



THE journey

2023 Annual Report



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Message From The Leadership

By Jill Settlemyre

As I stared at a blank computer screen, pondering what to write in the Message from Leadership, so many thoughts came to my mind. Should I write about the wig client who came in crying and left laughing and feeling beautiful again after having a “party” in the wig room after her wig appointment with our amazing volunteer, She even tried on a hot pink wig, just for fun, Should I write about the 19 year old volunteer at Camp Courage, who reminded me that years ago, I had been her “counselor” at Camp Courage when she attended after the death of her dad and she wanted to give back to other kids dealing with cancer? Should I write about how amazing our development team who, despite major funding cuts from a historically large portion of our annual budget, are raising more money every year? Should I write about how, because of our generous donors, we are able to serve more individuals and families dealing with cancer? Should I write about how we continue to add clinical staff hours every year, allowing us to provide more counseling sessions to so many more who need us? Should I write about our Board of Trustees who continue to amaze me with their dedication to Cancer Family Care’s mission or our clinical staff who work tirelessly to be deliver first-rate therapy to our clients in person in our offices; in schools; and via telehealth.

As I continued to think about what to write, my mind wandered to CFC’s relationships with all the oncology systems in our region. Having both medical and administrative representation from all systems on our Board and our Medical Systems Advisory Committee has directly led to a more than 20% increase in referrals over this time last year with over 300 of those referrals coming from someone referring to CFC for the first time! That got me thinking about the oncology professionals who received Unsung Hero Awards this year, many of whom refer patients to CFC regularly. It’s always so inspiring to see the nominations that come in from cancer patients and their family members, wanting to recognize how a dietician, a nurse or a

front desk employee made the cancer journey a little easier.

While still contemplating what to write about, I started thinking about our clients and the emotional toll that cancer takes. One of the things that I truly treasure about my job at CFC is that nearly every day, I am able to talk to someone who is currently using or has recently used CFC services. When I hear people say things like, “I saw a therapist at CFC and she helped me realize that even though life will never be the same after cancer, I can get through it and learn to cope with all the changes,” and “My husband wouldn’t talk about his feelings about his cancer until we went to Cancer Family Care. Now he’s the one who brings it up when one of is having a bad day so that we can talk through it.” My favorite quote from a client is from an 8 year old.

“I still get scared my mom will die. I get mad and mom says remember my five finger breathing that I learned, at CFC, and it helps me not get in trouble.”

What to write about...Purse for a Purpose? Dig Deep for Cancer Family Care? The Annual Wine Tasting Dinner and Auction? Unsung Heroes? Statistics from 2022? Client stories? No need - those are covered within this newsletter/annual report. I think I’ll just end my Message from Leadership here - with the question; How did I get so lucky to have the honor of being a part of this incredible organization?



The Services of Cancer Family Care

2022 Facts and Figures

Cancer Family Care seeks to help children and adults cope with the effects of a cancer-related illness or death. Our programs are available throughout the Tri-State area, with five area locations.

The Center for Individual and Family Counseling

Helping people cope with the effects of cancer. We help family members communicate about cancer, and provide emotional support and assistance to patients, family members, and loved ones. In 2022 The Center for Individual and Family Counseling served nearly 800 individuals through over 4200 counseling sessions.

Treehouse Children’s Services

Helping children and their families better cope with cancer related illnesses and deaths. We offer in-school group and individual counseling and office-based individual counseling. We also offer a free youth summer one day camp. Treehouse Children’s Services served nearly 200 individuals in 2022 through over 650 school and office visits and our Camp Courage. Groups were held in 7 different schools and more than 20 schools had a CFC counselor on site for counseling sessions with CFC Treehouse clients.

Waddell Family Healing Hands Program

Providing free massage therapy and healing touch therapy to cancer patients in treatment or with long term physical side effects. Waddell Family Healing Hands served 250 individuals with 600+ free massage and Healing Touch sessions.

