

ANNUAL REPORT 2023-2024

Powerful Patient
Impact Through
Transformation &
Collaboration



“InspireHealth patients are **treated as a whole person, beyond their cancer diagnosis**, and are offered personalized recommendations and support.” - Patient



Table of Contents

Chair & CEO Message.....	4
Our Mission, Vision & Values.....	6
Our True North.....	7
Our Strategic Priorities.....	9
2024 Impact at a Glance.....	10
Patient Demographics.....	11
Supporting Underserved Communities.....	13
Comprehensive Programs & Services.....	15
Patient Programming Collaborations	18
Collaboration within Cancer Care Network.....	20
Community Highlights	22
Financial Summary.....	26
Thank You	29



Chair & CEO Message

As we reflect on the last year, we are filled with gratitude and hope. Gratitude - for our amazing volunteers, donors, sponsors and staff who dedicated their time, energy and financial support to advance our mission to empower those affected by cancer. Hope - for the well-being of the thousands of cancer patients and their loved ones who utilized our services.

Once again, we are very pleased to report exponential transformation and growth. Our Board of Directors and Staff advanced our strategic plan and furthered our goals of reaching more British Columbians affected by cancer, offering timely and relevant programs & services; enhancing our operational effectiveness; demonstrating our value; and maintaining our financial sustainability.

We enhanced and established partnerships in communities and with healthcare colleagues and the provincial government. A highlight of the year was our move to the Centre for Cancer Prevention and Support. The purpose of the move was to provide convenience to patients undergoing treatment in Vancouver, while enabling us to work more closely with partners in the cancer care precinct. Our bright, uplifting space is designed to provide a warm, nurturing and healing environment for our patients and caregivers.

Transitioning out of the global pandemic, we embraced a new normal. More people returned to our centres and reconnected in-person with our services, reaffirming the importance of face-to-face contact and care. As well, recognizing not everyone has access to our offices, we expanded our virtual services through our ongoing digital transformation. This hybrid model of care remained a vital lifeline for those needing support across the province. Our commitment to accessibility remained at the forefront of our efforts, especially as we prioritized underserved populations and rural and remote communities.

Stakeholders in Kamloops requested our services and with their incredible help and determination, we piloted a community outreach model of cancer care. The Kamloops Cancer Supportive Care Society and the Royal Inland Hospital Foundation were instrumental in making this possible. Through a combination of virtual and in-person programming, patients in Kamloops and its surrounding communities were offered support in navigating their cancer journeys.

Chair & CEO Message



**Faye Wightman,
Board Chair**

We were delighted to re-launch our very highly regarded 2-Day LIFE Program, designed to provide patients and their loved ones with the essential foundations of health and wellbeing during cancer. Many participants in the LIFE Program have described it as life-changing.

We recognized Board member, Kathy McLaughlin, for her years of service, leadership and vision as our out-going Chair. We also honoured Anna Nyarady with an Outstanding Impact Award for her many years of dedication to InspireHealth and supportive cancer care.

We welcomed new Board members Ted Bruce and Arun Garg. Through their efforts, we will look forward to reporting further expansion of our services in the coming year. We also acknowledge and thank our Gala co-chairs Nancy Mortifee and John Bishop and committee members who gave hours and hours of their time and energy to ensure the 2023 A Night to Inspire gala was a success.



**Loveena Chera,
CEO**

It is proven that cancer patients who receive supportive care for their physical, mental and social well-being improve their recovery and outcomes. InspireHealth is the only community-based organization in BC providing these free, comprehensive supportive care services for any type of cancer and at any stage - from the moment of diagnosis, through treatment and beyond. Our community-based services offer a cost-effective model of care that adds value to our healthcare system, improving the health and well-being of patients and our communities.

Fulfilling our mission requires the support of a village. To our funders, partners, and collaborators - we could not do this important work without you. Together we are shaping the future of supportive cancer care and transforming the lives of cancer patients and their loved ones. Thank you!



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-centred 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.





Anjali's Story

When I first discovered a large tumor while washing my hair, I was shocked and couldn't believe it when my doctor confirmed the diagnosis. With two young children, the thought of not being there for them was devastating. My first visit to InspireHealth was to talk with a counsellor about how to tell my sons.

After my double mastectomy, I joined low-impact exercise classes at InspireHealth, which were crucial in helping me regain my range of motion. The support I received, including guidance from a dietitian, was invaluable in managing both the physical and emotional aspects of cancer.

