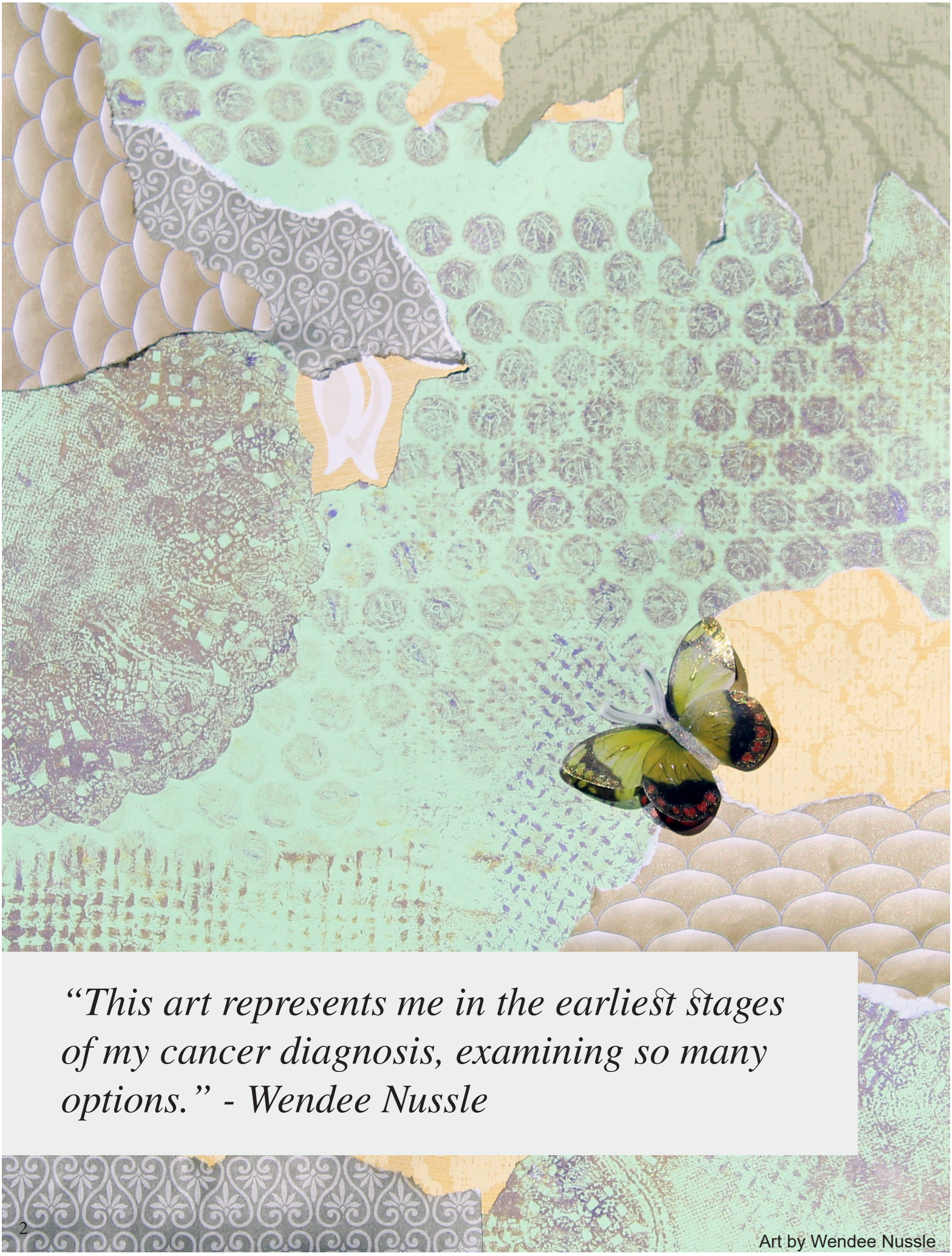
2018 Annual Report

Ann's Place
COMMUNITY-BASED CANCER SUPPORT
MEN • WOMEN • CHILDREN

A Year of Light and Growth

Art by Brenda Brede



“This art represents me in the earliest stages of my cancer diagnosis, examining so many options.” - Wendee Nussle

Art by Wendee Nussle

I love the adjacent art by Wendee. What a beautiful way to express an array of emotions, vulnerability and overwhelming options that surround our clients.

Thanks to your support, each person who walks through our door finds a way through this confusing and often dark time in their life. Together, we help them live more fully in each moment and recognize a path forward.

This has been a tremendous year of growth in new clients, but each time we needed help, there was always someone miraculously there to fill the gap - to light the way forward.

With much gratitude,

Shannon Cobb
President and CEO

Many who have walked through our doors describe Ann's Place as a sanctuary, a serene refuge from the stress of dealing with cancer. It is also an experience of community.

Through counseling, support groups, wellness activities and educational programs our clients are able to experience renewed hope and resilience. We are deeply grateful for our staff, volunteers, and supporters who enable us to offer these innovative programs. We couldn't do this without you. Thank you!

Suzanne "Su" Murdock, MSW, LCSW, OSW-C, Clinical Director

Thanks to you...

1,294 People were served last year. It costs about **$910** per person/year.

