Dear Friends,

I am pleased to share with you the first-ever Annual Report of the Cancer Resource Center of Western Maine (CRCWM). Since 2015, the Center has been helping cancer patients navigate the emotional terrain of a cancer diagnosis by offering a network of support, free wellness programs and a variety of comfort items to individuals and families impacted by cancer.

The concept of a Center began in 2013 with a small group of visionary cancer survivors from the Norway area, who recognized the lack of resources available to cancer patients in Western Maine. Over the next few years, these co-founders visited other cancer centers across Maine, pitched their plan to the local hospital, formally organized, and finally opened their doors in 2015. Today, CRCWM is an independent 501(c)3, located on the campus of Stephen’s Memorial Hospital in Norway, Maine. We share a unique relationship with SMH; however we are not part of the hospital system.

As the result of generous donations from individuals, local businesses and private foundations, we are able to offer our many programs free of charge - helping those affected by cancer experience hope.

The stories and photos in this report are only a snapshot of the impact our Center has had in Western Maine—none of which would be possible without the support of our dedicated team of volunteers, generous donors, and close-knit community.

I invite you to stop by the Center and see what a rural Maine community is doing to ensure that no one has to face cancer alone.

Warm regards,

Diane Madden

Director of Operations & Development

A NOTE FROM OUR DIRECTOR

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Warm regards,

Diane Madden

Director of Operations & Development
A BOLD VISION
Finding support for those impacted by cancer outside of Maine’s populated centers is difficult. A local cancer resource center seemed logical when Stephens Memorial Hospital expanded oncology services and hired their first patient navigator in 2012. The inspiration to further help patients navigate the emotional terrain of a cancer diagnosis was spearheaded by three local survivors who took the steps to make it happen. In 2013, the co-founders visited three cancer centers across Maine, pitched their plan to the hospital, and began to get organized. By 2014, they had conducted a survey with local survivors, formed a steering committee, and began to realize their dream by starting a handful of programs. We share a unique relationship with Stephens Memorial Hospital but are not part of the hospital system.

PROFOUND NEED
One in four Mainers faces a cancer diagnosis in their lifetime. From diagnosis to treatment and post-treatment, cancer is, for most patients and their families, one of the most frightening times of their lives. Cancer Resource Center of Western Maine (CRCWM) was founded in 2015 as a place where those affected by cancer can go to participate in a variety of wellness programs and find supportive resources as they deal with the challenges of cancer.

MISSION FOCUSED
CRCWM is committed to serving and embracing anyone affected by cancer in a community that offers hope and caring through support, education and concepts in healthy living.

“You’re not expecting a cancer diagnosis and often don’t know where to turn. We offer hope through our many free programs and services.”
Barb Deschenes, Co-Founder

As a newly established non-profit, with a clear track record of credibility and success, CRCWM strives to create the infrastructure to support a growth in services that allows us to meet increasing demand and to serve a wider geographic area.

CRCWM is a comforting place to go to receive information, support and perspective after a diagnosis, whether in pre-treatment, treatment, or post-treatment. It is also a place for caregivers or friends to come and find out how they can help a loved one. Whether you participate in one of the centers many programs or just stop in for a visit, you are never alone!

ORGANIZATIONAL ACCOMPLISHMENTS

2012: Cancer Patient Navigator hired by Stephens Memorial Hospital
2013: Survivors begin to organize and support program survey is distributed at ACS Relay for Life
2014: Site visits and organizational plan developed; community meetings held
2014: Specialty Clinic space painted, furniture purchased, volunteer coordinator begins and first support group meets
2015: Center opens 2 days per week, creative programs begin and wig bank organized
2015: Steering Committee formed, visioning sessions held. Logo designed, website goes live, Articles of Incorporation filed
2016: 501(c)3 status received, Wellness programs launch, fundraising begins and part time staff hired
2017: Board retreat held, Caring Coupon program begins, 1st Annual Turkey Trot 4 Hope, and grants received from Stephens Memorial Health Care Foundation and Next Generation Foundation
2018: First Executive Director hired, Development Consultant contracted to assist with fundraising and capacity building
LOOK WHERE WE STARTED & WHERE WE ARE NOW!

We offer over 20 different free activities & programs.

In 2018, an average of 51 people have attended our programs per month.

Our attendance at activities is up 35% in 2018 vs 2017.

We have 15 volunteers who help on a regular basis and 45 volunteers who help with special events.

The number of people dropping into the Center in the past 2 years has increased 41%.

We have given out 70% more comfort items than in 2017. An average of 31 comfort items are given out per month.

We average 44 client visits to the Center per month.

