Toss your hats in celebration! We provided services to 70% more people in 2016 than 2015 and had over 2,600 visits to the center. These folks appreciated our many programs, which totaled over 400 offerings throughout the year! This included the largest wellness retreat we have done to date. Our emphasis on integrative cancer care and support has become our hallmark and our increase in reach demonstrates that. Class evaluations continue to demonstrate our ability to move the needle in the direction of decreasing anxiety, stress and depression, and providing invaluable tools in order to improve quality of life.

As a result of our continued financial growth we have been able to successfully maintain a budget with majority unrestricted funding, which is nothing but good news as grant funding is projected to become more competitive in the coming years. I cannot forget to mention how on the Big Day of Giving, despite the system crash, our donors rose to the occasion with unbelievable results. We met our financial goals, which was no small task given the obstacles. Thank you for being such a committed group of supporters!

On a sadder note, with our phenomenal increase in clients came the experience of great loss. This took its toll on our team. We do everything we can to provide the tools and support to attain quality of life but we cannot cure cancer. The most significant piece of advice I would like to share from those we lost was this: to practice gratefulness, laugh often, work less, forgive and love with abandon.

So what’s next? Late in 2016 we received a grant to grow our nutrition program by offering scholarships for CSA boxes. We look forward to letting you know the success of this program next year. A big picture issue we’re facing is that our space, though beloved, is small and we will soon outgrow it. We are exploring the option of offering select classes at satellite locations to meet need and grow our reach. This is a good short-term solution, but it will also stretch our team thin. Thus, we are looking at adding staff to grow our ability to meet the demands and serve more in the region. We continue to deepen connections with the business sector in the hospitals in hopes of developing partners in accomplishing this feat.

With our growing presence in the region and recognition as one of the leading voices at the table regarding wellness in the presence of cancer, we anticipate continued growth. We are grateful and empowered to know we have such a committed community behind us, making this growth possible. We anticipate much change in the coming years, but one thing will always remain true: to anyone in the Sacramento Region facing a cancer diagnosis, our doors will be open to you.

With gratitude,

Patti Brown
Founder/Executive Director
The Year in Review

On 6/30/16 we hosted a day-long silent retreat with yoga, meditation, and walking a labyrinth.

Our 1st ever overnight retreat took place in January.

On the Big Day of Giving 163 donations were made, raising a total of $35,187.

We offered 410 classes, events, and one-on-one sessions throughout the year, which became 2639 visits to the center.

In August our art therapist Hannah hosted a 3-day Adult Art Camp that was attended by 12 people.

This included 150 yoga classes, 22 nutrition & cooking sessions, and 129 meditation & mindfulness classes.

Event and office volunteers contributed 1847 hours of time, 358 people attended our fundraisers, and we received 5 grants to support our programs.
2016 Highlight:
Three-Day Wellness Retreat

It has been a long time dream of Wellness Within to offer overnight retreats for cancer patients and survivors - a respite from the daily tasks and tribulations, a place to recharge and sink into one’s body and heart space. In the winter of 2016 we were finally able to offer such a retreat: three nights for ten clients in the quaint and cozy atmosphere of The Flower Farm Inn, located in Loomis.

Our goal for this retreat was for attendees to walk away from the weekend feeling stronger, both physically and emotionally. Under the lead of our Executive Director and Founder, Patti Brown, she and various instructors offered yoga, Qigong, daily meditation, an art therapy project, drumming, and an emotional eating presentation.

And let’s not forget the meals! Breakfasts were shared in silence. And all organic and sugar-free lunches and dinners were prepared by our Nutritional educator, Diane Giuliani. She even made guilt-free desserts that we were all coveting!

For most attendees, the experience could best be described as “a life changer.” Both tears and laughter were shared. It was an honor and a delight to watch as aha moments of clarity and a new resolve to love oneself anew sprang up session after session. I can’t wait for next year’s experience!

Brook Rivera
Program Director

“This was the richest experience of my life. I learned skills and tools to improve my life, and awareness of all the things I need.”
-Attendee

“I am still feeling wonderfully renewed, empowered and grateful to you all after our retreat.”
-Attendee
Wow, what a year! We began 2016 with an ambitious plan to grow our budget by over 30%, and we ended the year having achieved it. Thank you for standing by us and helping make that happen. Though gala remains our greatest single source of funding, as we grow it accounts for a smaller portion of our total budget. We’ve needed to grow alternative income streams and are meeting this need by diversifying our sources.

The biggest help has been The Big Day of Giving, which raised over $35k in 2016, despite all the infamous crashing and glitches. Thank you again to those who put up with us that day and made a donation happen. In 2016 we also more than doubled our grant funding ($23,950 compared to $9,500 in 2015), and had our first full year of revenue from monthly donors ($17,620). Business matches of employee donations and volunteer time also were a significant chunk of change for us last year. We encourage others to learn if their employers have such programs.