When I experienced treatment fatigue, a physician at InspireHealth took the time to understand my values and helped reframe my perspective, giving me the strength to continue treatment.

As I transitioned back to "normal" life, it was reassuring to know that InspireHealth continues to be there for me. I want others to know that they have the power to change the course of their cancer journey through the programs and services at InspireHealth.

Our Strategic Priorities



1.

Reach and serve those affected by cancer

2.

Provide timely and relevant programs & services

3.

Establish growth partnerships

4.

Demonstrate our impact

5.

Maintaining financial stability

2024 Impact at a Glance

Patient Growth

12%

increase in overall number of patients in 2023/24, demonstrating the continued growth in demand for InspireHealth's services.

Patients Seen Monthly

72%

rise in number of patients seen monthly since 2020 highlighting growing patient need for our services. Last year we saw an average of 750 patients per month.

High-Level Engagement

167%

annual increase in patient visits since 2020, reflecting InspireHealth's commitment to supporting patients in a comprehensive way. Last year we had almost 42,000 patient visits.

Patients & Caregivers

2,800

patients and their loved ones were seen ensuring that families affected by cancer received the support they needed.

Patient Trust

9 in 10

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

Funding Success

Through dedicated efforts, we've raised an impressive

\$3.2 M

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

Patient Demographics

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

We continue to expand our reach to support more patients affected by cancer across the province and beyond.



64%

Of our patients are aged 55 or older.

The average age of our patients is

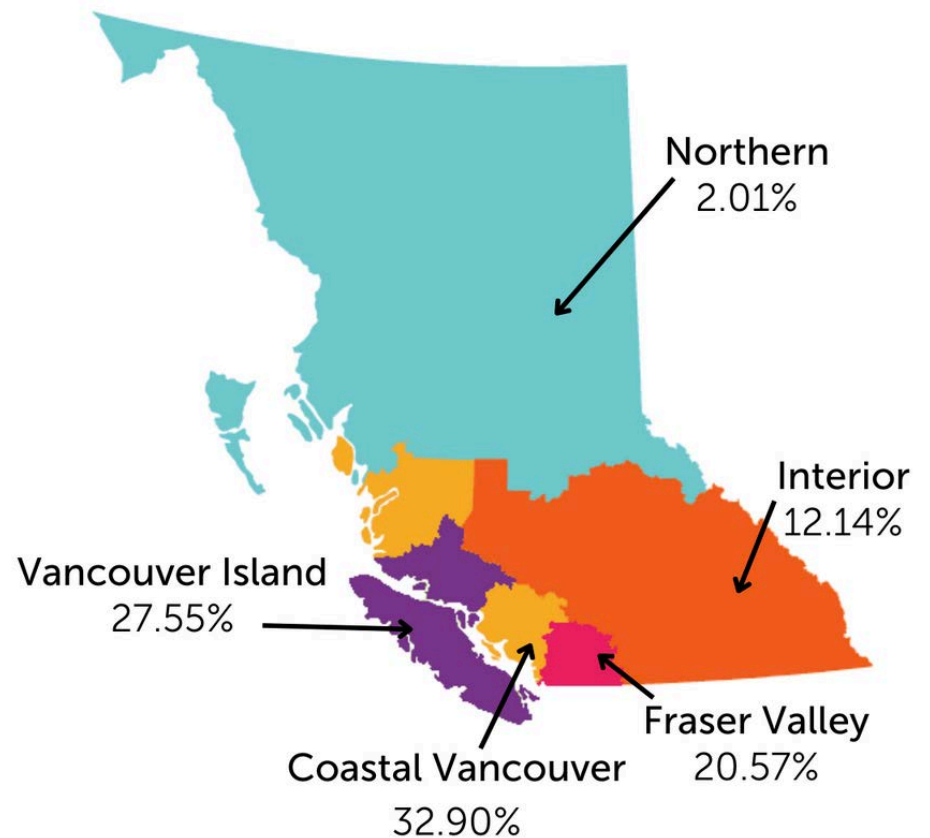
59

Breast, Prostate, Colorectal & Lung

are the most common cancers seen by our clinical team.

Transforming Lives Across Our Communities

Cancer incidence in BC is growing rapidly, attributable to both the increase in total population and our aging population. In the next ten years, new cancer diagnoses will increase from 34,000 to 45,000 annually. In addition, approximately two-thirds of British Columbians diagnosed survive five years or more, increasing the demand for comprehensive survivorship support.



