



ANNUAL REPORT 2022/2023

Thriving through change and expanding access to supportive cancer care.

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"InspireHealth is my,
North Star through
cancer."
— Charles

“Companies that change may survive, but companies that transform thrive.” — Nick Candito

In a year that challenged the world, InspireHealth Supportive Cancer Care continued to innovate, utilizing technology to expand our reach and accessibility. Our commitment to our mission propelled us to explore new horizons, turning challenges into opportunities for growth.

The pandemic prompted us to redefine our service delivery, leading to a comprehensive digital renewal that will shape the future of supportive cancer care. Through this digital transformation, we removed geographical barriers, effectively reaching patients from more than 200 diverse communities across British Columbia, including those in rural and remote regions.

Building on our commitment to provide comprehensive care, we introduced two multi-session programs this year. The 4-week LIFE Beyond program and the 8-week Mindfulness-Based Stress Reduction program offer sustained guidance, aiding patients in navigating the intricate challenges of their cancer journey.

At the heart of InspireHealth's commitment lies not just care, but the compassionate empowerment of patients. Through our multifaceted programs, we aim to guide, uplift, and provide individuals with the tools they need to not only navigate their cancer journey but to live their best life possible.

At the core of our progress lies the synergy between our distinguished Board of Directors and senior leadership team. Aligned with strategic goals, we've focused on reaching those affected by cancer, establishing and growing partnerships, providing timely and relevant services, demonstrating our impact and maintaining our financial sustainability.

Our strategic approach to partnerships has been pivotal in broadening access to cancer care. Collaborating closely with the Kamloops Cancer Supportive Care Society and Royal Inland Hospital Foundation, we've extended our services to the community. This summer, we became an anchor tenant at the Centre for Cancer Prevention and Support, solidifying our collaboration with the Canadian Cancer Society. These partnerships underscore our dedication to advancing care on all fronts.

The A Night to Inspire Gala reached new heights, emerging as our most successful event to date, raising nearly \$600,000 and captivating both longstanding and newfound supporters, igniting their dedication to champion our cause. The continued funding from the Ministry of Health signifies their unwavering confidence in our endeavor to provide essential support to cancer patients.

In closing, we extend our deepest gratitude to every participant, supporter, and collaborator who joined hands to advance our vision of supportive cancer care. Your contributions have catalyzed the transformative changes we've undergone, and we stand humbled by your generosity. Together, we're elevating cancer patients choice, inspiring engagement, and promoting physical and emotional health.



Kathy McLaughlin

Board Chair

Loveena Chera

CEO



"I am forever grateful for all of the health care practitioners I met at **InspireHealth** and it is the first place I refer to anyone who reaches out to me with a new diagnosis of cancer."
— Corinne

OUR MISSION

We empower those affected by cancer by providing comprehensive support for the mind and body to enhance quality of life and well-being.





OUR VISION

Improving the life of every cancer patient through transformative health care that supports physical, mental and social well-being.

OUR VALUES

- We put the patient at our centre
- We value the connection between the mind, body and spirit
- We are hopeful and compassionate
- We embrace collaboration and inclusivity
- We are guided by evidence and wisdom

OUR TRUE NORTH

InspireHealth enhances the quality of life of those living with cancer.

With compassion we focus on a patient's physical, emotional, and spiritual health by providing evidence-informed, person-centered care where the patient plays an active role in their care plan. Our clinical team provides integrative supportive care guided by the patient's values, priorities, and goals. We support patient choice and empowerment and promote self-care through knowledge and skills-building.

We believe in health equity, social justice, and non-discrimination, and provide supportive care services throughout a patient's cancer journey regardless of demographic, socio-economic status, gender, ability, or origin.

We recognise the value of immediate, peer, and broader community relationships in a patient's recovery and provide support for those who care for the cancer patient.

Through collaboration and a shared purpose, we work with other healthcare providers and organizations to identify and fill gaps in a patient's cancer treatment and add value to the health system whereby patients benefit from 'the whole' rather than 'the parts'.

We provide leadership to broaden understanding of the benefits of supportive cancer care.



OUR STRATEGIC PRIORITIES

1.

Reach and serve those affected by cancer



2.

Provide timely and relevant programs & services



4.

Demonstrate our impact

3.

Enhance our operational effectiveness



5.

Maintaining financial stability

YOUR 2023 IMPACT AT A GLANCE

Patient Growth

16%

increase in overall number of patients in 2022/23, demonstrating the growing demand for InspireHealth's services.