Wig Program

Offering free wigs, hats, turbans and scarves for cancer patients. We accept new and gently used wigs, scarves, hats, etc. which are then cleaned and added to our inventory. The Wig Program served more than 300 individuals and distributed more than 1100 wigs, scarves, turbans and other accessories.

Coping Connection

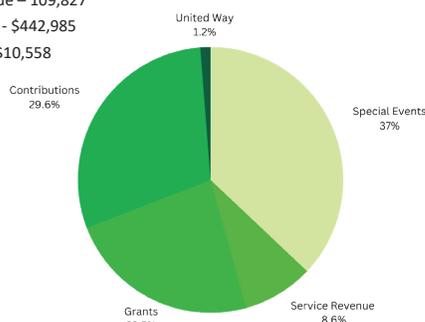
Helping people understand cancer through educational forums, telephone hotlines, community outreach and the internet. We provide access and referrals to community resources for cancer and grief. Coping Connection served more than 1,700 individuals with more than 2500 new service requests in 2022.

2022 Audited Financials

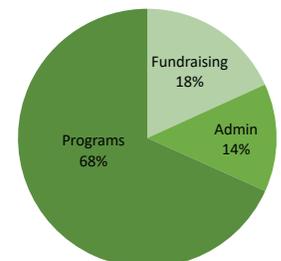
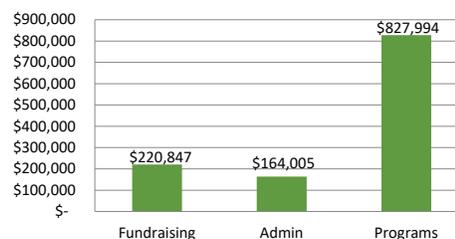
2022 Revenue

Revenue By Category

- Contributions - \$348,622
- Grants - \$279,846
- Investment Return – (\$288,336)
- Service Revenue – 109,827
- Special Events - \$442,985
- United Way - \$10,558



2022 Functional Expenses



BBB Wise Giving Alliance Standards:
 Program Expenses - Spend at least 65% of its total expenses on program activities
 Fund Raising Expenses - Spend no more than 35% of related contributions on fund raising
 Administrative Expenses - Spend no more than 15% on administrative/overhead costs



2023 UNSUNG HERO AWARDS

For 20 years Cancer Family Care has recognized unsung heroes in the Greater Cincinnati cancer community. Every day these caregivers, oncology professionals, and patients/survivors perform quiet acts of heroism, inspire others, provide unconditional care. On Tuesday, May 9th, over 500 people joined Cancer Family Care to honor 78 individuals for their compassion, care, and courage at the 21st Annual Joslin Haggart Yeiser Unsung Hero Awards.

Local 12 anchor Kyle Inskeep returned for his 4th Unsung Hero Awards as the evening's emcee. Kyle continues to inspire those who attend with his own story of how his family has been affected by cancer. The evening began with the presentation of the Community Impact Award, which recognizes outstanding contributions to the lives of people who are affected by cancer. This year's Community Impact Award went to the St. Patty's Day Party with a Purpose! The St. Patty's Day Party with a Purpose in rural Brown County has raised over \$185,000 for local charities, including ACS, Hospice of Hope AND Cancer Family Care!



2023 Unsung Heroes Oncology Professionals

Oncology Professionals **HealthSource of Ohio**

Chris Popa, RN

Kettering Health

Karen Feldmeyer
Amanda Telinda

Mercy Health

Dr. Shyman Allamaneni
Lindsey Bellman
Judy Brandell
Molly Lysaght
Andrea Stoll
Melinda Wright

OHC

Dr. Ajit Gubbi
Beth Lohmueller
Dr. Abigail Tremelling

St. Elizabeth Healthcare

Tonya Bohl
Andy Bramer
Sandy Dugle
Karen Huston
Matthew Lageman
Rose Mulberry
Amanda Schaul,
Monica Steffen
Katie Whitesell
Marianne Wile

The Christ Hospital **Health Network**

Drew Allen
Ellen Brennan-Humbert
Debbie Collins
Anli McCoy
Dr. Kelly McLean
Sara Shepherd
Emily Smith