Hours of operation have increased 200% from when we first opened. In 2015, the Center was open 6 hours per week and is now open 18+ hours per week.
CRCWM is committed to making wellness programs, education and resources easily accessible through a variety of partnerships throughout the community. Staying active is an important part of cancer treatment, recovery and overall well being. All wellness programs are free to anyone impacted by cancer both survivors and caregivers.

**Free Programs and Activities include:** Support groups, yoga, self reiki, meditation, lending library, creative expressions activities, exercise classes, caring coupons, swimming, kayaking, comfort items such as wigs, port protectors, hats, scarves and more.

**Our Programs**

**Wellness Program**

CRCWM offers workshops from jewelry making to knitting, painting, drawing, stamping and more; no experience is needed and all supplies are provided.

**Survivorship Caring Coupon Program**

Reiki • Massage • Reflexology • Therapeutic Yoga

The Caring Coupon Program is for cancer survivors currently in treatment or up to 6 months after treatment. Survivors receive 4 coupons and their caregiver receives 2 coupons, to be used for their choice of sessions including Reiki, Massage, Reflexology or Therapeutic Yoga from a list of area Wellness Providers. Providers have gone through an approval process with the CRCWM’s program committee. For more information on Caring Coupons stop in at the CRCWM or call (207) 890-0329 for more information. CRCWM reimburses Wellness Providers for their services. This program is made possible by grant funding restricted to providing a variety of Wellness Programs for cancer survivors and caregivers.

**Swimming for Wellness**

Swimming passes are available through a partnership with the Hampton Inn, Oxford, in their saltwater pool. This new program includes a one month unlimited pass for cancer survivors who have been out of treatment from six months up to five years. Their caregiver is also eligible to receive a one month pass as well.

**Kayaking for Wellness**

Kayaking for Wellness, a new program in 2018, met every Saturday from June through the end of August from 9:00 to 11:00 at the public boat launch located at Pennesseewassee Lake Park on Rt. 118 in Norway. Special thanks to Sarah Carter at Healthy Oxford Hills for sharing her love of kayaking and teaching the basic skills for a safe and fun paddling experience. Anyone impacted by cancer including survivors, family members and caregivers is invited to attend.
INDIVIDUAL FUNDRAISING EVENTS

Independent fundraising events (IFE’s) are a great way to show your support and raise funds for CRCWM. An independent fundraising event is any event or activity organized and/or hosted by a third party individual or group for the partial or entire benefit of CRCWM. Our supporters have hosted Golf Tournaments, Ice Cream Socials, School Dances, Birthday Parties and more. Download the IFE application from our website.

NCC Ladies Golf Association Drive Out Cancer
Thank you to the Ladies Golf Association at Norway Country Club, participants, sponsors and all who donated an auction item for the 2018 Drive Out Cancer Golf Tournament. Now in its 5th year, this independent fundraising event has raised over $32,000 for the Center.

Norway Soft Serve Fundraiser
Thank you Brenda Fickett at Norway Soft Serve for a successful fundraiser and for helping us LICK Cancer!

Matt Stone’s Birthday Celebration
Thank you Matt Stone for raising $4700 in celebration of his 30th birthday, Matt wanted to honor the many family members he has lost to cancer. Held in Portland, the party included over 100 friends and family, music, raffle prizes and lots of fun. We can't thank you enough, Matt!

SPECIAL EVENTS

Volunteer Appreciation Event, May 17th
On Thursday, May 17th we came together to honor our many volunteers for helping us grow. We appreciate and value their commitment of time and can't thank them enough for all they do. Are you interested in volunteering? Contact the Center to learn about the many ways to help.

National Cancer Survivors Day, June 1st
An annual event at CRCWM, over 50 cancer survivors and caregivers joined together on Friday, June 1 for lunch to Celebrate Life. Anyone living with a history of cancer from the moment of diagnosis through the remainder of life is a cancer survivor according to the National Cancer Survivors Day Foundation. In the United States alone, there are more than 15.5 million people living with a history of cancer.

Summer Wellness Event
Our annual Welcome to Summer Wellness event was held at Posabilities in June. Participants chose from sampler sessions including: Laughter Yoga, Thai Yoga, Chair Reiki, Hand Reflexology, Guided Meditation and Yoga Warriors.

Healing Through Music
Musicians from the Sebago-Long Lake Music Festival performed a “Healing Through Music” concert bringing the joys of chamber music to the Cancer Resource Center of Western Maine. The concert was held in the historic barn at McLaughlin Garden and Homestead in South Paris.

“Cancer interrupts life, and when you pick it up again, it’s not always where you left off.”
— Suanne Craib, Co-Founder
THANK YOU runners, walkers, volunteers and sponsors for braving the cold and participating in the 2nd Annual Turkey Trot 4 Hope to benefit CRCWM. Despite the frigid weather on Thanksgiving Day, 163 participants started their day by getting some exercise and giving back to the community. Organizers are grateful for the tremendous support that helped to raise nearly $8000 for those affected by Cancer in Western Maine.