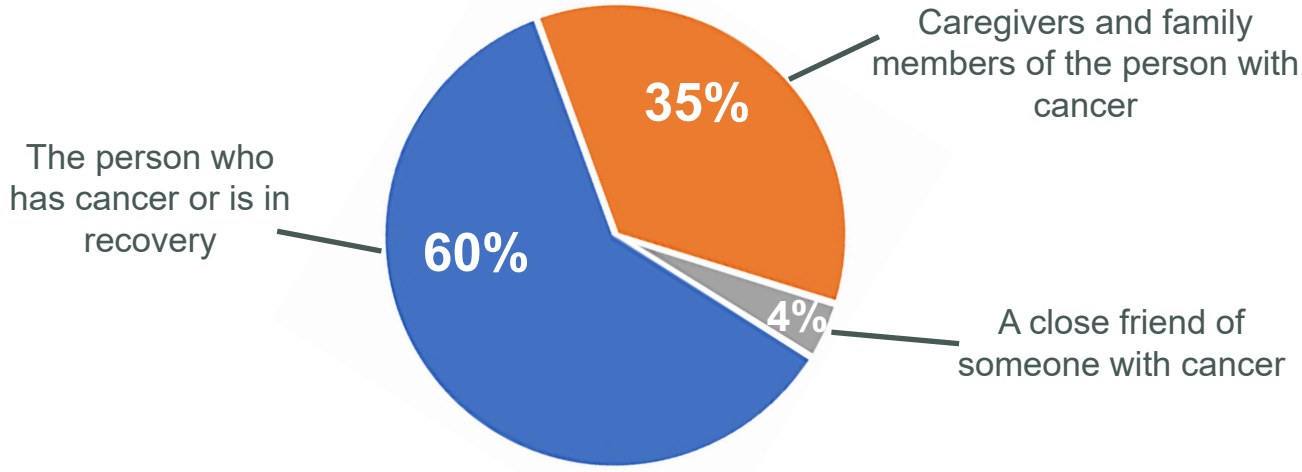
171 **Public:** Most of this group attends our educational programs which are open to everyone in the community including other professionals in the field of oncology.

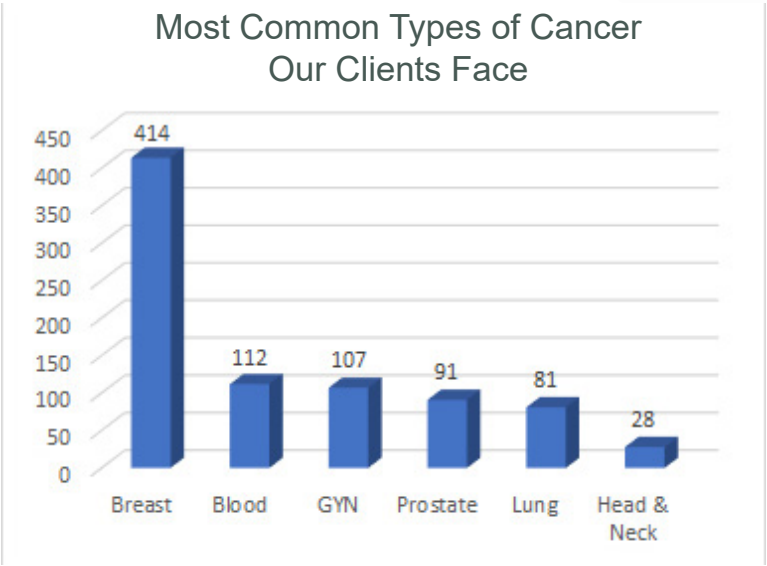
540 **Returning Clients**: Ann's Place serves people in treatment, post-treatment and even long term "graduates". We are here as long as each person needs us.

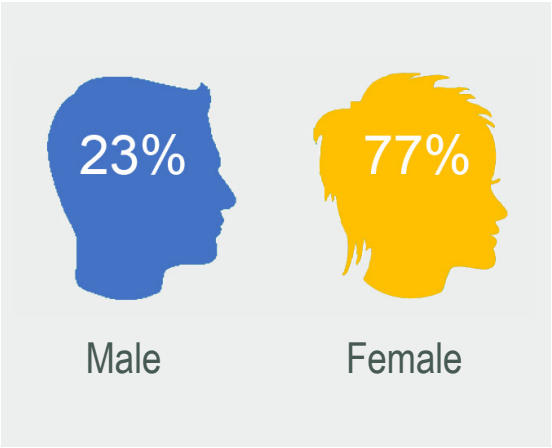
583 **New Clients:** This group is often newly diagnosed and is the most vulnerable of the people we serve. We have averaged a 14% annual growth in new clients since 2012.

About The People We Help...

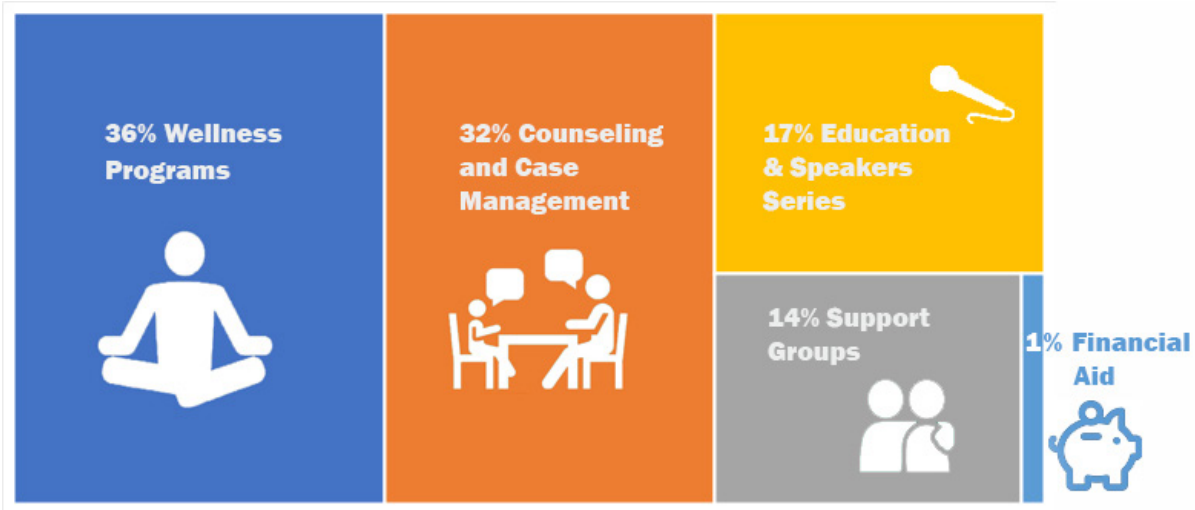
Who Are Our Clients







Our Clients Received 9,548 Services! Here is a Breakdown:



About Our Services

Counseling and Support Groups

Many people affected by cancer feel frightened and overwhelmed. Feelings of groundlessness and uncertainty may lead some to explore what matters most in their lives. By offering short-term counseling, Ann's Place gives individuals and families the opportunity to pause, reflect, grieve, and to find strength, meaning and comfort. Counseling services are available in both English and Spanish.