New Patient Surge

29%

rise in new patients in 2022/23, showcasing InspireHealth's expanding reach and impact.

Post-Pandemic Engagement

153%

annual increase in patient visitations since 2020, reflecting the InspireHealth's commitment to addressing complex cases and heightened emotional distress.

Wide Community Reach

Reaching over

200

communities across the province, demonstrating InspireHealth's dedication to serving the most remote and underserved regions.

Patient Trust

9 in 10

InspireHealth patients are extremely likely to recommend to others, emphasizing the positive impact the organization has on patients' lives

David Bradshaw, Royal Roads MBA Research, 2022

Fundraising Success

Through dedicated efforts, we've raised an impressive

\$3.1 M

a testament to the trust and support of our donors and partners who share our vision.



PATIENT DEMOGRAPHICS & ENGAGEMENT

We support patients with all types and stages of cancer and through all parts of the journey — from the time of diagnosis, through treatment, and beyond.

The average age of our patients is 59 with the majority (65%) being 55 or older. Our patients' regional distribution closely represents the province's population distribution. We continue to expand our reach to support more patients affected by cancer across the province and beyond. In 2022/2023 we:

- Experienced a 16% overall increase in the number of patients and an unprecedented 29% increase in new patients during the 2022/23 period.
- Witnessed a 70% surge in patient engagement through services on a monthly basis compared to the pre-pandemic period.
- Observed a remarkable 153% rise in total patient visits annually compared to the pre-pandemic timeframe.
- Attracted patients from over 200 diverse communities, including rural and remote areas.

EXPANDING OUR REACH: TRANSFORMING ACCESS TO CANCER CARE

Our commitment to accessible supportive cancer care is propelled by strategic digital transformation. This investment has magnified our virtual delivery capabilities, extending services beyond our centers in Vancouver, Victoria, and Kelowna.

Our patient demographic has shifted, with 50% of patients residing beyond centre cities, and 36% living over 40 km away. Now touching over 200 communities, our reach is far-reaching and impactful.

Our digital evolution allows us to break down geographical and financial barriers, opening doors to care for underserved populations and communities.



Kamloops: A Testament to Impact

This year, our journey took us to Kamloops and its surrounding areas, where we witnessed a remarkable surge in demand. Patient numbers rose by an astounding 219% over the previous year. This trend exemplifies the tangible and immediate impact we can achieve in even the most remote regions.

InspireHealth is supporting patients in over **200** BC communities.





How we removed barriers for patients across the province:

● **Rural & Remote Reach**

InspireHealth's virtual platform breaks down geographical and financial barriers, allowing more rural and remote patients to access services. Notable growth in regions like Kamloops showcases the success of these efforts, with partnerships and in-person programs enhancing support.

● **Elderly Population Support**

As the elderly population grows, InspireHealth addresses the pressing need for essential support services, with 65% of patients being 55 years or older. Special focus is directed towards catering to this vulnerable elderly cancer population.

● **Culturally Safe Indigenous Care**

Building relationships with Indigenous communities and the First Nations Health Authority highlights InspireHealth's commitment to making cancer care culturally safe. Initiatives include cultural safety training, education on Indigenous history, and respectful land acknowledgements.

● **Adolescent and Young Adults Support**

Collaborations with organizations like the Canadian Cancer Society and Young Adult Cancer Canada aim to provide targeted support for the adolescent and young adult population, with ongoing research and initiatives to reach and educate this group.



“InspireHealth really helped me to live the life that I wanted to continue to live, and I am extremely grateful.”

— Gord M.



COMPREHENSIVE PATIENT PROGRAMS PERSONALIZED EMPOWERMENT & SUPPORT

Clinical Support:

This year, our clinical team of physicians, counsellors, dietitians and exercise therapists also continued to provide individualized, one-on-one patient support through our virtual platform, and in-person through our Vancouver, Victoria, and Kelowna centres.

Areas of support include:

- Managing the side effects of cancer treatments
- Stress reduction and mental health support
- Reducing loneliness and isolation during cancer
- Nutrition support
- Exercise therapy for better recovery
- Improving sleep and reducing fatigue
- Supporting challenges related to sexual health & well-being
- Managing work, life, and relationships

5,069

1:1 Patient appointments
with our team of counsellors,
exercise therapists, dietitians
and physicians.

Group Support:

We also continued to provide relevant and timely supportive care services to patients and their support people with comprehensive group programming offered throughout the year.

