Dear Wellness Within Supporters,

FIVE YEARS! In 2015 we celebrated five years of making a significant impact in the lives of all those affected by cancer and extending our reach across 7 counties. And thanks to the hard work and contributions of countless individuals, organizations, and hospitals, we were able to increase our reach by 30%.

We continue to ask- how can we serve more people who have been diagnosed with cancer and their caregivers? How can we improve the quality of life during cancer treatments and its aftermath?

Class evaluations submitted by our clients show a consistent and significant positive impact of our support services. Our commitment to provide much-needed tools in promoting a sense of inner strength, peace, and wholeness empowers our clients to continue to be the authors of their own lives. This is a result of our program design and our dedicated certified instructors.

Financially, the center grew as well. We were awarded first prize in 2015’s Big Day of Giving for the largest number donors and money raised in the small Placer nonprofit category. We received three grants in 2015 - from the Sac Bee Book of Dreams, the City of Roseville, and The United Auburn Indian Community - an increase from years past. Finally, our year-end campaign was very successful, helping us close out 2015 well into the black.

Collaboration with the local healthcare community remains a high priority for the center. We continue to receive referrals from all four hospitals; one has contracted with us to provide classes specifically for their patients at their location. We continue to educate the community through our outreach efforts by giving presentations to patients and healthcare providers, strengthening the understanding of how to achieve wellness in the presence of cancer.

Our integrated approach and collaborative efforts with the medical community have enabled us to continue to have a significant impact on all those dealing with cancer. Do we have more work to do? The answer is a resounding YES! Can you help make a difference? Again, YES! We are grateful for your financial contributions and ask you to join the monthly circle of giving by becoming a Friend of Wellness Within.

With gratitude,

Patti Brown
Founder/Executive Director
MISSION

Wellness Within’s mission is to enhance the quality of life of cancer patients, survivors, caregivers and families affected by the trauma of cancer.

VISION

We envision all in our community facing cancer being empowered with tools to reduce stress, cultivate joy & foster wellness, regardless of socioeconomic status.

IMPACT

After taking our classes, clients report:

decrease in stress

decrease in anxiety

increase in hope

increase in inner peace

decrease in pain

increase in connection to others

and other indications of improved wellness
2015 in NUMBERS

REVENUE

- Individual Donations: $32,000
- Corporate & Foundation Donations: $12,000
- Grants: $9,500
- Fundraisers: $108,000

EXPENSES

- Programs: $116,000
- Administration: $13,000
- Fundraising: $24,000

95 Yoga Classes
26 Tai Chi Classes
2 Nature Walks
1 Yoga and Meditation Retreat

Total of 689 visits to classes in 2015

Healing Movement

Total of 951 visits to 2015 classes

Meditation & Mindfulness

18 Mind Body Skills classes
15 Self-hypnosis classes
46 meditation classes
46 iRest classes
253 sessions of 1:1 counseling
7 Deepening Spiritual Connections meetings

Nutrition Education

24 Nutrition Education Classes

Total of 154 visits to 2015 classes

Expressive Arts

12 Drumming classes
36 Music and Motion classes
10 Therapeutic Art sessions
12 Writing group meetings
2 Expressive Arts Workshops

Total of 178 visits to 2015 classes

1,982 PEOPLE REACHED THROUGH OUR VARIOUS OUTREACH EFFORTS

2,869 SERVICES PROVIDED BY OUR CLASSES AND RESOURCES

112 RESOURCE CHECKOUTS INDIVIDUALS USING OUR LENDING LIBRARY

605 CLASSES OFFERED THROUGH WELLNESS WITHIN'S ONGOING PROGRAMMING

398 ATTENDEES TO OUR TWO FUNDRAISING EVENTS

134 DONORS ON THE BIG DAY OF GIVING
A CLOSER LOOK: MIND-BODY SKILLS GROUP

WHAT:
a 6-week session for cancer patients & survivors on developing Mind-Body skills. Focuses on the interactions between mind and body and the powerful ways in which emotional, mental, social and spiritual factors can directly affect health.

WHY:
“People who learn effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression, anxiety, and improved quality of life.”
-National Cancer Institute

WHEN:
Wellness Within Founder and Executive Director, Patti Brown, facilitated three six-week groups in 2015.