Support Groups and Kids Club

Arthur Frank shared these thoughts about having cancer – "I do not want my questions answered; I want my experiences shared … Listening to another, we hear ourselves."

Ann's Place offers sixteen regularly scheduled support groups - fifteen in English and one in Spanish. Each facilitator is skilled at creating and holding space for people to express themselves and to listen and support each other. As Arthur Frank suggests, Ann's Place provides opportunities where people can hear themselves through the experiences and voices of others.

Some of the groups are related to a specific cancer diagnosis, others related to a certain stage, and still others incorporate a variety of situations. It can be healing for people to share their journey, gain insights, and process all that they are experiencing with others who understand.

In 2018, Ann's Place experienced a significant increase in young parents facing cancer. To better support these parents, we established a group for them to discuss their unique challenges. A children's group, also known as the Kids Club, meets at the same time as the Parents Group. The Kids Club gives these children an opportunity to engage in activities that help them to explore and express their feelings.

Creative Arts and Horticulture Programs

by Marta Maresco

by Heather Bruning

Ann's Place continues to help clients with coping and well-being through an integrated model of counseling, support groups, arts programs and wellness activities.

Creative activities help break the cycle of anxiety and stress, which is so common when facing cancer. Our wellness classes provide a welcome diversion from concerns about cancer and an enjoyable way to safely explore emotions.

Last year, Ann's Place offered many forms of creative programs including guitar lessons, art therapy, arts and crafts, fine arts, horticulture therapy, knitting, dance, drumming, writing and more.

Horticulture therapy classes allowed participants to interact with nature all year long. In addition to getting outside in the gardens, programs included topics such as *Beautiful Bulbs*, *Collecting Seeds, Drying Herbs & Flowers*, *Leaf Rubbing*, *Pumpkin Carving*, *Thanksgiving Kitchen Sachets,* and *Making Vinegars with Pizzazz*. Scents, touch and beauty are used to cause positive reactions in the body such as releasing natural endorphins. Research also supports getting outside and digging in the dirt is a great therapy to fight depression, stress and anxiety.

Nutrition and Movement

Harvard Medical School, in its June, 2018 - Harvard Health Publishing, reported that “Exercise, specifically as an additional therapy for patients undergoing cancer treatment, has been well-studied and associated with many benefits.”

Ann’s Place offers a variety of movement programs including Zumba, Healthy Steps dance, Tai Chi, and Yoga.

In addtion to several nutrition workshops offered through our speakers series, we started a new nutrition program, run by Renee Simon, MS, called *Healthy Eating Made Easy.* In this four-session group, participants were guided on how to implement changes to their diet in a supportive environment.

Spiritual Wellness

Cancer can cause people to question their faith and impact their spiritual wellbeing. We were very happy to partner with Jesse Lee Memorial United Methodist Church to expand our spirituality program in 2018. Church members led silent "Soaking Prayer" sessions and donated seed funds so we can build a non-denominational spirituality program that will embrace all faith paths. Ann's Place also partnered with Tamarack Farms and Weir Farms to offer full wellness daytime and overnight retreats for survivors.

For many, meditation is a wonderful way to center on the here and now, connect with a higher power and relax the grip of anxiety. We were very pleased to add Gong Meditation to our offerings by Jen Ripa-Edson which bought together sound and meditation for a tranquil session. Other offerings included Divine Sleep, Mindful Meditation, Reiki, and labyrinth walks.

Social Time and Practical Care

Each person who comes to Ann's Place has different needs and stresses. Anxiety can be caused by things such as not knowing how to get a wig, facing additional financial expenses, or just feeling isolated.

Ann's Place offered a host of support to help people where they need us most including:

- Assistance paying bills for families in financial distress during treatment
- Free wigs and scarves with beauty consultation
- Coffee House/Open Mic Night
- Photography and pampering day
- Hand-made blankets and hats
- Spring and Halloween baskets for children
- Comfort gift bags made by the community
- Weekly Mah Jongg

Speaker Series

In keeping with our commitment to provide quality educational programming to our clients and the community, we offered the following presentations last year:

Breast Cancer, What's New?*
Taught by Dr. Valarie Staradub, Dr. Michael Cohenuram and Laurie Plaut, OT-R

Natural Approaches to Wellness*
Taught by Peggy O'Shea, RN, Sue Carbone, MA, MHA, and Kathleen Kennedy, CHTP, RMT

Navigating Stress and Cancer, An Overview
Panel presentation with Kevin Berrill, LCSW, Dr. Jen Phelps, Dr. Myron Glucksman

Power in Planning: Everything you needed to know but didn't know to ask
Taught by attorney Paula Boa Sousa

AARP Safe Driver Course
Taught by Joe Gillotti

Wellness Techniques and Breast Cancer*
Taught by Peggy O'Shea, RN

Food for Life*
Cancer Nutrition Project Series including live cooking demostrations.

Next Steps*
Helps survivors just finishing treatment make lifelong choices to enhance well being and health. Taught by Jane Sirignano and Maddie Sobel.

Lenguaje de Ingles para la Salud (English for Health) - Helps non-English speakers learn common medical terms so they can better understand their doctors. Taught by Karen Rolfini-Beckenstein, The Language School

*in partnership with Danbury Hospital

Health Equity Initiative

The Health Equity Initiative (HEI) was developed by Ann's Place to advance health and wellness to underserved communities in and around Fairfield County. Our goal is to serve those who face language, economic and cultural barriers, or those who have limited access to health care, education and transportation.

Our bilingual social worker, fluent in Spanish and English, shares her time between Ann's Place, Danbury Library and the Harmony Street office of the Greater Danbury Hispanic Center.

Special programs provided in Spanish include, Viviendo con Fe (Living with Faith Support Group), counseling for adults, children and families, teens and parent jewelry making, Family Fun Day, Lenguaje de Ingles para la Salud (English for Health), free wigs, zumba, and financial aid.

In 2018, 185 HEI clients received 1,958 services.

