



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

2021 Annual Report



Our Mission

To ensure that all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Our Vision

That no one faces cancer alone.

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Kat Moser: Office Manager

Dear Friends of Cancer Support Community Central Ohio:

Thank you for your continued support, for allowing us to be part of your journey, and most of all, for your dedication to redefining the cancer experience.

Last year was another remarkable year for Cancer Support Community Central Ohio. As a network partner of the only organization in the nation with a dedicated research institute focused on the emotional aspects of cancer for patients, survivors, caregivers, family members and children, we provide evidence-based programs, services and resources—**at no cost**—to help people manage their cancer journey, achieve better health outcomes, and improved quality of life.

While the COVID pandemic continued to be a concern for many people with a cancer diagnosis, we still **touched the lives of 1,214 individuals** through our direct services and educational materials and resources, providing a sense of community and helping to reduce isolation and loneliness.

With support from our community of donors, we made a major investment in technology to improve our ability to deliver programs online and in person at the same time. **“Hybrid” classes** are now the way we deliver programming, providing flexibility for those who want to participate but don’t want to leave their homes.

Our organization made a commitment to put **health equity** at the center of all we do. We hired a Health Equity Manager to help build community engagement as a foundational part of our process. We want to increase knowledge of our programs and direct services in under-resourced communities and build key partnerships, gain collective expertise and perspectives, and create a shared commitment to achieving health equity, crucial for the well-being and vibrancy of our community.

A core programming component at Cancer Support Community Central Ohio is our validated distress screening and referral program, which employs a brief survey to open conversations, identify and address important patient and caregiver concerns. This program is the first step to **decreasing depression and distress** brought on by a cancer diagnosis, and improving treatment adherence and quality of life. In 2021, **108 patients and caregivers were screened**. Participant surveys show that the screenings and subsequent program participation are making a positive impact and helping to improve people’s lives.

Through new and existing community partnerships, in 2021, we extended our mission to reach more people beyond our main facility with virtual programming. We have continued revenue generating partnerships with key organizations, including **Central Ohio Urology Group** and **ScottsMiracle-Gro**, to deliver no-cost programming for patients and associates at their facilities or other off-site locations. Developing additional partnerships with employers, medical groups, and hospital partners to generate earned income is a major focus for 2022 and beyond.

Cancer Support Community is **stronger than ever**, thanks to our community of supporters who come together to donate time, resources, and talent in support of our mission. Our community collaborations have provided new partnerships and locations, like the Ohio Department of Health Comprehensive Cancer Program.

We are working every day to achieve our mission, *to ensure everyone impacted by cancer is empowered by knowledge, strengthen by action, and sustained by community*, and look forward to a successful 2022!

With gratitude,



Bev Sault, President & CEO

PROGRAM IMPACT



Participating in Cancer Support Community programs makes a significant difference in the lives of people impacted by cancer.

89% of participants report an increase in overall quality of life

86% of participants said they felt less alone

92% of participants said they would recommend Cancer Support Community

87% of participants report feeling more connected to others

Based on results from our 2021 participant survey.



“ I have progressed from being only very fearful of cancer to learning ways to try to prevent it and to live more healthfully. I am more optimistic about prevention and survival, thanks to Cancer Support Community. ”

PROGRAM HIGHLIGHTS



108 customized care plans were created



A healthy start to the week:
1,269 visits to Monday morning yoga



727 visits to support groups to connect with others who understand



395 visits to our educational programs



1,073 visits to social activities because cancer can't steal all the fun



332 hours of meditation at Mindfulness Hour and Mindfulness Meditation were experienced



7,704 visits to healthy lifestyle programs helped improve quality of life



602 participants tasted 56 cancer-fighting, nutritious recipes as part of the Cooking for Wellness program

