

BREAST CANCER RECOVERY

2009 ANNUAL REPORT

OUR MISSION

*Breast Cancer Recovery provides environments
for women breast cancer survivors to heal
emotionally*



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METASTATIC BREAST CANCER RETREATS

Since 1997, Breast Cancer Recovery has focused on helping breast cancer survivors heal mind, body and spirit. We have stayed committed to founder Ann Haney's original vision to provide environments where breast cancer survivors can support each other toward achieving each woman's "new normal" through programs such as our Infinite Boundaries Retreat. Until there is a cure, Breast Cancer Recovery strives to fill the void many women feel during and post treatment.

Unfortunately, the journey for many women includes a diagnosis of metastatic disease. When breast cancer spreads beyond the breast, it is said to be *metastatic*. The most common places that breast cancer spreads to are the bones, the liver, and the lungs. Unfortunately once cancer has escaped from the breast and underarm lymph nodes, it is no longer curable.

Breast Cancer Recovery recognized the need to develop a different format for our retreats to meet the unique challenges these women face. In 2005, we designed and implemented our first Infinite Boundaries Retreat for women with metastatic disease. We discovered that we were providing an unmet need as the retreats filled quickly and we began to put women on the waiting list.

During strategic discussions among board and staff, we scheduled two retreats in 2009 focusing on these survivors. Of all the breast cancer survivors that we strive to support, those with metastatic disease cannot afford the luxury of being on a waiting list. The majority of the women who attend these retreats are no longer able to remain employed and face significant financial hardships, as a result.

In 2009, 20 women contacted our organization about the specialized retreats. Of those 20, five cancelled prior to the retreat for health reasons. Fifteen women attended the retreats. Since attending a retreat, three of those women have passed away. This statistic drives home the importance and the significance of these retreats.

A woman who attended the metastatic retreat in March 2009 says it best: *"This was an incredible experience. I am still numb, in many ways, about my metastatic diagnosis. I am so very touched by the generosity of so many people so that a group of us could gather! We share so many experiences - from discussions about "end of life" issues to rituals that touched the sacred, to laughter and creative expressions. Thank you for such an amazing, generous gift."*



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INFINITE BOUNDARIES RETREATS

Infinite Boundaries provides breast cancer survivors an opportunity to discuss the issues surrounding their breast cancer, gather information and experience and enjoy the company of new-found “sisters.” While the intellectual process is very important, it is essential to move beyond an intellectual understanding of the disease to an earnest exploration of feelings, fears and life wishes. Retreatants have an opportunity to tell their story, their truth, in a safe, supportive environment. By telling their story and acknowledging their losses and fears, survivors can begin emotional healing. This process may include the realization that they may not be *cured*, but they may be *healed*. This healing effect may extend into other aspects of their lives as well. They begin to believe they have a right to be hopeful!

The elements of the *Infinite Boundaries* retreat are designed to create the optimal healing environment and experience for personal growth and transformation: **time together; place; acceptance; bonding, and transformation.**

In 2009, Breast Cancer Recovery sponsored nine Infinite Boundaries retreats.

Retreat Location	Dates	Number Attending
Wisconsin Dells, Wisconsin ▪ for women with metastatic breast cancer	March 2-5, 2009	5
Eagle River, Wisconsin ▪ for young survivors (under age 40)	May 28-31, 2009	9
Eagle River, Wisconsin ▪ for “solo” breast cancer survivors	May 28-31, 2009	8
Door County, Wisconsin	June 11-14, 2009	12
Madeline Island, Wisconsin	July 23-26, 2009	10
Madeline Island, Wisconsin	July 30-August 2, 2009	14
Door County, Wisconsin	September 17-20, 2009	16
Wisconsin Dells ▪ for women with metastatic breast cancer	September 28-October 1, 2009	10
Eagle River, Wisconsin	October 29-November 1, 2009	10



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SHARING THE KNOWLEDGE CONFERENCE

The tenth annual Sharing the Knowledge Conference took place on Saturday, November 14 in Madison, WI. More than 220 breast cancers survivors, caregivers and healthcare professionals attended. Kairol Rosenthal, our morning keynote speaker and cancer survivor, shared "Everything changes: Embracing Life after Cancer. Bobbi de Cordova-Hanks and her husband, Jerry Hanks shared their story "In Sickness and In Health: A Survivor and Caregiver Share Their Stories."

Workshops covered topics such as "Using Movement, Touch, and Imagery to Reduce Pain and Anxiety," "Navigating Legal And Employment Issues," "Pain Management," "Recognizing Your Cognitive Style And How It Functions Under Stress," And "Acupressure Fundamentals."

Sharing the Knowledge provides an opportunity for healthcare professionals to interact with those they serve, as well as providing a chance for survivors to pose questions to these professionals in a non clinical setting. We offered continuing education credits for radiologic technologists and contact hours through the Wisconsin Nurses Association.

Generous funding for the conference was provided by Komen for the Cure- Madison affiliate. Planning for the 11th annual conference, to be held November 6, 2010 in Madison is underway.



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FINANCIAL STATEMENT

Each year Breast Cancer Recovery engages an outside audit firm to conduct a thorough review of our financial accountability. A copy of our audited financial statements is available by contacting our office. You can also download the statements at www.bcrecovery.org.

Breast Cancer Recovery is funded primarily by individual gifts and gifts through special events. Additional funding is received from grants. We also receive revenue from Infinite Boundaries retreat fees and registration, exhibit fees and sponsorships through the annual Sharing the Knowledge conference.

Privacy concerns prevent us from printing the names of all of these wonderful supporters, but **we thank each and every one of you.**

The majority of revenue is devoted to program services. This includes lodging and meals for Infinite Boundaries, program personnel, travel, and office expenses. Management and fundraising expenses include personnel, insurance, and special event related expenses.

BREAST CANCER RECOVERY FOUNDATION, INC.
STATEMENT OF ACTIVITIES
Year ended December 31, 2009

	Unrestricted	Temporarily Restricted	Permanently Restricted	Total
SUPPORT AND REVENUE				
Contributions				
Grants	\$ 82,965	\$ -	\$ -	\$ 82,965
10 Year Champion campaign	-	-	25,000	25,000
Gifts	168,111	22,815	-	190,926
Infinite Boundaries® retreat fees	25,740	-	-	25,740
Sharing the Knowledge conference	16,490	-	-	16,490
Special events	43,442	-	-	43,442
Investment return	43,242	-	-	43,242
Other income	416	-	-	416
Total support and revenue	380,406	22,815	25,000	428,221
EXPENSES				
Program services	313,129	-	-	313,129
Management and general	40,602	-	-	40,602
Fundraising	63,689	-	-	63,689
Total expenses	417,420	-	-	417,420
NET ASSETS RELEASED FROM RESTRICTIONS				
Expiration of time restrictions	36,607	(36,607)	-	-
Change in net assets	(407)	(13,792)	25,000	10,801
Net assets - beginning of year	148,181	44,853	35,000	228,034
Net assets - end of year	\$ 147,774	\$ 31,061	\$ 60,000	\$ 238,835



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Breast Cancer Recovery 2009 - 2010 Board of Directors

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