InspireHealth is supporting patients in over

200

communities across BC and beyond.

58%

of our patients reside outside our city centres of Vancouver, Victoria, and Kelowna.

Our patients' regional distribution closely represents the province's population distribution.

Supporting Underserved Communities

Our focus on underserved populations is essential to ensure equitable access to care. By prioritizing these communities, we aim to bridge gaps in health services and provide support where it is most needed, ensuring that everyone has access to the tools and resources necessary for well-being. We are committed to supporting BIPOC populations and providing cultural safe supportive care for patients.

Rural and Remote

We provide essential support and navigation for patients through our hybrid model of care, removing both geographic and financial barriers to access and bringing much needed supportive care services to rural & remote communities and vulnerable populations in all corners of the province.

Kamloops - The Power of Collaboration in Transforming Healthcare

This past year, we were able to make significant impact on the lives of cancer patients in Kamloops, a community underserved in supportive cancer care services. By bringing our in-person, foundational 2-Day LIFE Program to the community supported by our virtual offerings, we were able to help 100 people affected by cancer with over 1,500 one-on-one appointments and classes.

This was made possible through collaboration with key stakeholders in the community including the Kamloops Cancer Supportive Care Society, Royal Inland Hospital Foundation, Royal Inland Hospital Cancer Clinic, Thompson Region Division of Family Practice, Thompson Rivers University, and the Le7 te Melamen Health Society (formerly the Secwepemc Health Caucus).





Ron's Story

In March 2022, I went in for what I thought was a routine colonoscopy, but my world changed when I woke up to the news that I had Stage Two colorectal cancer. My wife and I were stunned, facing uncertainty about what lay ahead.

Cancer quickly began to impact every aspect of my life. Seeking help with managing treatment side effects, I turned to InspireHealth. Initially, I received nutrition support, but soon found myself benefiting from their counselling services, exercise therapy, and group programming. The community of fellow cancer patients at InspireHealth has been a crucial part of my journey.

The comprehensive care I've received at InspireHealth has been life-changing. Their holistic approach, the philosophy behind their services, and the dedicated staff have guided me through this journey, addressing my needs both physically and emotionally. The availability of free, supportive care resources in one place has been remarkable.

Comprehensive Programs and Services

Support for Every Stage of the Cancer Journey



Supportive Care Team:

Our team is comprised of supportive care **physicians, counsellors, dietitians** and **exercise therapists** along with **guest experts** and **experienced facilitators**. Together, they provided individualized and group support through our virtual platform, and in-person through our Vancouver, Victoria, and Kelowna centres and through outreach in communities such as Kamloops.

Research shows that supportive care, such as exercise & nutritional therapy, counselling & mental health services and a community of support, improve cancer outcomes.

Essential areas of patient 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 and outcomes
- Improving sleep and reducing fatigue
- Supporting challenges related to sexual health & well-being
- Managing work, life, and relationships
- Navigating cancer diagnosis & treatment

Classes & Workshops



Exercise

Our exercise and movement classes are designed to support strength and mobility needs during and after treatment.



Nutrition

Our nutrition workshops and cooking classes play an important role in supporting patients through their recovery.



Mental Health

Our counsellors and physicians support a patient's mental health and emotional well-being through our workshops and mindfulness practices.



Education

Our educational sessions cover important topics in cancer care such as lymphedema, sexual health, post-surgery rehabilitation and more.

1,000

classes and workshops offered over the year.

38,000

class and group interactions supporting patients and their loved ones

5,000

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

Multi-Week Programs



InspireHealth Signature LIFE Program

InspireHealth's highly regarded and comprehensive 2-Day LIFE Program was updated and re-launched this year. The Program provides patients and their loved ones with the essential foundations of health and wellbeing during cancer. Participants learn about stress reduction, sleep management, self-care, nutrition, exercise & movement, lymphatic and immune system support, and healthy communication. Feedback has been overwhelmingly positive.

MBSR Program

We continued offering this essential 8-week program to provide patients with practical tools to reduce stress, improve mood and increase their sense of empowerment.

LIFE Beyond Cancer

This 4-week program explores how to live well after cancer treatment, providing skills-building, managing fear of recurrence, reducing stress, and opportunities to connect with others.

Patient Programming Collaborations

Our team is committed to working with our healthcare colleagues to ensure that gaps in patient services are identified and met. Together these partnerships enhance research and foster innovation, ensuring we are always offering relevant and timely programs and services for patients.