Moving into the future, we hope to grow corporate, hospital and grant funding to supplement the incredible support we receive from individuals. Whereas most nonprofits operate with majority dedicated grant funding, most of Wellness Within’s funding is unrestricted. We do not take this for granted, and are grateful for the flexibility and ease of [lack of] invoicing and reporting it allows. We know that grant funding is going to become increasingly competitive in coming years due to changes in federal politics, so are lucky to have it be a relatively small portion of our budget.

You may also notice that we ended the year $30,000 into the black. As our donors, we want to assure you this is not an instance of simply having more money than we need, but the result of a strategic effort to build our savings and have a robust rainy-day fund. Ultimately we would like to have six months to a year of operating costs saved to ensure our ability to weather any storms we face and protect the sustainability of the organization. 2016 was a great step in helping us get there.

Thank you for investing in our mission and making what we do possible.

Sarah Dillon
Development Director

Financials

2016 Expenses: $176,079
- Programs: $142,624
- Fundraising: $26,412
- Administration: $7,043

2016 Income: $206,733
- Fundraising Events: $98,102
- Individual Contributions: $71,681
- City & Foundation Grants: $23,950
- Corporate Contributions: $13,000
2016 Highlight: Kristen's Testimonial

If you were to ask me what the best day of my life was, the answer would be easy. There are two: December 18, 2009 and February 4, 2012. These were the days that my children were born. I think that most parents would answer this question the same way. If you were to ask what the worst day of my life was, that answer would be easy as well. The worst day was the day that we found out that our three-year-old son Miles had leukemia: August 17, 2015. As for the second worst day, it would have to be the day that I was diagnosed with stage 3c breast cancer on September 11, 2015.

In less than one month, our entire family's lives went into a tailspin. It was devastating. I was frozen with fear. I was already trying to figure out how I was going to be a caretaker for Miles and keep my job, and now I had to figure out how I was going to fight my own battle with cancer, be a caretaker for our son, and keep my job. I couldn't eat. I couldn't sleep. I couldn't figure out why we both had cancer. Was it environmental... was it genetic? Was my daughter going to get cancer too? My husband? I couldn't get past the fear... it was absolutely paralyzing. But there was our son that needed me, and our daughter who was also devastated, scared and confused about what was happening to our family our daughter who was also devastated, scared and confused about what was happening to our family I found a way to be strong at home even though most days I was dying inside.

As tragic as it was that my son and I were both battling cancer at the same time, in hindsight (and trust me—it has taken a lot of hindsight to come to this conclusion) it was actually a blessing. If any of you have had a child (or known a child) that has battled cancer, you will know that their bodies are so much more resilient than us adults. If any of you have had a child (or known a child) that has battled cancer, you will know that their bodies are so much more resilient than us adults.

There were several weeks when I was getting chemo on one side of the hall, as my husband or mom sat on the other side of the hall with Miles as he was getting his chemo. After treatment, my only thought was about taking a several-hour-long nap, but Miles was ready to play ball, take a walk, or ride bikes. Watching his strength, his resilience and fearlessness was inspiring. Also, if we had not gone through this together, I wouldn’t have truly understood how awful it feels to be on steroids, or how scary it is to have a chemo port implanted into your chest. Not only was his body stronger than mine, but also his will to continue to be a happy kid while fighting this awful disease was awe-inspiring. So as twisted as our cancer fates were — it was almost meant to be.

Soon after my diagnosis, my sister found a pamphlet for Wellness Within on a counter at one of my medical appointments. I think many of us have the same experience the first time we walk into Wellness Within. There is warmth the moment you walk in the door. A stillness that it is so comforting. Patti and her staff make you feel as if you are in your second home. What is so incredible about this second home is that you don't have to act strong for anyone, you don’t have to smile and tell everyone that “chemo is not as bad as you expected”, and you don’t have to take care of anyone else. Wellness Within is about self-care. This was a term that I had never really considered before my diagnosis. What was self-care? I am a working mom with two small children. Maybe self-care is what I will do when they leave home for college. At Wellness Within you learn about the triggers for your disease and coping mechanisms to get through the really hard times. They provide courses that are so important to getting you through treatment and beyond, and they welcome your family and friends that are seeing you through your cancer journey. Beyond all of the amazing offerings at the center, is the fact that there is a place to come to where everyone is fighting, or has fought, a similar battle as you. It was a place that I could take off my itchy wig... where it felt okay to “look sick”... where it was okay to sit and cry (which I did a lot) and where a hug from other patients or the staff could mean the difference between a good day and a bad day.

