



Breast Cancer Recovery  
 2800 Royal Avenue  
 Suite 210  
 Madison, WI 53713  
[www.bcrecovery.org](http://www.bcrecovery.org)

## 2010 ANNUAL REPORT

**Mission Statement:** Breast Cancer Recovery provides environments for women breast cancer survivors to heal emotionally.

**Celebrating the accomplishments of Breast Cancer Recovery Foundation, Inc. for 2010 during which challenges made the efforts of our amazing staff, Board of Directors, volunteers and friends all the more vital so that the mission of helping breast cancer survivors to heal emotionally continues.**

### 2010 Programs

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#### 2010 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 their new-found sisters. While the intellectual process is important, it is essential to move beyond an understanding of the disease to an earnest exploration of feelings, fears and life wishes. Retreat participants have an opportunity to tell their story in a safe and supportive environment. By telling their story and acknowledging their losses and fears, survivors begin to realize that they may not be *cured*, but they may be *healed*.

Date • Location	Retreat	Attendees
March, 2010 Wisconsin Dells, WI	Infinite Boundaries Specialty Retreat Women with Metastatic Breast Cancer	7
April 2010 Racine, WI	Moving Forward Retreat Infinite Boundaries Alumni; 3-6 years post-diagnosis	8
May, 2010 Eagle River, WI	Infinite Boundaries Specialty Retreat Young Survivors	6
May, 2010 Eagle River, WI	Infinite Boundaries Retreat	8
June 2010 Door County, WI	Infinite Boundaries Retreat	11
July 2010 Madeline Island	Infinite Boundaries Retreat	12
September 2010 Wisconsin Dells, WI	Infinite Boundaries Specialty Retreat Women with Metastatic Breast Cancer	6
October 2010 Eagle River, WI	Infinite Boundaries Retreat supported by WEA Trust and offered to Wisconsin public school employees and their family members.	12
November 2010 Wisconsin Dells, WI	Infinite Boundaries Specialty Retreat Women with Metastatic Breast Cancer*	9

\*The November, 2010 retreat for women diagnosed with metastatic breast cancer was added to accommodate an overflow of registration requests. This retreat was made possible with generous support from the Susan G. Komen - Madison Affiliate.

20 scholarships were awarded to enable women to attend retreats when they might not otherwise been able to attend.

### **11<sup>th</sup> Annual Sharing the Knowledge**

“The mix of science-based research and the arts was wonderfully holistic.”

“This event was one of the best I have been to.”

“This was amazing, wonderful, perfect, thank you.”

“Keep up the good work and thank you for being part of my cancer recovery.”

The 11<sup>th</sup> annual Sharing the Knowledge Conference took place on Saturday, November 6 in Madison, WI. Approximately 185 breast cancers survivors, caregivers and healthcare professionals attended. The keynote speaker was Wendy Chen, MD, MPH, Dana Farber Cancer Institute, Assistant Professor, Harvard Medical School who presented a medical update and facilitated a workshop entitled *Lifestyle Factors and Breast Cancer Survival*.

Continuing education credits for radiologic technologists and contact hours through the Wisconsin Nurses Association were offered. 3.5-4.0 credit hours were awarded to 22 healthcare professionals attending the conference.

Generous funding for the conference was provided by Komen for the Cure - Madison Affiliate.

Other workshop topics included:

#### **Jonna's Body, Please Hold**

Jonna Tamases, Los Angeles, creator, presented her one-woman show.

#### **Nutrition for Healthy Living**

Margaret Allen, RD, CSO, CD Milwaukee-based nutritionist spoke about nutrition guidelines recommended by the American Institute of Cancer Research.

#### **A Taste of Healing Practices: Mindfulness for Breast Cancer Survivors**

Lisa Rambaldo, PsyD, Dean Health System provided an overview of mindfulness and information about how mindfulness techniques can help breast cancer survivors stay in the present moment.