TriHealth

Kelli Bothe
Cynthia Hinkle
Dr. Natalie Paez-Arrango

UC Health

Lisa Grate
Jack McWilliams
Naomie Schroeder
Jenna Trapp
Dr. Lily Wang
Dr. Marion Zuccarello
Michelle Zdunic

Caregivers

Cincinnati Zoo Creature Connection Team
Chuck Dodson
Janet Kelly

Colin Nourie
Samantha Parker
Judy Pottenger

Mary Rieke
Tiffany Snowball
Jack Tracy

Patients/Survivors

Steve Abbott
*Val Allen**
Gp Armstrong
Stephanie Baker
Veronica Burns
Ali Campbell
Charles E. Campbell

Debbie Cook
Scott Donell
Debbie Frank
Edith Hess
Theresa Lightfoot
Christina Luebke
Marilyn Maag

Julie Maggard
Chasity Metz
Richard Pottenger, Jr.
Karen Smith
Darrell Spears
Barbara Thornton

Diane Tracy
Patricia Walt
Roxanna Whittaker
Robert Wilburn
Jon Mark Williams
*Kathi Kylena Wright**

*award given posthumously

Community Impact Award

Recognizing outstanding contributions to the lives of people who are touched by cancer.

St. Patty's Day Party With A Purpose

Tim Hedrick Memorial Award

Recognizing posthumous contributions to the lives of people touched by cancer

Chef Jean-Robert de Cavel * Dale Maloney *

2023 Unsung Hero Awards Sponsors

Gold Sponsors

Investment Advisors
Seagen
Western & Southern Financial Group/Fort Washington

Silver Sponsors

General Electric Credit Union
Mercy Health - Jewish Hospital
OHC - Specialists in Cancer and Blood Disorders
The Christ Hospital Health Network
UC Cancer Center

Table Sponsors

Brittany & Sean Speed
Cincinnati Cancer Foundation

Cincinnati Zoo & Botanical Garden
Colin Nourie
Dale & Jill Settlemire
Drs. Ed & Becki Crane
Dr. Kathleen Raque
Dr. Soma Sengupta
Guardant Health
Kettering Cancer Center
Michelle & Roger Krummen
Pink Ribbon Good
Steven & Barbara Rothstein
Snowball Pest Control & Junk Removal
Tempus



2023 PURSES WITH A PURPOSE

This year marks the first time for Cancer Family Care to host Purse with a Purpose, women's health event. On May 17th, nearly 50 individuals participated in a night of wine tasting from female owned wineries; conversations on women's health led by St. Elizabeth's Dr. Caroline Elmer-Lyon; and left with a "new-to-you" designer purse! This event was held at The Miller Gallery, which made for a delightful ambiance. St. Elizabeth was the presenting sponsor and supplied samples for the goodie bags. Walgreens, another sponsor of the evening, supplied the goodie bags to take home. BMW joined in on the fun and was our clutch sponsor and displayed one of their fabulous cars out front! The wine was provided by The Wine merchant and Cutting Edge Selections. Everyone raved about these wines made by women! Keep your eyes open for details on the 2024 Purse with a Purpose event.



Save the Date!



Scan with your phone's camera to visit event website

Have a great silent auction item to donate, please contact Hollyn Barr: hbarr@cancerfamilycare.org



IN THEIR OWN WORDS

Lauren and Leanne's story

Best friends since the first day of third grade, Lauren and Leanne share an unbreakable bond. Lauren was first diagnosed with breast cancer in February 2021, and just two short days after receiving this diagnosis, Leanne was diagnosed with breast cancer as well. United by their shared prognosis, Lauren and Leanne went through treatment together at Christ Hospital and shared the same surgeon, oncologist, and plastic surgeon.

Both Lauren and Leanne utilized the counseling and massage services offered by Cancer Family Care (CFC) throughout the entire duration of their treatments. In recalling her experience with CFC's counseling services, Leanne explained, "Everyone that I worked with at CFC was very educated on cancer. You're already going through this terrible, traumatic thing and you don't have to worry about educating your counselor about how the treatment works, they were just already familiar with the process. My therapist has never been through treatment, but she knows enough that she understands, and I don't have to say a lot for her to get what I'm talking about."

