

Healing Journeys

Cancer as a Turning Point
From Surviving to Thriving™

Support Healing



Activate Hope



Promote Thriving



www.healingjourneys.org

Annual Report 2007



Dear Friends of Healing Journeys,

According to the National Cancer Institute, in 2008 over 1.4 million people will receive the news that they have cancer. As new treatments have improved cancer survival rates, there is an increased need for programs focusing on quality of life for the almost 12 million cancer survivors (NCI 2009 Plan). Providing the growing number of patients and survivors with the necessary information, services, and support has become a major health care challenge.

The Healing Journeys programs, with a focus on psychological and spiritual aspects of healing, can meet the needs of this survivor group, as well as the needs of patients currently in treatment. We invite participants to select the approach that best supports their unique needs and circumstances. Nothing gives us greater pleasure than to learn that attendees feel that they've been reconnected to their deepest healing potential. **The Healing Journeys conferences are FREE, making them accessible to everyone.**

The person exists on many levels....physical, psychological and spiritual....and none of these can be reduced to any other. To move successfully toward health, all must be treated. – Dr. Lawrence LeShan

Healing Journeys celebrates 14 years of bringing our free *Cancer as a Turning Point: From Surviving to Thriving™* conference to communities nationwide. It is very rewarding to know that about 15,000 people have experienced the healing and hope of our free conferences. With the expanded reach of our media, that number is increasing daily.

Plans for 2008 and beyond

Our goal is to continue with our two-day conferences in Northern California and on the East Coast. In 2008, our conference will be in Sacramento on September 13 & 14. We would also like to offer a one or two-day free event in at least one new location every year. As a result of giving CDs and DVDs from previous conferences to cancer centers, there is an increased knowledge of, and interest in, the services that we offer. It's our goal to expand the Web site to include full length presentations as well as excerpts. We also want to offer teleseminars, and occasional workshops offering self-help tools for cancer patients, their families, and health care providers.

Healing Journeys Legacy

Providing healing support to cancer patients and survivors has been my passion for over 14 years. After yet another personal cancer occurrence, the Board and I have committed to the idea that our work must outlive all of us. To accomplish this, we are in the process of creating an infrastructure that will provide us the financial support we need to move forward and expand our offerings. Specifically, we will need staff and the ability to raise about \$300,000 a year. We are exploring ways in which we can encourage legacy donations such as annuities, gifts of stock, and recurring contributions. We look forward to updating you about our ongoing success as we continue to serve thousands of people affected by cancer.

In Memoriam – Wendy Tedesco and Robin Davenport - We will miss you both.

Wendy Tedesco worked part time in the Healing Journeys office for two years while she was in the middle of her 6 year journey with breast cancer. Her journey on earth ended in 2007. Thank you, Wendy, for all your contributions to Healing Journeys.

When Robin Davenport was diagnosed with a rare form of cancer in 1998, it became her mission to assist others with life threatening illnesses. It was her passion that brought our *Cancer as a Turning Point™* conferences to Greenville, SC in 2005 and again in 2007. Thank you, Robin, for all you have done.

Sponsors, Donors, and Volunteers

Healing Journeys deeply appreciates the support received from our sponsors, donors, and volunteers. It is through their efforts and commitment that we are able to provide high quality programs free of charge so that anyone, regardless of financial circumstance, can benefit. If you have benefited from our conference and/or believe that our unique programs are helpful to others, we hope that you will contribute whatever you can to help us serve the growing population of cancer survivors/patients.

In the Spirit of Healing,

A handwritten signature in cursive script that reads "Jan Adrian".

Jan Adrian, MSW
Founder and Executive Director
Healing Journeys

Healing Journeys Annual Report - 2007

OUR MISSION

Healing Journeys' Mission is to support healing, activate hope, and promote thriving.

OUR HISTORY

Healing Journeys was founded as a 501 (c) (3) in 1994. To achieve our mission, we have offered a free one or two-day program entitled *Cancer as a Turning Point, From Surviving to Thriving™*. Between March 1994 and September 2007, we produced this event 23 times.

In 1996, we began offering the conference free-of-charge, and attendance has grown more than 600 percent. We went from an average of 150 attendees in 1994/95 to an average of 1,350 attendees at our last two California conferences, and 850 attendees at conferences in other states.

SERVICES PROVIDED IN 2007

March 2007: *Gifts of the Imagination: Guided Imagery for Surviving and Thriving Beyond Cancer.*

We partnered with the **California Pacific Medical Center in San Francisco** to provide a special one-day program that was taught by Belleruth Naparstek, LISW, BCD, psychotherapist, author, and guided imagery innovator. It was attended by 224 people, including cancer patients/survivors as well as health professionals. Some comments from participants are:

This was a wonderful gift. I leave here feeling energized with lots of strength for me and my oncology staff and patients.

Wonderful tools! Thank you for the great combination of research, stories, and experiential opportunities.

This was very helpful and I feel will be helpful in my living with cancer.

April 2007: *From Surviving to Thriving.*

This two-day workshop was offered in Monterey, CA and was attended by 30 people. This workshop, designed and taught by Jan Adrian and Karen Haas, was a trial run to help us develop a manual/teacher's guide so others can teach it all over the country. This will be a valuable tool to spread the beneficial effect of our approach and resources. Some participant comments were:

I found this workshop to be a springboard for growth. It was full of fascinating research, helpful and supportive exchanges among the participants, and I leave with hope in my heart.

