



REPORT TO OUR COMMUNITY

2009 was a year of expansion and positive change for The Wellness Community Valley/Ventura. Serving more than 3,120 individuals through 14,990 visits representing more than 24,407 hours of service, TWC V/V also opened a new satellite location in Chatsworth and expanded the offerings at its main location in Westlake Village and on the campus of Community Memorial Hospital in Ventura. In July 2009, The Wellness Community and Gilda's Club joined forces to become the Cancer Support Community, one of the largest providers of cancer support worldwide. After three years of supporting the Central Coast Satellite, TWC V/V helped the center transition into a fully independent Wellness Community in September. More than 1,247 NEW PARTICIPANTS benefited from our services, which complement conventional treatment, enhance recovery and improve quality of life for people with cancer. All of our services are FREE OF CHARGE to people with cancer and their loved ones. The following programs and services were provided in 2009:

15 WEEKLY SUPPORT GROUPS

(Totaling 637 sessions)

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

8 MONTHLY NETWORKING GROUPS

(Totaling 102 sessions)

Networking groups are designed for people with similar experiences, including breast cancer, prostate cancer, brain tumors, and gynecological/ovarian 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 566 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

(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, annual Latina Women's Conference and Kids Circle.

4 EDUCATIONAL SERIES

(Totaling 29 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: Breast Cancer Connection, Frankly Speaking About: New Discoveries in Cancer, Cancer Treatment, Advanced Breast Cancer, and Treatment Side Effects. Mindfulness-based Stress Reduction and Spiritual Perspectives.

121 EDUCATIONAL WORKSHOPS

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

89 KIDS CIRCLE MEETINGS

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.

108 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 1,957 contacts)

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

Evette McAlister, a survivor of breast cancer, and her family are all Wellness Community participants. The entire family found hope and support at The Wellness Community Valley/Ventura.

Photo by Ginny Rickey

PARTICIPANT SPOTLIGHT

HELEN GATEKA-ANDERSON

After 15 years of fighting cancer, Helen Gateka-Anderson focuses only on her blessings. "Cancer is a life-changing experience," says Helen. "It helps you grow and treasure each and every day."

Just a few years after losing her husband to lung cancer, Helen was diagnosed with non-Hodgkin's lymphoma. She attended a support group at The Wellness Community for several years, and thirteen years later married her husband Richard, who had lost his wife to breast cancer.



Photo by Mark Brandes

One year after marrying Richard, Helen was diagnosed with ovarian cancer and started going to The Wellness Community again. For the past five years she has been a source of inspiration and hope to her fellow support group members. "The Wellness Community has been a vibrant source of strength, support, end encouragement. That's the place to go if you want to get better. The people in my support group are all tremendous survivors," says Helen.

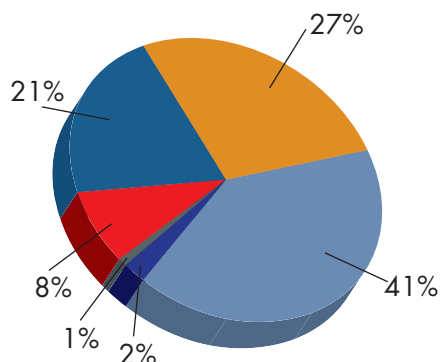
The Wellness Community is not the only organization to benefit from Helen's inspirational outlook. Thirty-six years ago Helen founded Bethany Christian School in Thousand Oaks and is a past principal and preschool director. With Helen's leadership and dedication the school grew from three preschool classes to a full elementary school with 300 students and 42 staff members.

"Helen is an exceptional, one-of-a-kind spiritual leader and friend," says Shirley Hackleman, principal of Bethany Christian School. "The proof of her amazing impact is seen in the hundreds of students and parents who keep in touch with her from the earliest days of the school."

Helen stays busy spending time with her husband Richard and hosting a weekly Bible study. She also visits the school every Tuesday for the Families in Prayer meetings, takes a watercolor class at The Wellness Community, gardens, visits and encourages friends at a nursing home, and swims.

Helen is constantly encouraged by the support of her family and friends. "I have so many people praying for me, and I thank God continually for his blessings."

REVENUE



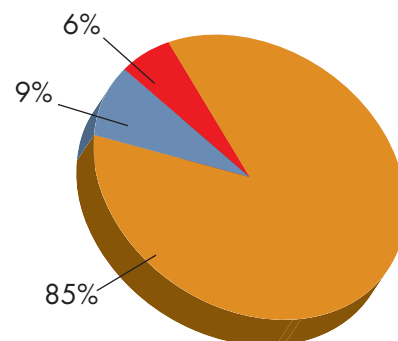
Corporate	—\$222,435.57
Foundations	—\$336,900.98
Garden of Hope	—\$13,839.48
Government	—\$10,756.25
Individual	—\$63,854.25
Special Events	—\$170,474.72

TOTAL INCOME
\$818,261.25

EXPENSES

Program	—\$1,023,115.00
Management	—\$71,643.00
Fundraising	—\$105,717.00

TOTAL EXPENSE
\$1,200,475.00



Includes Central Coast satellite January–September 2009

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

530 Hampshire Road, Westlake Village, CA 91361
805.379.4777 | Fax: 805.371.6231 | www.TwcVv.org

SATELLITE AND OFFSITE LOCATIONS:

CHATSWORTH SATELLITE

9410 Owensmouth Avenue, Chatsworth, CA 91311 | 805.379.4777

VENTURA COUNTY SATELLITE

Cancer Center of Ventura County, St. John's Regional Medical Center
1700 N. Rose Avenue, Oxnard, CA, 93030 | 805.988.2641

OFFSITE LOCATIONS

Camarillo Health Care District, 3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010 | 805.379.4777

Community Memorial Hospital Cancer Resource Center
120 N. Ashwood, Avenue, Ventura, CA 93003 | 805.652.5459

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