

Healing Journeys

Cancer as a Turning Point
From Surviving to Thriving™

Free Conferences designed to
Inspire, Educate & Celebrate



Annual Report 2005



www.healingjourneys.org

Mission Statement



Anna Keck-Tomasso

To promote and support healing by assisting people with cancer and other life-altering illnesses to access their healing potential and their ability to thrive.

Our History

Healing Journeys was founded as a 501 (c)(3) in 1994. To achieve our mission, we offer a free two-day program entitled *Cancer as a Turning Point, From Surviving to Thriving™*. Between March 1994 and July 2005, we produced this event 19 times.

Since 1996, when we began offering the conference free-of-charge, attendance has grown more than 600 percent - from an average of 150 attendees in 1994/95 to an average of 1350 attendees at our last two California conferences and 850 in other states.

Services Provided in 2005

- In April, we partnered with UCSF to provide a special two-day program for health professionals entitled *Cancer and Healing: Innovative Theories and Practices of Psychosocial Support*. One-hundred-fifty (150) physicians, nurses, counselors and social workers attended and gave the program excellent evaluations. Our wonderful professional advisors, including Marty Rossman, MD, Jeff Kane, MD, Rachel Remen, MD, and Marion Weber donated their services so that we could use the meeting proceeds to support Healing Journeys.
- We held our first East Coast conference in Greenville, South Carolina and met 791 new friends who came from 24 states, Canada and Jamaica. Local fundraising and organizing was led by Robin Davenport who had attended the Seattle conference in 2003 and wanted to share the magic with her community. The following groups were represented in the audience of our South Carolina 2005 conference:

Cancer Survivors	39%
Other Illness	1%
Families & Friends	26%
Health Professionals	21%
Not Specified	4%
Volunteers & Presenters	9%
- Instead of offering our conference in Hawaii, we were able to support and assist The Turning Point Cancer Center in Honolulu to offer a free Hawaii Cancer Lecture Series, using some of the same speakers we would have used at a conference. The first one, held in September and featuring Jeremy Geffen, MD, was attended by 300 people and was very well received.

Our Plans for 2006

Seattle

Our first conference of 2006 will be in Seattle July 8th and 9th. Thanks to Healing Journeys Board members, Lynne Singer and Ann Lovell, who are leading the local organizing committee. We are excited about the slate of speakers confirmed, including

- **Jeremy R. Geffen, MD**, board certified medical oncologist and pioneer in the field of Integrative Medicine, and the author of the highly acclaimed book *The Journey Through Cancer: An Oncologist's Seven-Level Program for Healing and Transforming the Whole Person*.
- **Gary Malkin**, seven-time Emmy Award-winning composer and co-creator of the book and CD set, *Graceful Passages: A Companion for Living and Dying*.
- **Sista Monica**, international recording artist and songwriter whose experience with a rare type of cancer, synovial sarcoma, has transformed her music into a ministry of faith, hope, and courage.
- **Mark Nepo**, author of *The Exquisite Risk* and *The Book of Awakening*, cancer survivor and a teacher of poetry and spirituality.
- **Jonna Tomases**, performing artist, three time cancer survivor, and creator of the drama entitled *Jonna's Body, Please Hold*.
- **One World Taiko** performing the traditional Japanese drumming used for healing, followed by audience participation in the drumming experience.

San Francisco

On September 9th and 10th, UCSF Comprehensive Cancer Center will be the co-sponsor of our San Francisco conference. Speakers confirmed include:

- **Judith Orloff, MD**, Assistant Professor of Psychiatry at UCLA and author of numerous books and articles; her book *Positive Energy* has been translated into 22 languages.
- **Patrick Quillin, PhD, RD, CNS**, internationally recognized expert in the area of nutrition and cancer and author of *Beating Cancer with Nutrition*, and the textbook, *Adjuvant Nutrition in Cancer Treatment*.
- **Michael Lerner, PhD**, President and Founder of Commonweal, a health and environmental research institute in California and Co-founder of the Commonweal Cancer Help Program.
- **Debra Jarvis**, breast cancer "thrivor", oncology chaplain and commentator for National Public Radio on healing with humor and balance.
- **Shaina Noll**, professional singer songwriter with a Master's Degree in Interpersonal Psychology.
- **Sacramento Taiko Dan** performing the traditional Japanese drumming used for healing, followed by audience participation in the drumming experience.
- **Arceli Theatre Project** from SF General Hospital, a multi-cultural drama project.

Strengthening

Our Financial Foundation

Strategies implemented in 2005 for strengthening our financial foundation

- After losing money on each of our 2004 conferences, we decided to proceed with plans for a conference only if adequate sponsorship was available. Based on this decision, we didn't offer a California conference in 2005, and we cancelled our plans for both Fresno and Hawaii in 2006.
- Developed and implemented a fee-based workshop for health professionals.
- Reduced rent expense by relocating to a home office.
- Eliminated the full time administrative assistant position.
- Vacated our paid half time administrative assistant position and budgeted to refill this position in 2006.
- Increased our Board of Directors by three new individuals for a total of 9 members from 4 states (California, Oregon, Washington, and Illinois).

Our Vision Beyond 2006

- Offer *Cancer as a Turning Point, From Surviving to Thriving*[™] conference at Furman University, Greenville, SC June 23 & 24, 2007.
- Produce our first Midwest conference – We are currently working with an interested group in Milwaukee, WI.
- Offer the next Northwest conference in Portland, OR (2008).

Support

Sponsors and Volunteers make it possible



Healing Journeys thanks our sponsors and donors for the financial support that has made our conferences not only possible but FREE of charge to our participants. We are grateful for the many people who have volunteered their time or contributed financially to make this life-giving program possible.

Participant Response

Our Source of Inspiration



I came away with the will to fight – to accept the cancer diagnosis – to accept the treatment because others have survived it.

This conference created a number of positive turning points for me – the stories gave me great hope and faith, which increases my energy; feeling the community connection with people on the same path is very healing and empowering.

I got the meaning of life as a mystery on another level! This conference made a dent into the fear paradigm I've been living with.