Professional Mind Body Medicine Training Conference

For the first time, Ann's Place hosted a large, four-day educational conference with the Center for Mind Body Medicine. This drew over 100 oncology professionals from the local area and across the country.

Those attending were physicians, social workers, physical therapists, nutritionists, psychologists, art therapists and professionals from many other disciplines. It was an intensive and powerful four days of learning. This demonstrated our capacity to seamlessly host a multi-day professional training for the larger community.

We are deeply grateful to the **Susan H. Bowker** trust for providing the funds so that over 100 professionals could receive this valuable training, free of charge.

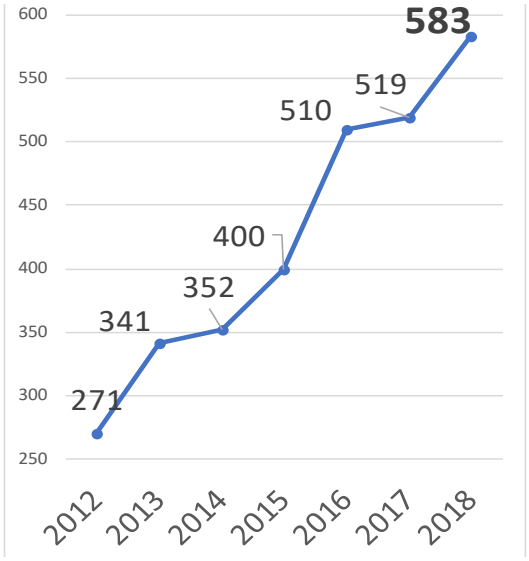
Oncology Professionals at the Conference

(from Left) Dr. James Gordon, From The Center for Mind Body Medicine, Fritz and Emily Kallin, family of Susan Bowker, Dr. Jennifer Phelps, and Shannon Cobb.

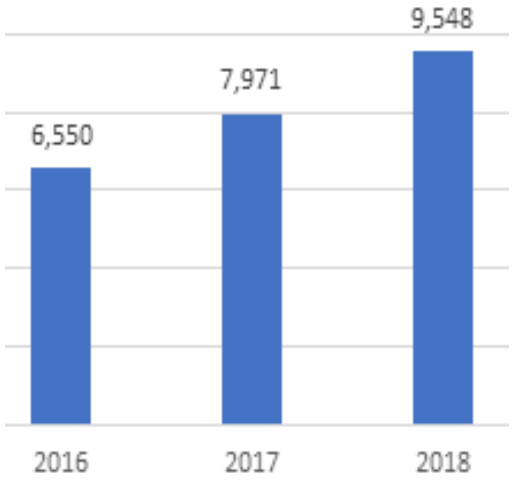
Increases in Clients and Services

The number of new clients each year continues to grow. In 2018, we had 583 new clients (out of 1,294 total clients) which is the highest we have experienced in our history. In addition, the average number of services per client, per year, has increased 44% since 2016 (from 5.12 to 7.38). Both paid and pro-bono staff increased direct service hours in 2018 to make sure everyone received the help they needed.

New Clients By Year



Clients Received Services This Many Times



Volunteer Leadership

With just twelve paid staff, Ann's Place would not have been able to achieve all of it's 2018 accomplishments without our volunteers! Our volunteers are infused into every element of our work, including clinical, wellness, office help and event planning. We are so grateful for their time and talents - thank you!

2018 Board of Directors

Robert Cooper, MD, Chair

Matthew Allred
Sally Arconti
Susan Blumenthal
Peter Buzaid, Esq.
Marjorie Davidson
Leroy Diggs
Jamie Eden
Beth Ann Fetzer
Joseph Garbus
Wilda Hayes
Peggy Marconi
David W. Nurnberger
Paula Boa Sousa, Esq.
Don Weber

Voted in for 2019
Jeff McDonough
Valerie Staradub, MD
Maryellen Wallin

Chairman Emeritus
Paul P. Dinto

We engaged over **1,100** volunteers to do this important work in 2018. Thank you!

36 Pro-Bono Staff Gave Over $122,200 in Professional Support!

Clinical Volunteers

Jackie Brady, MS
James Coffey, MA
Jean Conover, MA
Jennifer Salkin, MA, LMFT
Rudy Spannaus, MA
Helen Tomasko, MS, LPC, NCC

Wellness Volunteers

Roxane Angotta
Tim Bayley, DO
Bob Becker
Eileen Byrne
Sue Carbone
Neil Corday
Nina Deyglun
Victoria Diaz
Alison DiPinto
Amy Doyle
Jen Ripa-Edson
Amy Fernandez
Teresa Finaldi
Jo-Ann Frank, MD
Lucy Gainsback
Karen Gillotti
Julie Glick
Beth Holland
Marc Howard
Jyoti Kelkar
Erik Keller
Sue McKellop
Sue Polansky
Nancy Ryan
Claire Sakho, MA
Rochelle Schwartz
Renee Simon, MS
Donna Soszynski
Marlene Tendler
Kim Wein

Businesses in the Spotlight!

We are so grateful for the many corporations whose employees volunteer with Ann's Place by taking care of our gardens, painting walls, providing skills based consulting, supporting events and serving in leadership positions. Here are just a few we caught on camera:

The talented **Fairfield County Bank** employees were seen volunteering at *every* Ann's Place event. Above, Dan Berta speaks at the Ann Olsen Golf Classic.

Boehringer Ingelheim employees came to Ann's Place multiple times to clean, weed, garden, mulch and build bikes for our kids!

Sompo International helped refresh the gardens with new plants that they purchased.

Western Connecticut Health Network (Nuvance) OBGYN residents helped clean out the unused items in the Ann's Place basement during their Wellness Week.

Paul Dinto Electrical Contractors lit up 150 trees at the Festival of Trees! The new location at Danbury Sports Dome meant thousands of additional feet of cords. It was spectacular! They also helped us on site with an upgrade in our conference room and replaced all of the batteries in our emergency lights.

Many thanks to **The Pilates Advantage** (right) for creating "Pilates For Pink", a week long fundraiser which raised $5,000 for our breast cancer and women's programs!