They both warmly expressed gratitude towards their counselors for their guidance in setting achievable goals throughout their journey. Lauren explained, "They were of great service in setting the goals, thinking through them, and taking the time to hear how things are going. What's important and vital to you now may be different from what you started with, and as you unpack more, they help you discover new goals that you want to work towards."



Setting attainable goals is just one way in which CFC counselors support patients on their cancer journey. They also provide perspective on intense emotional reactions, offer practical advice and assistance, and facilitate communication among family members. Leanne graciously described her experience by saying, "The word Family is in the name of your organization for a reason, this doesn't just lay on the shoulders of the person who is diagnosed, there are a lot of people that are going through it alongside them on a very difficult yet different journey from the patient. It's lovely that there's an organization out there that looks at patients, their families, and caregivers."



Lauren and Leanne's journey has been an inspiration across the nation, as their story has been featured on TV networks such as Local 12 Fox 19 News and The Tamron Hall Show. They have used their platform to share their stories and educate new cancer patients about the resources that are available to them. Lauren explained, "We want to share our story, so people realize that there is life on the other side. It can be dark for a while but lean on your friends, your family, and your resources to get to the other side. Life will go on, even if it doesn't feel like it in the interim."



Leanne and Lauren have demonstrated the incredible resilience that can emerge from the bonds of friendship, even in the face of the most challenging circumstances.



Camp Courage 2023

Camp Courage is a one-day camp experience, specifically for children ages 5-14 whose lives have been affected by cancer in some way.

Children and adolescents who attend may be coping with a cancer diagnosis in their families, may have had a recent loss due to cancer, or perhaps are being treated for cancer themselves. This year we had 50 campers registered for our annual camp! Camp Courage was held at the Camp Joy Outdoor Education Center in Clarksville, Ohio.

Campers have the option to drive to camp themselves or take advantage of our bus transportation that leaves from our main office on Red Bank Expressway. Campers are divided into groups based on age and each group is led by community volunteers who are affiliated with Cancer Family Care. Each group rotates among five stations throughout the morning. Cancer Family Care's clinical social workers and counselors lead the activity at each station. Each station contains a different therapeutic theme: Relaxation/Yoga Station, Art Expression, Anger/Feelings Release Station, Group Talk Time, and Group Games. Each station focuses on a particular aspect of identifying and releasing emotions with the idea that participants learn healthy ways to express feelings.

In the afternoon, older campers participate in climbing a rock wall. The purpose of this activity is to allow campers to have fun and challenge themselves to handle something that is new and different to them. The younger campers participate in a series of activities that include archery, canoeing and fishing, and visiting the nature center. At the end of the day, campers are given the opportunity to rate their camp experience. Campers rated this year's camp day very highly and had numerous positive comments like "it's a good place to go to meet others like you" and "this camp helped me deal with my anger" "this place gives you a chance to share how you feel". The art station, anger/feelings release station, and the group game of GaGa Ball remain camper favorites every year.

The main goal of camp is for children to experience a fun, stress free day while learning some healthy ways to express and cope with their feelings. Camp Courage is also a wonderful opportunity for kids to interact with others who are dealing with a cancer diagnosis in the family and to know that they are not alone in their journey. We are grateful to provide this opportunity every year to children in the Greater Cincinnati/NKY region and look forward to next year.





Thank you to our sponsors who help to make Camp Courage a free offering for all participants!

Chemed Foundation

Charles H. Dater Foundation, Inc.

The James J. and Joan A. Gardner Family Foundation

The Greater Cincinnati Foundation - Summer time kids Grant

Heritage Hill Foundation

The Andrew Jergens Foundation

Neediest Kids of All

The Daniel and Susan Pfau Foundation

Charles Scott Riley III Foundation

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Maxwell C. Weaver Foundation



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