Anew Research Collaborative

We co-developed and co-facilitated a five-week art therapy program for young adults with cancer exploring creativity to better understand the cancer experience.

BRCA Education Programs

InspireHealth in collaboration with BRCAinBC, BC Cancer and other experts presented a series of education sessions for patients to learn about topics related to the BRCA genes and cancer.

Health Equity & Supportive Care Research

We continue to work with research partners such as the Thompson Rivers University, University of BC, and BC Cancer, to support invaluable research enhancing survivorship and supportive cancer care.



Jessica's Story

I was diagnosed with stage 4 Lung Cancer. At that moment I knew my life would never be the same. My first thought was my then 5 year old daughter. I needed to do whatever I could to be there for her for as long as possible. But where do you start? So, I started searching for Alternative cancer therapies and I stumbled across InspireHealth's website. Another life changing moment.

InspireHealth has meant so much to me over the past year. They have armed me with an incredible knowledge base about nutrition and cancer. They have provided me with counselling support when I needed it the most. My exercise and yoga instructors help keep my fitness goals in check and the classes are fun! But most importantly, InspireHealth has created a positive support system in my life not just for me but for my family as well.

I can not recommend InspireHealth enough and I will continue to spread the word about the incredible cancer care they can offer to those in need.

Collaboration within Cancer Care Network

InspireHealth recognizes the vital importance of collaboration in advancing cancer care and supporting patients throughout their journey. By working with other organizations within the cancer care space, we can provide better overall care to patients and better value to our healthcare system.



BC Cancer

We worked with BC Cancer leadership and supportive care colleagues to better leverage our collective programs & services to help more patients during their cancer journey.

Canadian Cancer Society

We conducted a nutrition program pilot to support patients and caregivers at the CCS Lodge, worked on cross-referral opportunities to aid patients in navigation, and participated in knowledge sharing at the Cancer Survivorship Research Symposium.

UBC/VGH Gynecologic Cancer

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.

Our Vancouver Centre Moves to Better Serve Patients

One of the highlights of the year was our move to the Centre for Cancer Prevention and Support in the heart of the 'cancer-care corridor' in Vancouver. This brought us closer to patients undergoing treatment as well as their caregivers and allowed us to more readily work with partners in the cancer care space to identify and fill gaps in the patient's cancer journey.



Community Highlights



Heroes Among Us

We recognize the exceptional dedication and contributions of our donors, volunteers and staff. Their commitment and generosity have been instrumental in advancing our mission and making a profound impact on our community.



LUMP Foundation

Through our partnership with the LUMP Foundation, 100% of pillow sales support InspireHealth.

The LUMP pillow symbolizes courage, connection, and resilience.



InspireHealth Rain Walk

InspireHealth's annual Rain Walk brought patients, loved ones and the community together to raise funds to support programs and services that improve the health, well-being, and quality of life of people affected by cancer. Events in Vancouver, Victoria, Kelowna & Virtually.



A Night to Inspire Gala

Together, we are making a difference

On November 1st, 2023, A Night to Inspire brought together over 300 supporters for a magical evening at the Fairmont Pacific Rim Hotel. Hosted by CTV's Mi-Jung Lee and the legendary Fred Lee, the event overflowed with excitement, inspiration, and generosity. Attendees were treated to touching patient stories, insightful speeches from distinguished supporters, and uplifting music.

The funds raised at our Gala allow us to continue providing FREE, comprehensive programs and services that make a significant and positive impact in the lives of cancer patients and their loved ones.





2023 Outstanding Impact Award

Anna Nyarady

InspireHealth's Outstanding Impact Award recognizes Anna Nyarady for her many years of dedication to InspireHealth Supportive Cancer Care.

Anna's support of InspireHealth has made a profound and lasting impact on the lives of cancer patients and their loved ones. Through her creativity, resolve and endless drive, she has championed numerous initiatives on behalf of the organization.

Over the years, she has played an integral role in increasing the awareness of the benefits of supportive care and making these essential services more accessible for patients.



Financial Summary

We are pleased to report we ended the year with a surplus of \$120K versus a budgeted deficit of (95K). We rely on support from the Province of BC, as well as grants and donations, to enable us to serve and empower British Columbians affected by cancer. We continue to provide our services free of charge.

Total revenue for the year was \$3.2M with provincial government funding remaining consistent with the prior year at \$1.7M, or 53% of total revenue. The remainder came from fundraised dollars with the most notable amount coming from a very successful gala event.