This included 15-20 classes, workshops, and group programs each week, delivered through our virtual platform.

Group Programming includes:

- Strength & Stretch
- Strength & Cardio
- Yoga
- Self-Care for Support People
- Art Therapy
- Breast Cancer Education
- Lymphedema Education
- Pelvic Floor Education
- Sexual Health & Cancer
- Nutrition Workshops & Cooking Classes
- Guided & Gratitude Meditation
- Qi Gong



“InspireHealth didn't miss a beat during the pandemic; the online classes were a godsend and provided a sense of community and connection.”

— Nancy M

40,042

Patient visitations a 153% increase since the onset of the pandemic, underscoring the InspireHealth's adaptability and its ability to serve patients' evolving needs.



This year, InspireHealth proudly unveiled three new programs, offering valuable resources to our patients.

1. Mindfulness Based Stress Reduction

Our Mindfulness Based Stress Reduction program offered an evidence-based 8-week journey. Quickly filling all spots, it yielded remarkable results—87% reported positive shifts including reduced anxiety and improved well-being.

2. LIFE Beyond Cancer

To aid patients in transitioning to post-treatment life, the transformative "LIFE Beyond Cancer" series was introduced. This program, spanning 4 weeks, received exceptional interest, with 5 series completing throughout the year.

3. Yoga & Art

Responding to patient feedback for increased programming in the area of art therapy and creativity, our counselling and exercise team collaborated to develop and facilitate a Yoga and Art workshop.



**"I don't know what I would
have done if it wasn't for
InspireHealth."**

— Shandy

STRATEGIC PARTNERSHIPS COLLABORATIONS FOR ENHANCED CARE

InspireHealth's commitment to collaborative care continues to flourish as we engage with key healthcare and community organizations to expand patient support and enrich the healthcare landscape. Our strategic collaborations are rooted in a shared vision of bridging gaps and adding value to the healthcare ecosystem.

This summer, we finalized our move to the Centre for Cancer Prevention and Support. This collaboration brings together like-minded organizations to help identify and fill the gaps that exist for patients going through cancer.



“We are thrilled to start our work with InspireHealth in the Centre for Cancer Prevention and Support. InspireHealth is a treasure for British Columbians facing cancer – they support the physical, emotional and spiritual health of people with cancer, touching so many lives and building a community of support around the people they serve.

Partnerships with leaders in the cancer space are key to maximizing our impact, and we are honoured to have InspireHealth be part of our diverse community that cares about cancer care and research. I’m grateful for the vital role they play in our shared mission to take control of cancer.” – Andrea Seale, CEO, Canadian Cancer Society



How we are working with partners to enhance comprehensive cancer care:

- **BC Cancer Opportunities & Collaborations**

InspireHealth is engaging with our BC Cancer colleagues to identify areas of collaboration or support to fill the gaps that exist for many patients seeking supportive care.

- **Connections with Primary Care Physicians & Network**

Working with multiple Divisions of Family Practice, Doctors of BC, and the Practice Support Program to educate and increase awareness of services and support available for patients.

- **Collaborating with Key Healthcare & Community Organizations**

Cultivating strategic partnerships with other key healthcare and community organizations that have a vested interest in supportive care with the goal of strengthening the access to care for all patients.

- **Gastric Cancer Patient Pathway**

Participation in the Gastric Cancer Patient Pathway in coordination with BC Cancer oncologists and dietetics as well as surgical oncology at Vancouver General and Mount Saint Joseph Hospitals.

SUPPORTING RESEARCH IN THE COMMUNITY



2022/2023 Highlights

Gynecologic Cancer Survivorship Series

Together with Dr. Lesa Dawson and partners, we contributed to an interactive Cancer Survivorship Series, addressing anxiety, sexual health, menopause, cognitive challenges, and work reintegration.

Partnership with Dr. Amanda Wurz

Collaborated with Dr. Amanda Wurz from the University of the Fraser Valley to support her research on physical activity for individuals affected by cancer from diagnosis onward.

Collaboration with University of Victoria

Collaborated with researchers from University of Victoria to co-author a study examining correlates and participation in InspireHealth's online exercise programming before and during COVID-19.

Anew Research Collaborative Engagement

Engaging in the Anew Research Collaborative, we co-developed a 5-week series exploring creativity to understand AYA cancer experiences, reflecting our commitment to underserved populations.



