



**COMPLEMENTARY
CANCER CARE, INC**

ANNUAL

REPORT

2023



our story SO FAR

Revisiting the Mission

As our 5-year anniversary date approached, we reflected on the work we've done and the lessons we've learned. This contemplation led to revising our Mission Statement, below, and crafting our Statement of Values, right.

NEW: Our mission is to promote an overall sense of wellbeing in individuals impacted by cancer by providing accessible complementary therapies.



Statement of Values

We are committed to upholding the following values: providing Accessible and Inclusive services, acting with Professionalism, Confidentiality and Fiscal Responsibility, and organizing with Leadership in order to build and support our Community.

91%

OF CANCER PATIENTS
SURVEYED REPORTED USING

COMPLEMENTARY THERAPY ¹

ALONGSIDE CONVENTIONAL
MEDICAL CARE TO IMPROVE

QUALITY OF LIFE ²

1. *Cancer Therapy Advisor*, Sept 18 2023

2. Cancer Research U.K.

our 2023 GOALS



1

SUPPORT & EDUCATION

Provide monthly support groups, small group Survivor Series and one-on-one counseling, as well as online lunchtime talks, a cancer seminar and a panel discussion to educate and support the needs of patients and survivors

2

WEEKLY MIND-BODY CLASSES

Continue to provide safe options for our Tai Chi and meditation classes online to meet the American Cancer Institute's recommendation for weekly activity for cancer survivors

3

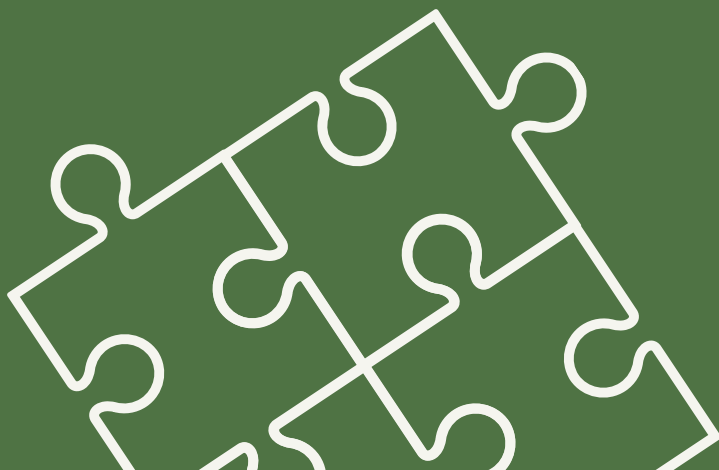
COMMUNITY EVENTS

Collaborate with local and national partners to produce our annual June social event, as well as participate in local and national events

4

CREATIVE EXPRESSIONS

Provide monthly art therapy, writing therapy and seasonal vision board workshops to promote a variety of creative outlets to process the cancer experience



our 2023

HIGHLIGHTS

We took a hard look at our services and made some tough decisions mid-year to shift away from some social events and back towards the complementary therapies that had the most positive impact on our cancer community. Despite this change in direction, we were able to meet our goals and position ourselves for a future with programming that continues to positively impact our cancer community.

PROJECTS	DETAILS	OUTCOME
Support Groups	Provide monthly groups, covering different topics, different populations	<ul style="list-style-type: none">• 46 groups offered, 51 people attended• 5 groups in-person, 1 online
One-on-one Counseling	Provide "wellness check" calls, counseling sessions and oncology advocacy	<ul style="list-style-type: none">• 84 hours of private counseling to 116 cancer survivors and caregivers
Weekly Series	Provide 7-week series for cancer survivors to process their cancer experience	<ul style="list-style-type: none">• 2 groups offered (spanning 14 weeks), 9 cancer survivors attended
Mind-Body Classes	Provide weekly live classes, recorded classes, assessments, community class vouchers	<ul style="list-style-type: none">• 150 live classes (29 attended), 10 recording (170 min)• 5 assessments, 284 community classes (to 34 patients, survivors, caregivers/nurses)
Expressive Writing / Creative Therapeutic Journaling	Provide monthly and bi-monthly guided writing groups, community essay event	<ul style="list-style-type: none">• 12 groups offered, 11 people attended• 12 cancer survivors participated in essay event
Art for Self-Care	Provide guided art for self-care, vision board workshops	<ul style="list-style-type: none">• 7 art groups offered, 29 people attended• 3 vision board groups offered 10 people attended
Educational Talks	Community talks, both online and in person about nutrition, genetics and complementary therapies	<ul style="list-style-type: none">• 4 online nutrition talks, 8 attended• Panel discussion, 50 attended• Genetics seminar, 12 attended
Community Events	Provide in-person social interaction, community engagement	<ul style="list-style-type: none">• June event, 79 attended• Participated in Relay for Life, Space Race Walk/Run

650

Hours of services
offered

"Involvement in this group has changed my life. I found a new perspective and my excitement for living and adventure has been sparked. I now travel as much as possible - to explore, experience and find my joy. This has been a very long and blessed Last Hurrah, and I am not done yet. I can't help but wonder, had I not attended my first [Complementary Cancer Care] class, would I still be sitting alone in my room, waiting to die? Thankfully I am no longer that person. I have never been happier."

JF, CANCER SURVIVOR

220

People benefitted from
these services

"The tai-chi and meditation classes have helped me in my daily life, which had been a very difficult existence since the death of my long-time partner from cancer. I am able to do the classes seated via Zoom, which means I can participate despite mobility issues. I now start my mornings off with some of the tai chi postures and practice my own individual meditation in between classes, which are both insightful and uplifting. [Taking part in these classes] has shifted my mental state into a more positive emotional state. The fact that I can participate online has opened welcomed opportunities for me."

CG, CAREGIVER



ACKNOWLEDGEMENTS

We could not have reached the people we helped without the support of our donors, volunteers, local businesses and our partner organizations:

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Health First Cancer Institute
Community Foundation for Brevard
Evelyn Foster Endowment Fund
Lloyd Symington Foundation
Space Coast Health Foundation
Orlando Health
TEPAS Breast Center
VITAS
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WE THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR OUR PROGRAMS