OUR SPONSORS

Big Tom
Sunday River

Gobbler
Ripley & Fletcher Ford, Strategic Media Inc.

Drumstick
Stephens Memorial Hospital

Harvest
Bearfoot Realty
Bessey Motor Sales
Bisco Properties
Blue Elephant Catering
Chalmers Insurance
Grassroots Graphics
The Inside Scoop
Norway Savings Bank
Rising Sun Cafe and Bakery
Schiavi Custom Builders
Turnbull Team at Portside
Real Estate Group

MORE THANKS TO...

Beth Dimond Comeau Photography
Dan Hart, Gay E Rowe School
Town of Norway Highway Department
PACE Ambulance
All Sports Event & Timing Services
Mallory Cash, Emcee
Kristen Short, National Anthem

Prize & Goodie Bag Donors
Sunday River
New Balance
Impact Melanoma Foundation
Concentra
290 Main Street
Dunkin Donuts South Paris
DownEast Magazine
Table Talk Pies
Spruce Moose Inn & Cottages

Top Fundraiser Award
Congratulations & thank you to Nancy Hohmann & Belle for raising over $2000.

SEE YOU ON NOVEMBER 28TH, 2019 (THANKSGIVING DAY) FOR OUR 3RD ANNUAL EVENT. REGISTER NOW:

RunSignup.com/Race/ME/Norway/TurkeyTrot4Hope

FUNDRAISING IS OPTIONAL. CREATE A TEAM. WE APPRECIATE YOUR SUPPORT!

“I have truly found JOY since finding the Center.”

Judy from Canton
BUILDING ON THE EXTRAORDINARY VISION OF ITS FOUNDERS, CRCWM IS READY TO EXPAND AND INCREASE OUR IMPACT TO MEET THE DEMAND FOR SUPPORT SERVICES AND WELLNESS PROGRAMS TO HELP ANYONE IMPACTED BY CANCER IMPROVE THEIR QUALITY OF LIFE.

YOUR SUPPORT OF CRCWM IS ESSENTIAL TO OUR MISSION AND VISION TO PROVIDE SERVICES THAT ENHANCE LIFE FOR INDIVIDUALS AND THEIR QUALITY OF LIFE.

YOUR DONATION ENSURES THAT PEOPLE IN OUR COMMUNITY RECEIVE THE SUPPORT THEY NEED.

FUNDS RAISED WILL AND HAVE HELPED TO:

- Increase our organizational capacity
- Expand and enhance current programs and activities
- Develop and implement a plan for advanced community awareness and strategic growth
- Engage professionals to help develop and implement fundraising plans
- Create a blueprint for organization growth, including a master plan for physical space that enables CRCWM to reach more people
- Support the Patient Services Fund providing assistance to patients in emergency situations with medication and/or gift cards to help with travel and food
- Train volunteers and staff on the current trends and cancer initiatives while addressing the growing needs in our local area

CANCER RESOURCE CENTER OF WESTERN MAINE IS A 501(c) 3 NONPROFIT ORGANIZATION. ALL GIFTS AND DONATIONS ARE TAX DEDUCTIBLE TO THE EXTENT OF IRS REGULATIONS.