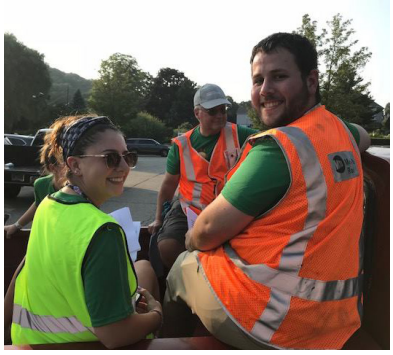
Our conference room was renovated with funds and volunteer labor from (above, from left) Jon Seaman, **Seaman Mechanical Services**, Joel Third, **Rotary Club of Ridgefield**, Chris Hoeffel, **Rotary Clubs of District 7980**, Frank Scahill, Jr., **Rotary Club of Danbury**, Lee Ogden, **H&Y Construction**, Charlie O'Neil, **Paul Dinto Electrical Contractors** and (far right), John Doyle, **Doyle Coffin Architecture.**

Employees from **Waterworks** are our most enthusiastic runners in the Amber Room, Run From the Sun 5K race. They will do just about anything to be the top fundraisers including a pie-in-the-face contest, wine & cheese party and dressing up in superhero costumes.

Jennifer Cioffi from **Newtown Savings Bank** once more led the volunteer team doing raffle sales at Festival of Trees which raised $65K!

Ann Hermann from **Ann Charles Photography** takes a break from taking photos to get in one. She volunteered her artistic talents at four events in 2018!

Union Savings Bank employees volunteer in numerous roles on site and at events. Jeff McDonough (left) joined the board and chaired the popular Taps & Trees Festival, including recruiting our youngest volunteer (She was in charge of being cute - note the T&T shirt.) Below, employees direct traffic at the Amber Room 5K race.



Employees from **Emerson Branson** show off their Champion status at Festival of Trees.

Finances

Ann's Place is supported by many generous donors, foundations and special events. Ann's Place fundraising events combined with events organized by people in the community raised 46% of our entire budget.

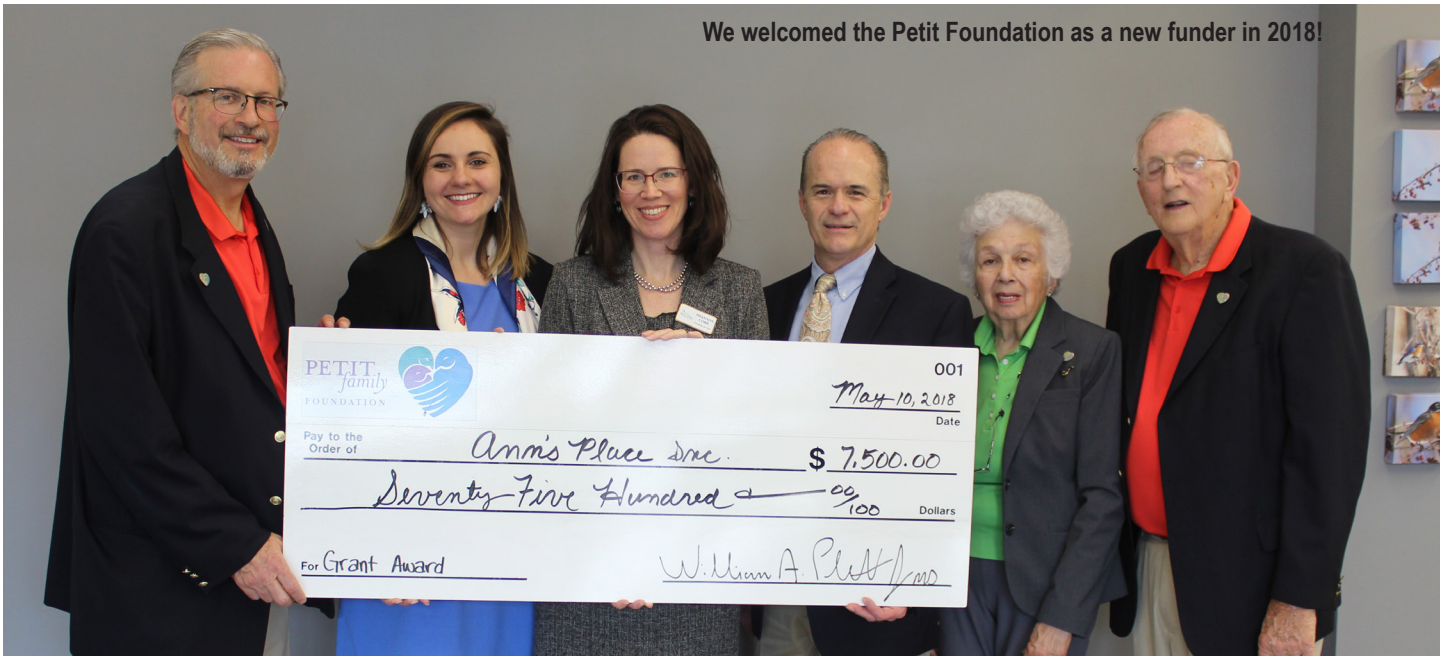
We were extremely grateful to receive a gift of $50,000 from the Cecelia Ruggles Trust which helped us set up a new endowment to build stability for Ann's Place in years to come.

Ann's Place was able to pay off its final loan payments of $113,333 that were due this year and is now officially debt free!

We are so grateful to our donors for believing in Ann's Place and to our volunteers for working so hard at our fundraising events. We would not be able to do this work without you!

Revenue-Income-December 2018	
Foundations	276,829
Employee Matching	8,800
Individuals	344,638
Religious, Civic, Clubs	11,903
Events	523,634
Community Fundraisers	136,322
Other Revenue	10,141
Government	7,000
Contributed Services	122,202
In-Kind Contributions	94,113
Investment Income	1,278
TOTAL REVENUE-INCOME	**1,536,859**
Expenditures	
Total Personnel Costs	799,402
Professional Fees	27,148
Program Specific Costs	55,592
Insurance	16,388
Tech & Communications	34,749
Facilities	70,796
Consumables-Copying-Printing	55,347
Staff Dev't, Dues & Subscriptions	5,013
Advertising, Promotion & Event Expenses	83,947
Contributed Services & In-Kind Contributions	122,202
In-Kind Contributions	94,113
Other Expenses	14,309
Total Non-Personnel Expenditures	579,605
Total Operating Expenses	1,379,006
Net Income from Operations (Before Depreciation)	157,853
Depreciation	123,474
Net Income (Loss)	34,379

Finances are audited mid-year and can be found at annsplace.org/our-financials



We welcomed the Petit Foundation as a new funder in 2018!

