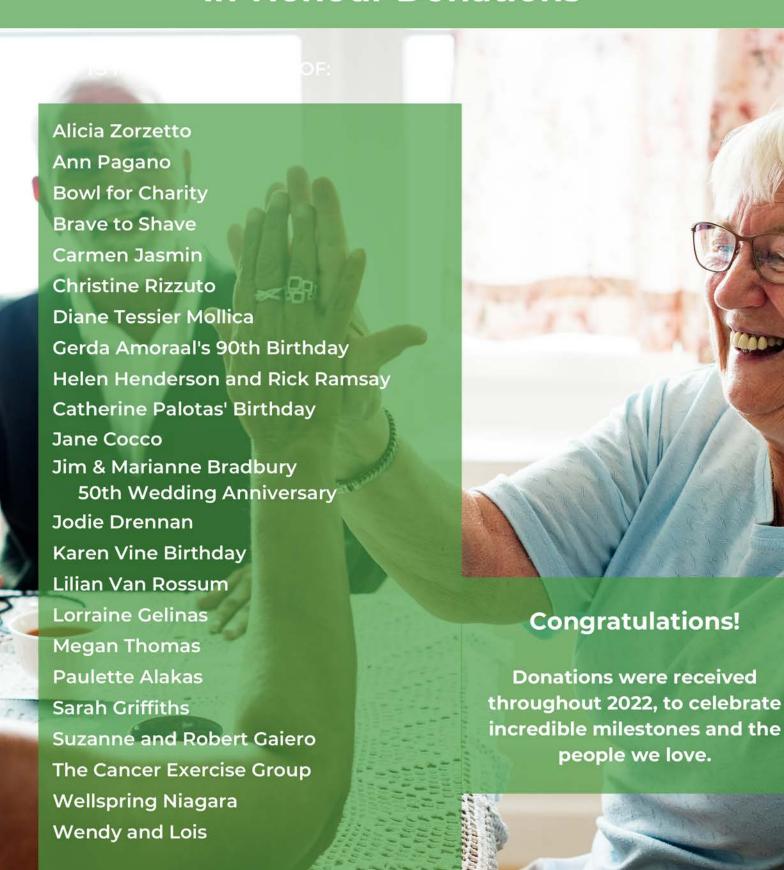
Annual Bill Drennan Memorial Golf Tournament



KRISTY'S ARMY and Meridian Credit Union



Celebrating Milestones In-Honour Donations



wellspringniagara.ca

Returning To In-Person Wellspring Events!



wellspring niagara charity gala



Delayed for over two years, our A Starry Night Charity Gala returned! November 12, 2022

Raising more than \$80,000 for Wellspring's free programs and services.

Our thanks to lead sponsors:

BCM Insurance
Colonial Florist
WeatherTech
Bell Canada
Sullivan-Mahoney
Meridian Credit Union
Prize sponsors and patrons



Charitable Registration #864146162 RR0001

Thank you to our supporters who have given so generously in 2022.

Contributions of \$100K+

Rankin Cancer Run 2022

Contributions of \$10K+

Bonapace, Sheila
Cotton Construction Golf Day
Evergreen Crematorium
Humble Servant Fund
Niagara Golf & Cycling
Maraton
Saranchuk, George
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Contributions of \$5K+

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We apologize for any errors and ommissions.

Thank you to our supporters who have given so generously in 2022.

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We sincerely apologize for any errors or omissions.

Remembering Our Loved Ones

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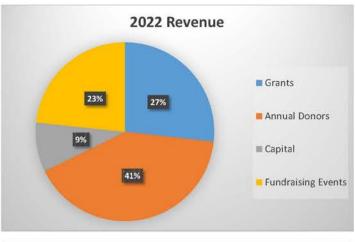
Sheila Orlando

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In 2022, donations made in memory of loved ones that continue to make a difference.

We remember them with love.

2022 Financial Summary







On behalf of the Finance Committee, I am pleased to present a financial summary of the operations of Wellspring Niagara Cancer Support Foundation for the fiscal year ending December 31, 2022.

Wellspring Niagara is a not-for-profit organization and, as such, receives no funding from any government, hospital or United Way Funding for its programs and operations. Wellspring Niagara relies solely on the financial support of the community it serves. We are proud to say that every dollar donated stays in Niagara.

Wellspring Niagara's auditors, Jones and O'Connell, conducted an audit of the 2022 fiscal year, and the records were in good order. A copy of the complete audited financial statements is available upon request.

The Finance Committee wishes to acknowledge the efforts of Wellspring Niagara staff for their commitment and assistance in helping Wellspring Niagara meet our mandate of providing excellent supportive care to the residents of Niagara. These efforts were exceedingly challenging during the pandemic; the staff's work is recognized and greatly appreciated.

Robert Jones, CPA-CMA, Treasurer
Wellspring Niagara Cancer Support Foundation

Thank you to our Community.

Because of you, we were able to continue bringing hope and healing to people impacted by cancer in Niagara.