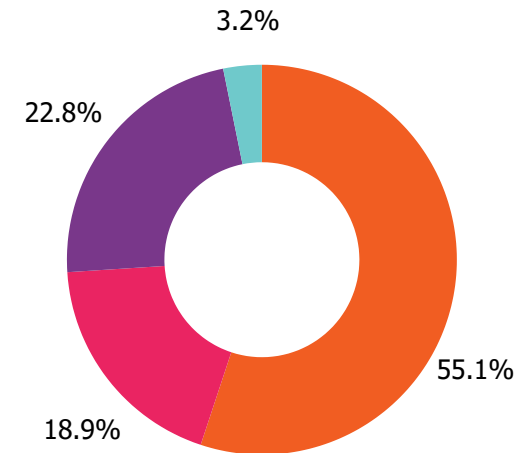
Your Donations Make a Difference

Thanks to the incredible support of donors and supporters, we raised over \$3.2M in revenue in 2023/2024

Our Revenue

Through the support of donors and supporters, we achieved \$3.2 million, driven by the following channels:

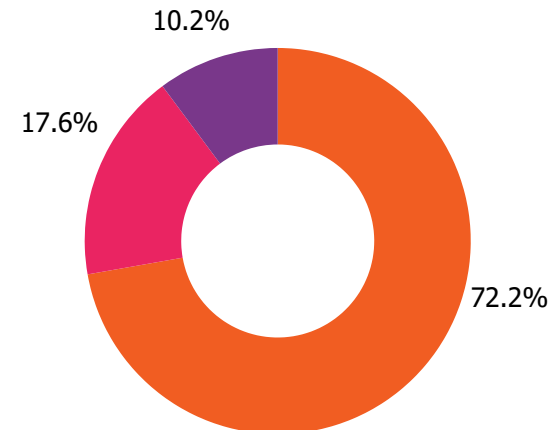
Government Grants	\$1.762M
Fundraising Events	\$0.731M
Individual Donations	\$0.605M
Investments & Other	\$0.102M



Our Expenses

Of the \$3.08M spent, we directed our investments towards:

Our Mission	\$2.185M
Fundraising	\$0.532M
Admin	\$0.363M



Leaving a Legacy

Lorraine, was diagnosed with metastatic breast cancer that was not detected early. The diagnosis was devastating for both Lorraine and her family.

Quality of life was very important to her and she always encouraged everyone to fight for the best care possible. It was because of this belief that she turned to InspireHealth for support benefiting programming that included exercise, nutrition, and mindfulness. Through the various free programs and services she accessed, InspireHealth gave her an opportunity to surround herself with a community that understood and supported her with what she was going through.

Despite a more aggressive cancer recurrence in 2022, InspireHealth provided crucial support until her passing. Lorraine's family has donated to InspireHealth in her memory to honour her belief that everyone deserves the best care possible so they can live their best life possible.



Thank You

The Ritz Family
Foundation



Celebrating Our Partners

Your unwavering support and dedication drives our mission forward, making a significant impact on the lives of those we serve.

Thank You to Our Donors

Our sincerest thanks to the many generous donors who have supported us with \$1,000 or more in 2023/24

Thank you to the Province of BC for their longstanding support of our programs.



Air North
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Andrea Seale
Anjali Coyle
Anna Nyarady
Anna Spencer
Anne Lee
Anonymous Donation
Ausma and Don Vicic
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Barclay's Fine Jewellers
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Ned Bell
Nicola Wealth Private Giving Foundation
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Oak Bay Beach Hotel
Odlum Brown Limited
Ovo Medical Regeneration & Rejuvenation Corp.
Pacific Coast Airlines
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Wells Luxury Travel Ltd.
Wickaninnish Inn
Willem Van Iterson
Winnifred Braha
Winston Mok
Yvette Bell

Board of Directors 2023-24

Thank you to our talented Board for your dedication & commitment to InspireHealth.

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Jenny Li

Kathy McLaughlin

Dr. Stuart Peacock

Dr. Robert Woollard



We thank Board member, Kathy McLaughlin, for her years of service, leadership and vision as our out-going Chair.



“I had never spent a night in the hospital — this ‘being sick’ was so new to me. InspireHealth has been absolutely great in their exercise (Group Strength & Stretch and Gentle Yoga) programs, as well as their Inspired Conversations groups, which were helpful in getting me back on my ‘emotional feet’”

- Laird, Patient



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