Donors

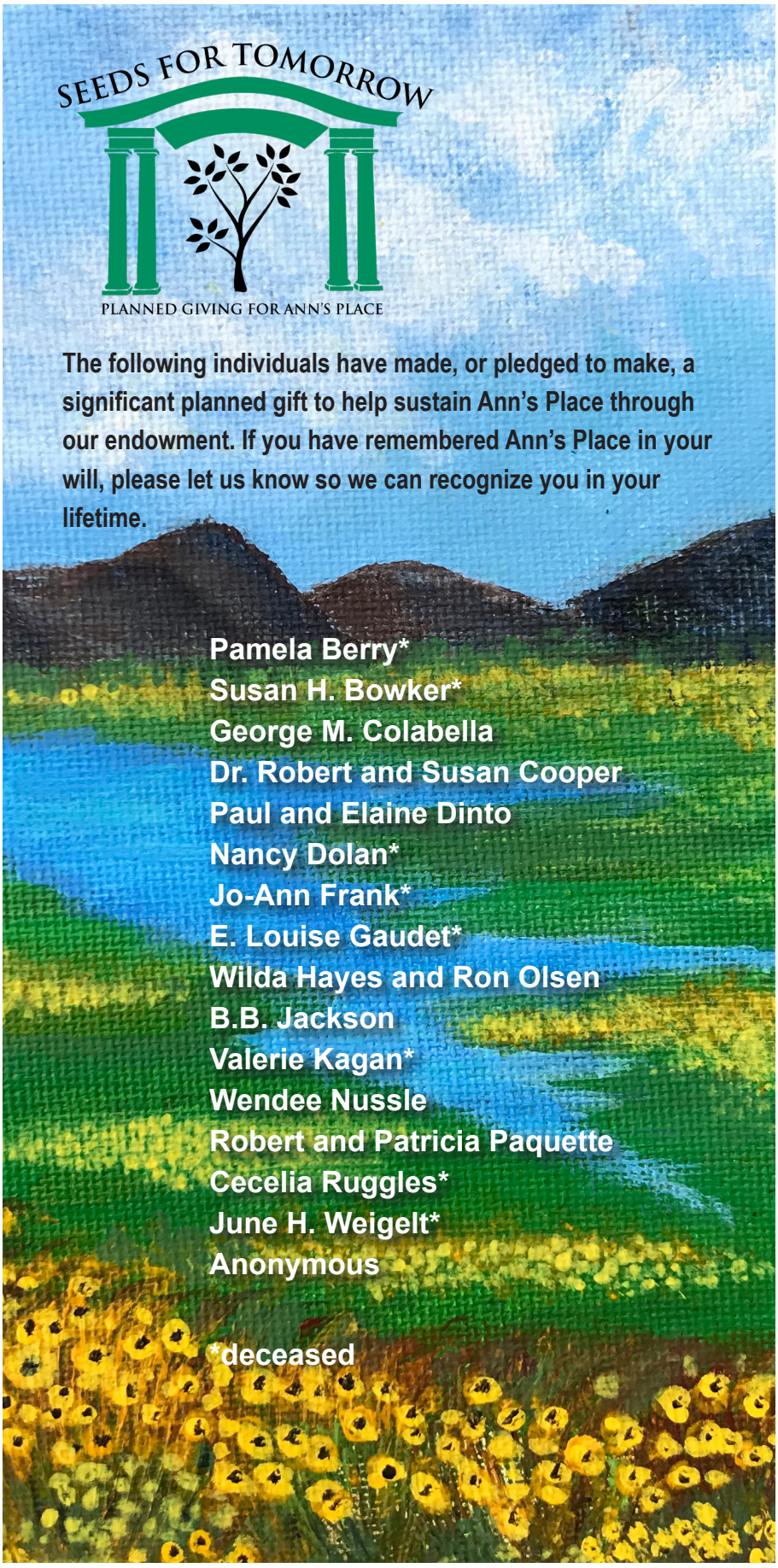
Hope ($100,000 or more)
Anonymous

Compassion ($50,000 - $99,999)
Paul P. & Elaine Dinto
Paul Dinto Electrical Contractors
Cecelia Ruggles

Comfort ($25,000 - $49,999)
Boehringer Ingelheim Cares Foundation
Boehringer Ingelheim Pharmaceuticals, Inc
Wilda Hayes & Ron Olsen
Hologic Charitable Fund
Leir Charitable Foundations
Paul & Valerie Stagen
Waterworks

Inspiration ($10,000 - $24,999)
Bedoukian Research Inc.
Christopher & Kimberly Bishop
The Peter & Carmen Lucia Buck Foundation
Celgene Corp.
Ceres Foundation, Inc.
The Chefs' Warehouse
City of Danbury
Robert G. & Marguerite M. Derx Foundation
Fairfield County Bank
Fairfield County Community Foundation
Gloria Gray Foundation
Kohl's National Giving Program
Pink Aid
Sirely Shaldjian
Peter Soldat
Union Savings Bank Foundation

Support ($5,000 - $9,999)
Harvey Allen
Conduent/Buck
Robert and Susan Cooper
Danbury Rotary Club
Emerson / Branson Ultrasonics
Emerson Charitable Trust
George Link Jr. Charitable Trust
Joe & Jennifer Garbus
Barbara Grose
Jewish Federation of Western CT
Suzanne & Irving Karpas Jr. Foundation
Brian Milton
New England Patriots Foundation
Wendee Nussle and Les Madaus