COST:
Each group costs about $1265, or $3800 in 2015.

THE RESULTS:

HOW OFTEN DO YOU FEEL ANXIOUS?
- REGULARLY
- OFTEN
- SOMETIMES
- ALMOST NEVER
- NEVER

BEFORE MIND BODY SKILLS

AFTER

“Fun, informative, emotionally challenging (in a good way), and life-changing”
-Participant

“The Mind Body Skills Group gave me a handy “tool kit” of meditation, visualization and breathing techniques that helped me cope during chemotherapy treatment and beyond.”
-Participant

HOW OFTEN DO YOU FEEL EACH OF THE FOLLOWING?
(1=NEVER; 5=REGULARLY) AVERAGE PARTICIPANT RESPONSE:

INNER PEACE

HOPEFUL

SAD

FEARFUL

ANXIOUS

After the program, 67% indicated experiencing anxiety, fear, or sadness “Never” or “Almost Never” compared to 13% before the program.
2015 HIGHLIGHTS

JANUARY:
we began offering Health Rhythms Drumming as part of our expressive arts programming.

MARCH:
mandalas for meditation art class met for four sessions of mandalla creation

MAY:
we participated in the Big Day of Giving for the first time and it was a huge success! Thanks to all who made that possible.

SEPTEMBER:
our friends at Boyte Creative came out and created a beautiful new promotional video for us.

OCTOBER:
our fifth annual gala was another great one! We had great time with all who came out to support.

FEBRUARY:
enjoyed music and dance from around the globe at our One World Festival!

JULY:
approaching our five-year anniversary, we rolled out some rebranding that we best represents us at this time. This included new colors on our logo and a revised mission statement.

SEPTEMBER:
happy 5th birthday, Wellness Within! Board members, donors, clients, instructors and community members came to help us celebrate. Susan and Diane, who have been with the center since the beginning, blew out the candles on the birthday cake with Founder Patti Brown.

OCTOBER:
Loomis' Cowpoke Foundation selected Wellness Within as a beneficiary of their poetry event once again. Outreach Coordinator Randi and Program director Brook attended one night of the fun!

DECEMBER:
our year-end campaign resulted in raising over $17,000 for the center. What a way to end 2015! Thank you, donors.
DONORS

individuals
Annette Adair
Erick Ammons
Larry Anderson
Sandy Arguello
Kimie Armstrong
Robert Armstrong
Caroline Ayre
Ledjie Ballard
Kristine Barfield
Maxine Barish-Wrenden
Wendy Bartel
Adela Bartl
Elizabeth Battaglia
Mark Bauer
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Elizabeth Beard
Robert Beard
Randi Beasley
Julia Berry
Kathleen Bignami
Lynlee Bischoff
Diane Bowlan
Ann and John Bowler
Kelsey Boyte
Phil and Laurie Boyte
Kevin Braendle
Wayne Braendle
Beth Brooks
Austin Brown
Bruce and Scotty Brown
Patti & Dave Brown
Spencer & Roxanne Brown
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Glory Burns
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Sharon Cammisa
Jim and Leigh Ann Campbell
Lisa Christiansen
Jeffrey Clayton
Marcia Coffeen
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Lindsey Derry
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Sharon Frederick
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Will Gabri
Mae V. Gagnon
Michael & Elsbeth Geraghty
Fereshteh Ghoudouzi
Rene Gonzales
Eleanor Gorespe
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John Gray
Patricia Gullard
Rudy Hacker
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Werner & Nancy Hoppe
Helen Horner
Carol Hughes
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Vicky Jackson
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Stephen Johnson
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Andy & Elizabeth Klein
Mandy Lavenduskey
Michael Lavigne
Thomas Layman
Karen Leeson
Karla Leonidou
Theresa Lindroos
Steven Lindstrom
Patricia Llapitan
Guillermo Logan
Jared Lord
Marianne Lord
Elisabeth Mari
Nancy & Dennis Marks
Tom & Bonnie Marx
Rachel & James Maskell
Kathy Maxwell
Richard & Karol McCormac
Erin & Matt McGoldrick
Lisa Mendenhall
Sharon Miller
Jennifer Milne
Connie & Andy Minden
Dennis and Shirley Mitchell
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Karen Morelli-Zimmerman
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Toni Mulraney
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Susan Nichols
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Luciano Pacheco
Gina Petruk
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Diana Pretzlaff
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Brook Rivera
Carol Lea Rivera
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Suzi Rupp
Ursula Schroeder
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Sheila Shuster
Tina Siler
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Sanjini Singh
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Deena Spann
Sherrill St Germain
John Stolzenburg
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Maureen Thomas
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Doreen Tucker
Gretel Valerio
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Bill Walters
Susan Walters
Rob Watalo
Susan Walters
Larry White
individuals continued
Larry White
John & Susan Wolosz
Donald Wong
Adrienne Wright
Nancy Wright
Junko Yoshikawa
Lisa Zins