I am happy to report that my son and I have been in remission since May 2016. One of my saddest visits to Wellness Within was shortly before I had to return back to work. The center had been my second home for over 9 months. I knew that going back to work would mean not coming to the center very much anymore. I said to Patti, “I honestly could not have gotten through this without you and the center”. Now, I know that Patti has probably heard this statement hundreds of times before and she smiled her warm smile and we hugged. But I worried —I still worry— because I don’t know if she REALLY knows the deep impact that she and her colleagues have on all of us that walk through that door. Finally, after months of paralyzing fear for my future, my family’s future and for my son’s future I felt at peace. That is what Wellness Within does for us…and it is truly an invaluable service.

For those of us that battle cancer we face the stark financial realities of what it costs to be sick. That is why it is incredible and so important that all services, all classes, every support that Wellness Within offers is free of charge. Supporting Wellness Within means supporting all of us that count on the center as our second home. For that, I thank you for supporting all of us.
2016 Highlight:
6th Annual Gala

2016 Donors

INDIVIDUALS

Annette Adair
Jon Albrecht
Brooke Allison
Paula Amerine
Erick Ammons
Andrea Andalora
Robert & Sharon Andersen
Kimberly Anderson
Leslie Anderson
Carrie Andrews
Kimie Armstrong
Robert Armstrong
Susan Armstrong
Rajinder & Sushma Arora
Reema Arora
Nancy Ash
Valerie Au
Curt Augustine
Jennifer Bailey
Kathryn Baker
Maxine Barish-Wreden
Lolly Bartlett
Nicole Baumert
Crissy Beadle
Randi Beasley
Elizabeth Bell
Christine Benn
Gwyn Bicker
Kristin Bicocca
Kathleen Bignami
Paul & Susan Binon
Linda & Keith Bloom

Breda Boran-Sears
Ann and John Bowler
Nancy Boyer
Laurie Boyte
Wayne Braendle
Robert & Joanne Brammell
Doug & Kim Brauner
Beth Brooks
Austin Brown
Patti & Dave Brown
Linda Bruce
Sharon Cammisa
Laura Caravello
Christopher J Carleson
Ellen Carlson
Sheri Catalano
Leroy and Sharleen Ching
Stephen Choe
Jeffrey Clayton
Kathy Clemens
Carol Colleran
Patrick Connealy
Carita Connelly
Catherine Connolly
David Cornell
Matt & Erin Costa
Donna Cowan
Albert Crawford
Gary Crawford
Marge Crawford
Barbara Cunningham
Natalie Dahlem
Jacklyn Daniel
Suzanne Davenport
Wellness Within representatives are interviewed by Good Day Sacramento in August

Terri Wolf
Donald Wong
Susan Wood
Robyn Woodall
Jenny Wroblicky
Susan Yamamoto
Junko Yoshikawa
Allan Zaremberg
Karen Zaremberg
Dahlia Zuidema

ORGANIZATIONS
Abram Interstate Insurance Services
Ascent Builders
Birchfield Jewelers
Book of Dreams
Campbel Taylor & Company
City of Roseville
Cowpoke Foundation
Dignity Health
Employers Select Insurance Services, Inc
Excel Bonds & Insurance Services, Inc
Fechter & Company, CPAs
Fidelity Investments
Food Service Insurance Managers
German Shepherd Watchdogs
Grant Bennett Associates
Hirani Family Foundation
HoyleCohen, LLC
Hutchison Financial Group Inc
Infiniti Consulting Group
Intel Foundation
Kee & Associates
Koinonia Foster Homes
Mas / Mojica Architectural Studio
Mechanics Bank
Placer Breast Cancer Foundation
Quality Housing Development Corp
Roseville Firefighters Local 1592
Rotary Club of Roseville Foundation
Sacramento Area Mammography Society
Schetter Electric
Silvers HR, LLC
Stanford Women’s Cancer Center - Breast Oncology Team
Stifel Nicolaus
Summerset Assisted Living
Sur La Table
Sutter Health Sac Sierra Region
Tom Mulvaney Investments
UC Davis Comprehensive Cancer Center
United Auburn Indian Community: Community Giving Committee
Viking Drillers, Inc
Western Health Advantage

IN-KIND
Analog Jazz
Athleta
Artesa Winery
Arthur Murray’s Dance Studio
Atrium Salon Spa
Auburn Symphony
Audi Rocklin
B Street Theater
Baagan
BATS Improv
Berco Redwood
Best Buy
Bob’s Carwash & Detail
Buonarroti Ristorante
Casque Wines
Chef Cha’s Cocina Mexicana
Chef Troi
Chevy’s Fresh Mex
City of Rocklin
Debra Ross Esthetics
Extreme Craze
Evan’s Kitchen
Final Gravity
Flower Farm Inn
Folsom Fire Department
GB Alehouse & Restaurant
Gerda Francesa
Good Eats
Granite Bay Golf Club
Granite Bay Limo
Green Acres Nursery
Hawks Restaurant

Farm to Table fun in July!
In loving memory...

...of all those we lost in 2016.
You are missed!

“The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.... A loving silence often has far more power to heal and to connect than the most well-intentioned words.”

-Rachel Naomi Remen