Art by N. L. Higgins

Support Donors, Continued

Petit Family Foundation
Ridgefield Thrift Shop
Ridgefield Rotary Club
Savings Bank of Danbury
Savings Bank of Danbury Foundation
Douglas & Lynn Stubbe
Union Savings Bank

Courage ($2,500-$4,999)

Jennifer & Matthew Allred
Amber Room Colonnade
Ann Charles Photography
The Atlantic Group
Barnes & Noble
William Bishop
Elisabeth Booth-Barton, Esq.
Centennial Bank
Concordia Educational and Benevolent Society, Inc.
Credit Center
Danbury Metal Finishing, Inc.
Susan DeSanto
Dinto Electrical Contractors
Isabelle Farrington
Jo-Ann Frank
Leah Gardner
Jonathan Gibney
Hawley Construction Corp.
Honda of Danbury
David & Geri Hutchings
IBM
Jewelry Designs
Leaden Family
Rudy & Peggy Marconi
MCAC, Mechanical Contractors Assoc. of CT
The Albert Wadsworth and Helen Clark Meserve Memorial Fund
Mittler, Mercaldo & Braun PC
Mohegan Sun
Newman's Own Foundation
Olde Crabs Hockey Club, Inc.
Praxair
Southridge Technology Group, LLC
Ridgefield Playhouse
Robert Pilberg
Sports Cafe 189
United Way of Western Connecticut
Western Connecticut Health Network
Danbury Hospital

Caring ($1,000 - $2,499)

Adam Broderick Salon & Spa
The Angel Family Foundation
Sally & Thomas Arconti
Artech Church Restoration
Marc & Barbara Assiff
Associated General Contractors of CT, Inc.
Axel Johnson Inc.
Patrick & Debra Barczak
The Barden Foundation, Inc
Jeff & Janice Beekman
Belimo Air Controls (USA) Inc.
John & Lori Berisford
Dan & Brenda Berta
Susan Blumenthal & Steven Silver
BMS Construction, LLC
Tommie Bozniak
Brookfield Lions Charities, Inc.
The Camastro Family Initiative
Carmine Labriola Contracting Corp
Cartus Cares
Chevron Matching Employee Funds
William & Susan Cobb
Judith & William Coffey
Collins Hannafin, P.C.
Tammy Conley & Roselinde Torres
Kevin & Elaine Cox
Brian & Nancy Cronin
Danbury Moose Lodge 1373
Philip and Diana Danford Foundation, Inc.
Marge & Bill Davidson
Daniel Delvecchio
William & Katie Diamond
Leroy & Jane Diggs
Robert Dudley
Doyle Coffin Architecture, LLC
Earthmovers, Inc.
Scott & Danielle Edwardson
FIP Construction Inc.
Ellen Fitzgerald
Robert Giampe
Michael Gorman
Shelia Gray
Steven & Lauren Greenberg
Gary & Cynthia Hawley
Hawley Management Co. Inc.
Henry Abbott Technical School
H&Y Construction
Immaculate High School Girls & Boys Basketball
Jesse Lee Memorial United Methodist Church
Erik & Juana Maria Keller
Helen & Donald LaJoie
Roma Landry
Bill & Anne Marie Lavelle
Law Offices of Lawrence M. Riefberg
John W. Leahy Foundation
Limelight by Alcone
Kimberley Locke
Matthew Lugar
The Macerich Company
Michael & Nancy Marcus
Katherine & Richard Matero
Matrix Corporation/CBRE
Jeffrey & Suzanne Migdol
Janet Mitchell-Hoyt
Mulvaney Mechanical, Inc.
Su & Jay Murdock
New Fairfield Press
New Milford School/Sarah Noble Intermediate School
NY-CONN Corporation
David & Nancy Nurnberger
Margaret Pederson
PennySaver
PepsiCo Foundation
The Pilates Advantage, LLC
Tamara & Al Rabil
Jillian Rae
Reby Advisors, LLC
Ridgefield Professional Firefighters Assoc.
Maureen Rivard
The Rizzo Companies
Richard Robins Charitable Fund
Matthew & Heather Rose
Dr. Richard & Nan Ruben
Norma Schlager
Seaman Mechanical Services
Shepaug Valley Regional High School
Sleep Number Store
Carol & Gerard Smith
Somers Smiles
Sompo International
Spectrum Brands Global Auto Care
Star Distributors
Marc Sterling General Contractors, LLC
Gordon Strother
Town of Ridgefield
Train 2 Xcel, LLC
UTC Aerospace Systems-Employees Helping Hand Fund
Donald & Melinda Weber
Keith Weiner
Woman's Club of Danbury-New Fairfield

The 2018 Champion Supporters

The following companies and individuals pledged to become our first *Champions* by making a significant gift to support our program or fundraising events early in the year so people facing cancer have access to counseling, support groups and wellness programs when they need it most.

Boehringer Ingelheim

DINTO ELECTRICAL CONTRACTORS

HOLOGIC® The Science of Sure

Fairfield County Bank Member FDIC
Caring for the Community Since 1871

Wilda Hayes and Ron Olsen

the chefs WAREHOUSE

BEDOUKIAN RESEARCH

Savings Bank of Danbury Connecticut's Local Bank™

WATERWORKS

2018 Education Champion:

Union Savings Bank

EMERSON BRANSON

CONDUENT

Wendee Nussle

Sustainer Club

The following individuals made a monthly commitment to support Ann's Place on an ongoing basis which helps serve clients all year long.