**"Despite COVID, InspireHealth really enabled me, and many of my fellow patients that we have a community, that we can pick and choose which program we enjoy."
— Alice**



FINANCIAL RESULTS

We are extremely pleased to report we ended the year with a surplus of \$120K versus a budgeted deficit of (\$300K).

We continue to provide our services free of charge.

We rely on support from the BC Ministry of Health, as well as grants and donations, to enable us to serve and empower British Columbians affected by cancer.

We are pleased to provide a copy of our audited financial statements on request.



Three key factors contributed to our success:

1.

The BC Ministry of Health continued their ongoing support with \$1.7M in funding.

An acknowledgement of the important role InspireHealth plays within the overall continuum of cancer care.

2.

Our “A Night to Inspire” Gala exceeded its goal, raising close to \$600,000.

With unwavering support from our committee, volunteers, sponsors, and auction donors, the gala surpassed its \$500,000 goal. The event expanded our reach, drawing in new supporters and communities.

3.

We received a remarkable bequest of nearly \$100,000 from former patient David Walker.

We extend our heartfelt appreciation to the late David Walker, a former InspireHealth patient. David's enduring generosity deeply impacts our mission, and his legacy will continue to guide and inspire us.

YOUR DONATIONS AT WORK

Thanks to the incredible support of donors and supporters, we raised over **\$3.1M** in revenue in 2022/2023.

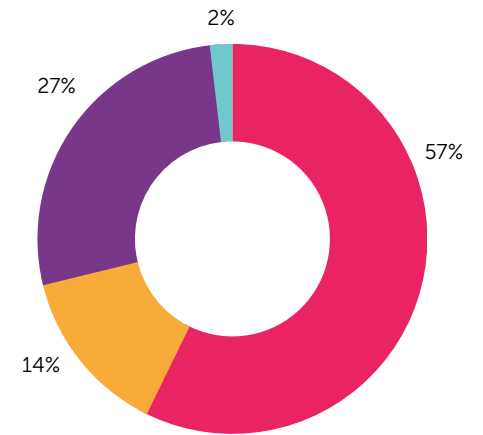


“Whatever the future looks like once this pandemic is over, I know **InspireHealth** will be there, stronger than ever, to keep all of us healthy and connected.”
— Carla

Our Revenue

Through the support of donors and supporters, we achieved \$3.1 million, driven by the following channels:

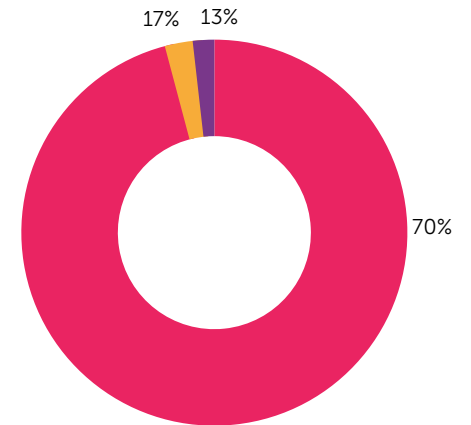
- Government Grants \$1.798M
- Fundraising Events \$.847M
- Individual Donations \$.438M
- Investments & Other \$.058M



Our expenses

Of the \$3.0M spent, we directed our investments towards:

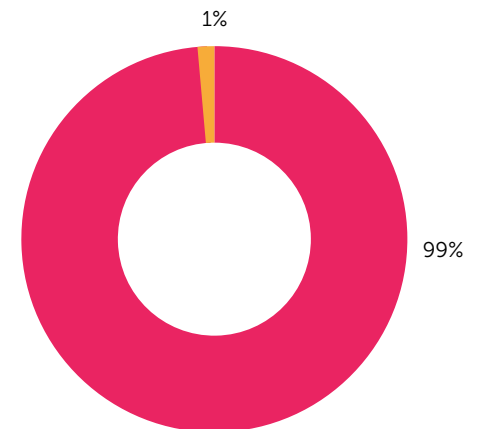
- Our Mission \$2.111M
- Fundraising \$.515M
- Admin \$.396M



Investments in our mission

Your generous support made a difference in the lives of cancer patients and their families through:

- Patient Programs and Services \$2.082M
- Public Outreach \$.029M





COMMUNITY HIGHLIGHTS

Raising funds for supportive cancer care across the province

Communities across BC came together to support InspireHealth, raising over \$800,000 for supportive cancer care.

Inspired to Move



Over 200 patients and community members came together to support cancer patients in need. Together, we raised \$18,000!