#### **A Taste of Healing Practices: Reiki for Breast Cancer Survivors**

Karen Cooper, RN, BSN, MA, Izumi Joi, LCC taught the fundamentals of Reiki and its potential healing benefits.

#### **Living Well with Advanced Breast Cancer**

Lauren Cunningham, PhD, Integral Psychology Center provided information about living well with advanced breast cancer and techniques for coping with the uncertainty or anxiety a metastatic diagnosis can bring.

### **2010 Collaborations**

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Breast Cancer Recovery maintains a strong presence in the community and has collaborative relationships with the following organizations:

- Center for Patient Partnerships
- Wisconsin Well Woman Program
- Wisconsin Cancer Council
- Wisconsin Comprehensive Cancer Control and the Breast Cancer Task Force
- Wisconsin Breast Cancer Coalition
- Young Survival Coalition
- Metastatic Breast Cancer Network
- Gilda's Club

## **BCR Year in Review**

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- <http://www.bcrecovery.org/> was recreated.
- Volunteer training was held in February with three new volunteers trained and 25 volunteers receiving update training.
- In-depth Retreat Site Director trainings were held.
- Four editions of the Breast Cancer Recovery e-newsletter were distributed to over 2000 individuals and groups.
- *Yoga Heals* event was held.
- A survey was distributed to 1500 individuals to gauge information about their volunteer interests.
- The Community Health Charities membership was renewed.
- WI Better Business Bureau accreditation was obtained for the 3<sup>rd</sup> year.
- Staff served as a resource for women with breast cancer who contact us and are in need of emotional support and/or resources.
- Breast Cancer Recovery moved from Suite 306 to Suite 210 in the Broadway Business Center at 2800 Royal Avenue.

## **Funding**

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Breast Cancer Recovery wishes to thank all of our generous sponsors and donors. Breast Cancer Recovery works hard to ensure our programs are affordable and accessible to all breast cancer survivors. Gifts allow us to continue our mission of helping more women find peace and healing after breast cancer. Breast Cancer Recovery is a 501(c)(3), non-profit organization and gifts are tax-deductible. To find out more about supporting Breast Cancer Recovery visit our website at <http://www.bcrecovery.org/pages/Donate.php>

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. Breast Cancer Recovery is funded primarily by individual gifts and gifts through special events. Additional funding is received from grants. Revenue is generated from Infinite Boundaries retreat fees and registration, exhibit fees, and sponsorships through the annual Sharing the Knowledge conference. 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, 2010

	Unrestricted	Temporarily Restricted	Permanently Restricted	Total
<b>SUPPORT AND REVENUE</b>				
Contributions				
Grants	\$ 51,115	\$ -	\$ -	\$ 51,115
10 Year Champion campaign	500	-	5,000	5,500
Gifts	237,720	23,506	-	261,226
Infinite Boundaries® retreat fees	26,564	-	-	26,564
Sharing the Knowledge conference	16,899	-	-	16,899
Special events	3,360	-	-	3,360
Investment return	19,184	-	-	19,184
Other income	199	-	-	199
<b>Total support and revenue</b>	<b>355,541</b>	<b>23,506</b>	<b>5,000</b>	<b>384,047</b>
<b>EXPENSES</b>				
Program services	257,160	-	-	257,160
Management and general	52,730	-	-	52,730
Fundraising	44,184	-	-	44,184
<b>Total expenses</b>	<b>354,074</b>	<b>-</b>	<b>-</b>	<b>354,074</b>
<b>TEMPORARILY RESTRICTED NET ASSETS</b>				
Net assets released from restrictions	30,811	(30,811)	-	-
<b>Change in net assets</b>	<b>32,278</b>	<b>(7,305)</b>	<b>5,000</b>	<b>29,973</b>
Net assets - beginning of year	147,774	31,061	60,000	238,835
<b>Net assets - end of year</b>	<b>\$ 180,052</b>	<b>\$ 23,756</b>	<b>\$ 65,000</b>	<b>\$ 268,808</b>

See accompanying notes.

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**2010-2011 Board of Directors**

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