IN MEMORIAM

Robert Bézier
In Memory of Barb Bézier
Blue Elephant Catering
In Memory of Lydia Diaz
Jeanie & Albin Brown
In Memory of Elden "Stub" Stone
Arthur & Cathy McLean
In Memory of Betty McLean
Winfried Mott
In Memory of Nancy Mott Brew
David & Betty Rowe
In Memory of Mark Hermel Rowe
Joan Saunders
In Memory of Lena Rathgeb
Judy Stone
In Memory of Elden "Stub" Stone
Jeff & Kim Sutton
In Memory of Harry Harper
Peggy White
In Memory of Linda Whitney
Katherine Benthien
Mark & Sheila Berman
Mike Billon
Kathy Black
Stanley & Anne Marie Britt
Tom & Sheila Backlund
Ernest & Marilyn Businelli
Shimeen Callahan
William & Linda Campbell
Kevin & Terri Carleton
Geri Carrier
Jennifer Casey
Jared & Mallory Cash
Mary Conroy
Jennifer Cook
Doug & Sue Craib
Conrad Davis II
Jon & Barbara Deschenes
Jim & Gwen DeWitt
Jim & Pati Ann Douglas
Judy Drury
Nancy Engdahl
Jason & Jessica Engle
Robin Engle
Lawrence & Harriet Eves
Beet Evans
Anna Faunce
Karen Fillebrown
Richard & Allyson Florence
Kip & Rich Florence
Hank & Linda Fore
Janet Fournier
Matt Fox
Shannon Gilmartin
Alice Goodwin
Stuart Goodwin
David & Kathy Greenleaf
Lloyd & Alina Grover
Leslie Guenther
Richard & Janice Guilford
Karen Hakala
Michael & Darii Hamm
Christopher & Michele Hepburn
Debra Holden
Emily Huette
Linda Kirk
Judy Knight
Linda Krauss
Kat Larsen
Nancy Lepper
Kathryn LeTourneau
Don & Judy Mayberry
James & Pirkko McBride
Kathleen McGrawe
Beth McInnis
Debra McPhail
Lisa & Chris Miller
Ted & Sue Moccia
Susan & Mike Morin
Denise Morin
Tiffany Morra
Judy O’Connor
Dan & Erin Olson
Jay & Deb Partridge
Thomas & Joyce Peto
Kathryn Pulello
Audrey Raymond
Jean & Francis Rota
Daniel & Joanna Sarty
Brian & Shelly Shibbles
Frank & Connie Shorey
Jessica Sinaco
Linda Smith
Genise Stern
Jeff Stern
Matt Stone
Brian & Patricia Sullivan
Sandra Sullivan
Roland & Nancy Sutton
Ted & Judi Sutton
James & Lorraine Theriault
Carolyn Thomas
Helga Thurston
Eleanor & Brian Tolley
Sue Van Dehey
Steve & Ellen Veasey
Patricia & Malcolm Veillex
Michael & Michelle Wallace
Daniel & Lynda Walsh
Jana White
Dona & Steven Whitney
Kelly & Tammy Wright
Diane & Clyde Yancey
Robin Zinchuk

IN HONOR OF

Marie Boucher
In Honor of Jan Cash
David & Linda Porter
In Honor of Karen Ellis & Judy Knight
Stephen Rowe
In Honor of Sue Craib
Dr. Peter Ruben
In Honor of Suzanne Weinstein
Katherine Benthien
Mark & Sheila Berman
Mike Billon
Kathy Black
Stanley & Anne Marie Britt
Tom & Sheila Backlund
Ernest & Marilyn Businelli
Shimeen Callahan
William & Linda Campbell
Kevin & Terri Carleton
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Emily Huette
Linda Kirk
Judy Knight
Linda Krauss
Kat Larsen
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Dona & Steven Whitney
Kelly & Tammy Wright
Diane & Clyde Yancey
Robin Zinchuk

INDIVIDUALS

Barbara Abbott
Judy Amsaunault
Karen Austin
George & Beverly Ayers
Tammy Baker Silver
Nancy Bamford
Katherine Benthien
Mark & Sheila Berman
Mike Billon
Kathy Black
Stanley & Anne Marie Britt
Tom & Sheila Backlund
Ernest & Marilyn Businelli
Shimeen Callahan
William & Linda Campbell
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INSTITUTIONS

Amazon Smiles Foundation
Bank of America
Beaufort Realty
Bessey Motor Sales
Bisco Properties LLC
Brook Family Foundation
Call of the Wild RV Center
Chalmers Insurance Group
Congregational Church of East Summer
Crossey Family Dental
Cynthis’s Smiles and Laughier Project
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Joan & Leonard Engle Family Foundation
Maine Cancer Foundation
NCC Ladies Golf Association
Network For Good
New Balance
Next Generation Foundation
Norway Savings Bank
Norway Soft Serve
Oxford Federal Credit Union
Perfect Stitch Embroidery
Poland Spring Bottling
Pobibilities
Ripley and Fletcher Ford
Rising Sun Cafe & Bakery
Rumford High School Class of 72
Schmi’s Custom Builders
Short F branches for Hope Foundation
Smedberg’s Farm Market
Stephens Community HealthCare Foundation
Stephens Memorial Hospital
Strategic Media Inc
Sunday River Ski Resort
Turnbull Team, LLC
Town of Norway
Walmart
Wellness Connection of Maine
WJ Wheeler Insurance Agency
HOW CAN YOU HELP?
CRCWM relies on the annual support of the community to continue providing free wellness programs, education, support and resources to those impacted by cancer. Giving to CRCWM is easy and it can be life-changing, we are counting on you!

Online donations can be made on our website or mailed to CRCWM anytime.

Additional giving opportunities are available including: In Memoriam, Cash, Stock, Real Estate and Life Income, and Planned Giving. For more information on these types of giving, please contact Diane Madden at info@CRCofWM.org.

VOLUNTEERS ARE NEEDED!
If you are able to help in any way, we would be very grateful!

CRCWM volunteers help in the following ways: supervise drop-in hours, set up for programs, create cards and notes for patients, serve as a group facilitator or teach a class, assist with the library, help with administrative tasks, knitting/crochet circle, workshop proctor, hand out comfort items and so much more!

Thank You!