A Night to Inspire



Attended by over 300 supporters, A Night to Inspire 2022 was our most successful of all time, almost \$600,000!

Rain Walk



Communities across BC stepped up for InspireHealth, over 300 walkers raised more than \$85,000 for supportive cancer care!

OUR CORPORATE PARTNERS

Through the invaluable support of our corporate partners, we have made significant strides to increase the accessibility of supportive cancer care throughout the province. Thank you to our committed partners:



The inaugural Outstanding Impact Award from InspireHealth acknowledges Bob Mehr's extensive commitment to InspireHealth and cancer care support.

Bob has shown visionary leadership as the President and CEO of Pure Integrative Pharmacy, prioritizing comprehensive customer care. Bob's dedication to InspireHealth spans volunteering at the Vancouver center, promoting our services through Pure Pharmacy's 19 locations, and being a steadfast donor. His enduring support ensures that numerous patients receive crucial physical and emotional assistance throughout their cancer journey. We extend our gratitude to Bob for his exceptional influence on InspireHealth and the broader cancer-affected community.

THANK YOU

Your generosity makes the difference.

Our sincerest thanks to the many generous friends of InspireHealth who have supported us with \$1,000 or more in 2022/23:

Thank you the BC Ministry of Health, and the Victoria Foundation for their ongoing support.

Al Kilburn
Alisa Kort
Alison Foreman
Ancient Cedars Lodge
Andrea Dykshoorn
Ann Mortifee
Anna Nyarady
Anthony Chiu
Arbutus Furniture & Closets
Athony Von Mandl
Ausma & Don Vicic
Barclay's Fine Jewellers
Becky Rannala
Ben Motazed
Bill & Karen Cotterill
Bioéthique Organic Skincare & Spa
Bivium Holdings Corp.
BlueShore Financial
Bob Wiens
Boboli Vancouver
Bond Slaves Christian Motorcycle Club
Bonnie Low
Breanne Morissette
Brian Pendleton
California Closets
Carrie Paleologos
Chantal Vignola
Charles Brezer
Charles Henry Suenderman
Chateau Victoria Hotel
Chef John Bishop

Cheryl Fink
Cissy Pau
CMH Summer Adventures
Coates Portrait Design
Craig Crawford
Dani Pretto
Darlene Ramsay
David Eriks
David Walker Estate
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Franctal Studio
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Geoff Scales
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Marion V. Rogers
Markus Franiek
Marna Disbrow
Mary Price
Mary Waring
Matthew David Reid
Michael Cytrynbaum
Michael Schmidt
Michelle Reid
Milan & Maureen Ilich Foundation

Mordehai & Hana Wosk
Mount Boucherie Estate Winery
Nancy Beaty
Nancy Van Laeken
Natalie Meixner
Natural Factors
Nicole Clement
Noelle Davis
Northland Properties
Oak Bay Beach Hotel
Ocean Park Foundation
Pamela Mitchell
Pamela Wright
Patrick Julian
Patty Wood
Paul Goodman
Paul McGroarty
Peter and Kris Spicker
Peter Raju
Petley Jones Gallery
Pui-See Ioh
Pure Integrative Pharmacy
Pure Pharmacy
Randy Daggitt
Rebgv Creed
Robert Woollard
Roque Hsieh
Rosalyn Best Clark
Rose Keith
Roslyn Ritchie
Royal Bank of Canada

Roz Seyednijad
Sally Palm
Sara Gagnon
Scott Amis
Sean Laycock
Sharon Dos Remedios
Sharon Kennedy
Sheila Goodspeed-Madill
Shirley Nelson
Sparkling Hill Resort & Spa
Stella & Chris Chan
Sundance Guest Ranch
Superior Gas Installation & Service Ltd
Susan Higginbotham
Sylvia Coughlin
Taku Resort and Marina
Teresa Stancioff
The Petersen Group Foundation
The Ritz Family Foundation
The Somerset Foundation
Thomas (Ross) Nichol
Tina Zhang
Troon
Vancouver Foundation
Vanessa Lapointe
Vicky Zheng
Victoria Foundation
Warrington PCI Management
Willem Van Iterson
Zoë Smith

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Debora (Crombie) Sweeney

Dr. Robert Woollard



"InspireHealth has such a friendly, hopeful and encouraging atmosphere. It makes me feel surrounded by people who understand.

The support from InspireHealth staff was amazing and invaluable to my recovery."

— Jeanne

LOCATIONS

Vancouver

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