Christine Boylen
Susan and Dave Chabot
Peggy and Rudy Marconi
Lisa R. McCormick
Jackie & Eliot Morrison
Wendee Nussle
Roseann Press
Christine Scarice
Len Sierra
Peter Soldat

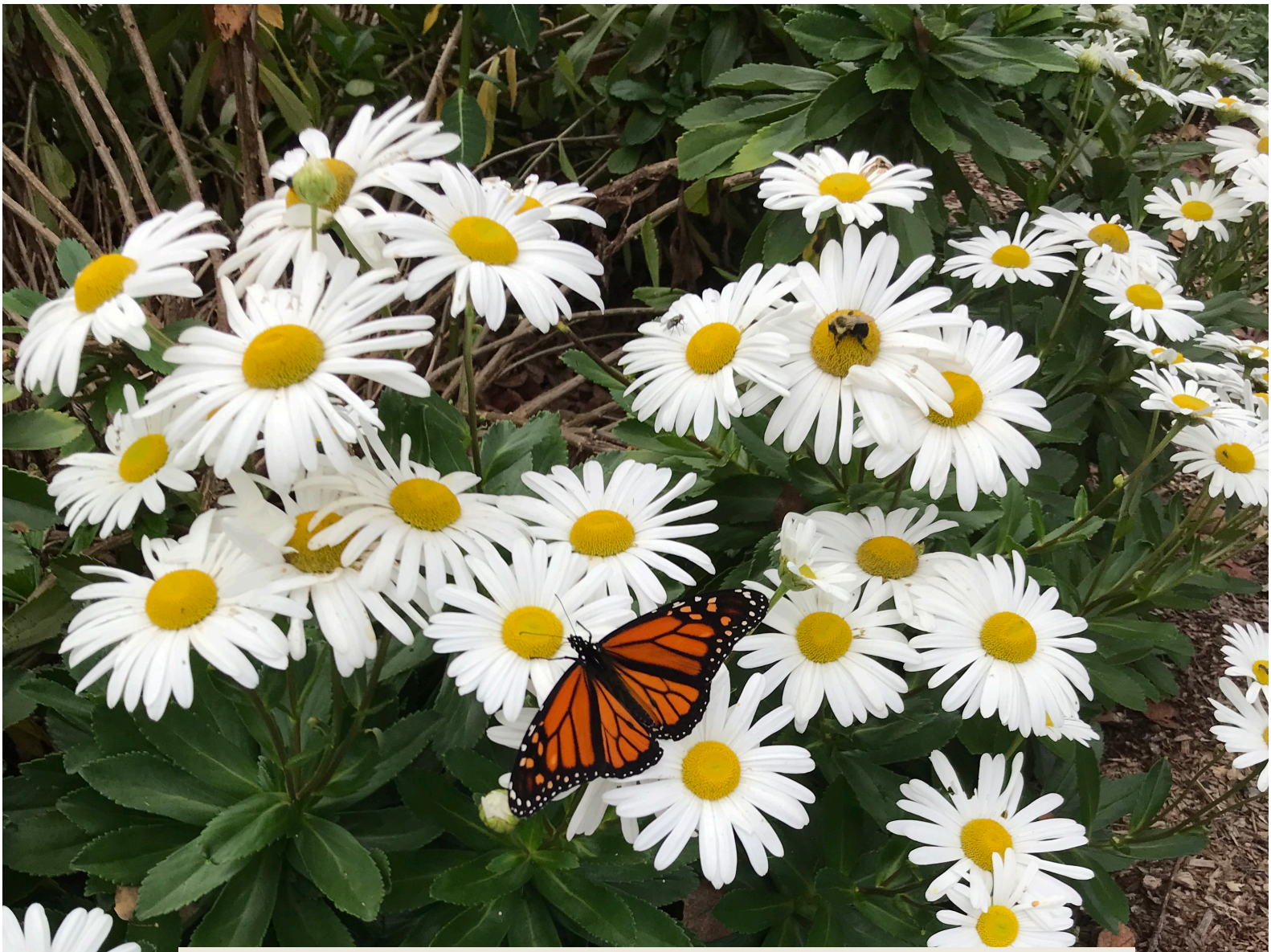
Benefactors Society - Lifetime gifts of $100,000 or more (Started in 2012)

Ann Olsen Endowment
The Family of Pamela Berry
Bedoukian Research Inc.
Boehringer Ingelheim
Boehringer Ingelheim Cares Foundation
Susan H. Bowker*
Branson Ultrasonics/ Emerson Charitable Trust
The Peter & Carmen Lucia Buck Foundation
Ceres Foundation, Inc.
Conduent
Cooper Family Charitable Fund
Paul P. & Elaine Dinto
Paul Dinto Electrical Contractors
Nancy K. Dolan*
Fairfield County Bank
Fairfield County Community Foundation, Inc.
Isabelle Farrington
Gilbane Building Company
Wilda Hayes & Ron Olsen
Harold Huberfeld
Matrix Realty Group
John McAuliffe
Mechanical Contractors Association of CT
Leir Charitable Foundations
David & Nancy Nurnberger
PepsiCo Foundation
Harold and Myra Spratt
Paul & Valerie Stagen
Union Savings Bank

Founders Society - Lifetime gifts of 50K-99,000K (Started in 2012)

Anita & Digby* Barrios
Mary Ann & Gary Crystal
Friends Fight For A Cure
Gail Arlene Foundation of Hope
Hologic Charitable Fund
IBM
Marian Kretsch*
Roma Landry
The Marcus Family
The McCarthy Trust
Meserve Memorial Fund
Newtown Savings Bank
Pink Aid
Praxair Cancer Center/Western CT Health Network
Praxair Foundation
The Cancer Support Community Southern CT
Cecelia Ruggles*
Savings Bank of Danbury
Savings Bank of Danbury Foundation
Sherman Fairchild Foundation
The Steiner Family
Webster Bank

* deceased



Ann's Place
COMMUNITY-BASED CANCER SUPPORT
MEN • WOMEN • CHILDREN

80 Saw Mill Road
Danbury, CT 06810
(203)790-6568
www.annsplace.org

Our Staff

Jeff Beekman, Accounting & Contracts Manager

Kevin Berrill, MSW, LCSW, Licensed Clinician

Jack Bouffard, Events Specialist

Matt Boyle, Director of Development

Shannon Cobb, President and CEO

Candy Dayana Dube, MSW, LCSW, Bilingual Licensed Clinician

Kate Lieder, MA, LMFT, Licensed Clinician

Kimberley Locke, Clinical Assistant

Suzanne (Su) Murdock, MSW, LCSW, OSW-C, Clinical Director

Martha Shilstone, MSW, LCSW, Licensed Clinician

Dawn Schulze, Donor, Events, and Clinical Support

Lynn Stubbe, Community Engagement Specialist