This program is one of the best cancer workshops in the country on how to become a self-healer! It is the most well-organized and well-designed workshop on self-healing I've ever experienced.

June 2007: *Cancer as a Turning Point: From Surviving to Thriving™ Conference*

We held our second East Coast two-day conference in Greenville, South Carolina with attendance of 850 people coming from 23 states. Fundraising and organizing was done by a local steering committee. A local oncologist said this conference has changed the way cancer care is practiced in Greenville. Some of the comments from participants are:

This weekend was a reinforcement of "inner wisdom" that is a common thread connecting all of us living with a courageous awareness that a cancer diagnosis is a journey, not a destination.

You did an amazing job in every way, providing what we've needed and didn't have. We are eternally grateful to you. I love all the ways you communicate: talking, dance, drama, music, etc. Each way, we learned.

The following groups were represented in the audience of our South Carolina 2007 conference:

| | |
|-------------------------|-----|
| Cancer Survivors | 42% |
| Other Illness | 2% |
| Families & Friends | 26% |
| Health Professionals | 21% |
| Not Specified | 4% |
| Volunteers & Presenters | 5% |

September 2007: *Cancer as a Turning Point: From Surviving to Thriving™* Conference.

We offered a one-day *Cancer as a Turning Point™* conference in Bremerton, WA, sponsored by the Harrison Medical Center. This was a new model of partnering with one medical institution to create the one-day event. Healing Journeys designed and implemented the program while the local hospital provided the venue, marketing and promoting, beverages, snacks, and lunch. Attendance of 250 was mostly people from the Bremerton community. Sample comments from participants are:

This was a retreat, both educationally and spiritually. Actually physically also. And in my own backyard! A single day that has nourished me as though it were a week. Blessings.

I believe workshops such as today's not only facilitate learning, but promote an environment for all patients to be at ease to ask questions. Often we are intimidated because we are less educated in the diagnosis than the medical professionals we consult. Today gave me more confidence to ask questions and trust my own instincts.

October 2007, we received a grant to spread the "stories from the conference" to a wider audience than those who are able to attend a conference. We gave away the following media to almost 50 cancer centers and cancer resource libraries:

CD sets

Cancer as a Turning Point Volume I
Cancer as a Turning Point Volume II

DVDs

The Seven Levels of Healing - Jeremy Geffen, MD
Deep Canyon - Annan Paterson
Shopping as a Spiritual Path - Terri Tate

OUR PLANS FOR 2008

- We will give away 50 more sets of the CD sets and DVDs. We plan to follow-up with the cancer centers that receive our media and express an interest in having our conference in their community. Our goal is to set up some one-day conferences using the Bremerton model established in 2007.
- We will offer *Gifts of the Imagination: Guided Imagery for Surviving and Thriving Beyond Cancer*, the workshop we offered in San Francisco in 2007. It will be repeated twice in April, 2008. In Portland, it will be hosted by Providence St. Vincent's Cancer Center. In Seattle, it will be hosted by Swedish Cancer Institute.
- Our two-day conference on September 13 and 14 will be held at Memorial Auditorium in Sacramento, CA. Sponsors committed so far include Sutter Cancer Center, UC Davis Cancer Center, River City Bank, Kaiser Permanente, Chevron Corporation, and the City of Sacramento. Some keynote presenters include:

Jeremy R. Geffen, MD, FACP, a board-certified medical oncologist and a pioneer in integrative medicine and oncology.

Ed Bauman, MEd, PhD, the director of Bauman College, presenting a nutrition model to help promote optimal health and living well with cancer.

Jonna Tamases, a 3-time cancer survivor (Hodgkin's Disease, Large-Cell Lymphoma, Breast Cancer), performing her highly acclaimed one-woman show, *Jonna's Body, please hold*.

Emmett Miller, MD, a physician, scientist, musician, master storyteller, and one of the fathers of Mind/Body Medicine.

Gary Malkin, Emmy award-winning composer, producer, performer, and public speaker, offering musical experiences and resources that catalyze healing.

Linda Tillery, vocalist/producer/arranger, cultural historian, and cancer survivor whose career of 32 years has gone from rock singer to soul healer.

Annan Paterson and Terri Tate, both cancer survivors and actors, performing their new drama, *An Inconvenient Tumor*.

- We are creating the infrastructure in 2008 to allow us to increase our offerings. Our new Executive Assistant starts February, 2008. Since most events require a year of planning, this will allow us to increase our reach in 2009.
- We will develop tools for increased outreach and education via the internet. Some of the possibilities we are working on are teleseminars and making some of the stories and presentations from the conference available on the website.

OUR VISION BEYOND 2008

- Offer *Cancer as a Turning Point, From Surviving to Thriving™* conference at Furman University, Greenville, SC in June, 2009.
- Produce our first Midwest conference – We are currently working with an interested group in Minneapolis, MN for September, 2009.
- Offer the next Northwest conference in Portland, OR in 2009 or 2010.
- Offer our conference in Atlanta, GA – We are currently working with a group there.
- Offer a two-day conference in Charlottesville, VA in 2010 sponsored by University of Virginia.
- Work with cancer centers in smaller communities to offer a one-day program.