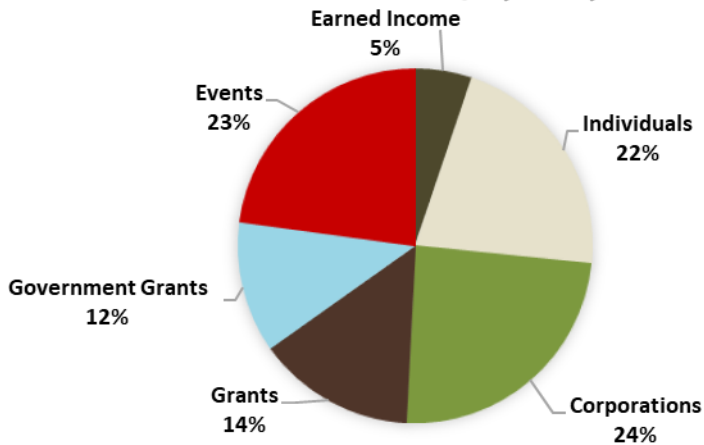


265 volunteers provided more than 1,300 hours of service

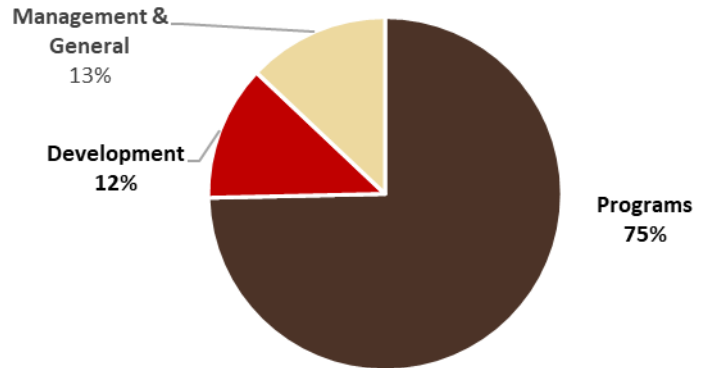
2021 FINANCIAL OVERVIEW

All figures are unaudited.

2021 Revenue: \$1,399,032



Expenses: \$1,084,013



Cancer Support Community Central Ohio is financially sound and well positioned for continued growth and success in delivering its mission **to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.**

Thank you to all our donors and supporters for investing in this mission. Your support allows us to continue to provide evidence-based programs and services to all those affected by cancer— patients, families, children, friends, coworkers and caregivers—at **no cost.**



“ I needed support from others who were going through the same things I had gone through. It's better to relate to someone who **knows your journey.** ”



2021 FUNDRAISING EVENTS

Night of Chocolate is our premier fundraising event. Featuring thousands of pieces of decadent confections from area chocolatiers, this upscale gala draws hundreds of guests to Hollywood Casino Columbus for a memorable evening. Through the live and silent auctions, Bid for a Cause, and generous sponsors, **\$242,000** was raised in 2021 to support evidence-based programs and services for people impacted by cancer.

The Charity Golf Classic draws up to 180 golfers to the beautiful 27-hole Medallion Club in Westerville for this annual event. The outing includes lunch, dinner, silent and live auctions, on-course contests, awards, and, of course, a day of outstanding golf. The 2018 Charity Golf Classic raised nearly **\$98,000** for Cancer Support Community programs.

OTHER SPECIAL EVENTS AND PROGRAMS

Cancer Survivors Day is a day of celebration for survivors and family members. In 2021 the gathering took place in May at the Zangmeister Cancer Center. Attendees were invited to participate in abbreviated versions of three programs, including a cooking demonstration of a healthy lunch by our professional chef and licensed dietitian with samples for tasting, a relaxing and energizing qigong session led by xxx, and a community drumming circle. We celebrated with over **120 survivors and their friends and families**.

Caregiver Appreciation Day in November is a time when we recognize and honor all those who help and support cancer patients and survivors. In 2021, we hosted a fun game night, with board and video games, mini-pizzas created by volunteers from Chamberlain University College of Nursing, a photo booth, and plenty of laughs and camaraderie in appreciation of our caregivers.