corporate, government & foundations
Ascent Builders
Bank of America
Berryessa, Castro, Lordge Family Fund
Breast Cancer Survivorship Institute
Car Czar
Cowpoke Foundation
City of Roseville
CTE Engineering
Diane Dawson Foundation
Employers Select Insurance Services
Fechter & Assoc, CPA’s
Fidelity
Food Service Insurance Managers
Future Ford
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Kaiser Permanente
Kaufman & Clark Plastic Surgery
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Mechanics Bank
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Newfield Exploration Co.
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Roseville Firefighters Local 1592
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Sierra Health Foundation
Stifel
StoneTree Financial
Sutter Health Medical Group
The Tapestry Network
UC Davis Medical Center
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Viking Drilling
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Woodsmiths

in-kind
18/8 Fine Men’s Salon
21HM
3Bro Audio
Ace Hardware
Amelie
American Fly Fishing Co.
Analog Jazz
Atrium Salon & Spa
BATS Improv
BB Nail Spa
Best Buy
Bob’s Carwash
Boyte Creative
Bridget Halvorson
Carvalho Family Winery
Casque Wines
City of Hope
Cornish & Carey
Cowpoke Poetry Festival
Dick Rooker
Doug Brauner
Dr. Paul Binon, DDS
Dr. Peter Worth, DDS
Eisley Nursery
European Wax Center
Everyday Health Concepts
Flower Farm
Folsom Fire Department
Gayla Burgner
German Shepherd Watchdogs
Hawks Restaurant
Heringer Estates
High Hand Nursery
Home Depot
House of Oliver
Jackie Greene
John S. Malhotra
Johnson Ranch Racquet Club
Josh Miller
Julie Hersch
Kate Bowers Landscape Design
Kelli’s Cookies
Kimberly Ulrich
Kyle Lawson Art
LaHuaca Restaurant
Lakeside Beverage
Lenore Beran
Linda Krugman
Little Bliss
Loomis Basin Brewing Co.
Nicholson Glass
Oakland Raiders
P&L Catering
Pairings
Pescatore Vineyard & Winery
Peet’s Coffee
Phil Meyers
Quick Quack Car Wash
Rainbow Glass
Reclaimed Yoga
Rejuva
Rejuvinate Day Spa
Rocklin Windustrial
Sacramento Metro Fire Department
Sacramento Kings
Serenity Spa
Scott’s Seafood
Sierra Nevada Brewery
Square Bar
Sparrow 5
Steve & June Bourne
Studio Lotus
Stunning Skin by Kim
Sue Bostick
Summerset Assisted Living
Tina Siler
The Head Game
The Melting Pot
The Monk’s Cellar
The Nest Home
The Lovell Center
The Strum Shop
The Spa Within
Top Notch Pet
Total Wine
Trader Joe’s
Trilogy Investment Group
Valerie Joy-Eccentrix
Vera Bradley
Wild Bill’s Tattoo Shop
William Graber
VOLUNTEERS

admin
Carlie Beasley
Sharon Cammisa
Laura Caravello
Eleanor Gorospe
Annina Hanlon
Barbara Swenson
Jan Webb
Devyn York

instructors
Jeanne Munoz
Jan Webb
Jaymie Smith
Priscilla Tupper
Iram Khan

Cheryl Floyd
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Maria Kemmerle
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Larry McElwain
Elias Reyes
Jaymie Smith
Jan Sprague
Christy Stevens
Sam Webb
Peggy Word

In loving memory.
Eleanor Gorospé
1958-2015
we miss her humor, light, and beautiful handwriting in our office every day!