



Because of You

**NO ONE HAS TO
FACE CANCER ALONE**



A MESSAGE FROM OUR LEADERSHIP

Dear Valued Donors and Community Supporters,

Warm greetings from the Board of Directors and leadership team at Wellspring Alberta. As we reflect on the past year, we are deeply grateful for your continued support and generosity. Because of you, we've been able to make a meaningful and lasting impact in the lives of Albertans living with cancer, as well as their families and caregivers.

Across the province, people affected by cancer participated in more than 40,000 program visits, each one free of charge. These numbers represent thousands of moments when someone found connection, comfort, and hope through Wellspring. Every single visit is a reminder that no one has to face cancer alone.

As the need for support continues to increase and we expand our reach, we remain committed to expanding our services across Alberta in rural and regional communities. Thanks to the dedication of local volunteers and the strength of our regional partners, we've continued to offer both in-person and online programming, ensuring that no matter where someone lives in Alberta, they can access the support they need.

Every day in Alberta, approximately 63 people hear the words, "You have cancer."

While medical treatment is essential, we know that about 80 per cent of those diagnosed will also face emotional, physical, or financial challenges that require non-medical support.

Our members consistently tell us they feel less alone, more empowered, and better equipped to cope with the emotional and physical toll of cancer because of Wellspring. They report meaningful improvements across all dimensions of well-being—mental, physical, social, financial, and spiritual.

At the heart of this impact are our donors and volunteers—the true backbone of Wellspring Alberta.

Your compassion, commitment, and belief in our mission ensure that our programs remain accessible and responsive to the needs of our members. Whether you give financially, contribute your time or both, you are making a profound difference.

Thank you.

Looking ahead, we remain committed to expanding our impact across Alberta. Our focus is on reaching underserved communities, enhancing our virtual programs, and strengthening our partnerships with healthcare providers so that every person facing cancer can access the support they need, regardless of their location, background, or circumstances. Examples include our Indigenous Cancer Sharing Circle program, which is led by Elders in the Indigenous community, and our South Asian Communities initiative, which we are committed to piloting this year and continuing into next year.

Thank you for your generosity, your trust, and your commitment to this shared vision.

Together we are ensuring that no one has to face cancer alone.



Bill Gilliland
Board Chair



Joanne Aime
Chief Executive Officer

YOUR IMPACT

Program Pillars Made Possible By You

[Read more.](#)

Symptom Management



Financial and Workplace Strategies



Therapeutic Arts



Exercise and Movement



Self-Development and Educational



Individual and Group Support

Our Impact Numbers

184

Communities served
in Alberta.

24,505

Hours of services provided
in 2024.

Through more than 70 evidence-informed programs—ranging from movement and meditation to support groups and practical financial services, such as our Money Matters program—Wellspring Alberta helps individuals and families navigate the many difficult realities that come with a cancer diagnosis.

Members Tell Us

97%

Wellspring helped them feel
less isolated.

95%

Wellspring helped improve
their physical health.

98%

Wellspring helped improve their
mental health.

97%

Wellspring helped them gain
knowledge to address their needs.

3

**According to our 2025 Mission Survey.*

RURAL AND REGIONAL CANCER SUPPORTS

Cancer Support—Closer to Home

Recognizing that emotional and psychosocial support is essential for all individuals and families facing cancer, Wellspring Alberta continues to expand its reach to ensure that even more Albertans can access the vital support they need—closer to home, free of charge, and grounded in community. By expanding our programs across the province, we are working to eliminate the barriers and create a more inclusive network of support—one where location or life circumstances does not stand in the way of people getting the help they deserve.

In 2024, we took another meaningful step forward in our outreach services with the launch of in-person programs in Medicine Hat. Following the success of our expansions in Red Deer and Lethbridge, we partnered with the Medicine Hat Health Foundation and the Community Foundation of Southeastern Alberta, and with the generous help of local funding, we launched our Cancer Connect program at Gas City Kiwanis Centre in Medicine Hat.

“The Cancer Connect program, led by Wellspring facilitators and supported by local volunteers trained as Community Connectors, has been incredibly well received—a much-needed space for Medicine Hat residents living with cancer and their caregivers to come together, share their experiences, and learn valuable strategies for living well with cancer,” said Mihaela

Turtureanu, Wellspring’s Outreach Manager. She added that community feedback also highlighted a strong need for more focused support for caregivers. In response, Wellspring launched a second in-person offering, Compass for the Caregiver, in May 2025.

For Medicine Hat resident Justin Schmierer, living with cancer at age 40, local in-person cancer support could not have come at a better time.

Justin’s cancer journey began in early 2024 when he was diagnosed with Stage 3, non-Hodgkin lymphoma. When chemotherapy administered at the cancer centre in his home town of Medicine Hat proved to be ineffective, he found himself back in Calgary where doctors tried an innovative immunotherapy called CAR-T treatment. Still unable to prevent the cancer from growing, this line of treatment was discontinued, and Justin was offered a second immunotherapy treatment and what doctors indicated was their last option for extending Justin’s life.

“Between the depression, the anxiety, the frustration, and a feeling of isolation, I was not doing well mentally before Wellspring. But talking to others who know what I’m going through has vastly improved my mental health,” he said.

Thankfully, scan results after months of the new treatment showed significant improvement—Justin’s cancer is responding to treatment, granting him more quality time with family and friends, and more time with his Wellspring community. ❤️

“In-person groups help my mental health much more. Having Cancer Connect in my hometown was something I had been waiting for.”

—Justin Schmierer,
Medicine Hat Resident

[Read more.](#)

We are deeply grateful to the Government of Alberta for its generous support, which is enabling us to expand our services and create a lasting, meaningful impact in communities across the province.





"We believe the people who live in these communities are the true experts. They have the trust, insight, and relationships needed to help us understand what's most needed, and how Wellspring can best serve in the community."

—Mihaela Turtureanu
Wellspring Alberta Outreach Manager

Pictured below is the presentation of the funding that made the care in Medicine Hat possible.



*Pictured from left to right: **Krista Weiss**, Community Connector; **Sarah Drever**, Community Connector; **Heather Bach**, Executive Director, Medicine Hat Health Foundation; **Rebecca Perkins**, Outreach Manager, Wellspring Alberta*

Community Connectors Smooth the Way Forward

In each outreach community, Wellspring partners with dedicated local volunteers known as Community Connectors—compassionate individuals who have lived through cancer themselves or supported someone who has. These volunteers serve as trusted voices for Wellspring in their rural, remote, or Indigenous communities, helping to bridge local needs with meaningful support.

In Medicine Hat, a passionate team of six Community Connectors, alongside four locally funded program leaders, is making a tangible impact—ensuring that individuals and families in Southern Alberta know they are not alone, and they can access cancer support services close to home. ♥

From Patient to Volunteer

After a brain cancer diagnosis in 2017, Sarah Drever's (shown in the image to the left) life changed dramatically. Through treatment and loss, she found strength, connection, and healing with Wellspring online. Once a member, now a volunteer, she shares what it means to have an in-person Wellspring program in Medicine Hat.

"Every Cancer Connect session I've been a part of has been so incredibly powerful. To witness people coming together and supporting each other is amazing. There is a healing energy—a healing atmosphere that is hard to describe. I am so grateful that I get to share and help with this program," said Sarah, adding that she is one of six Community Connectors in Medicine Hat and each plays a vital role in the twice monthly gathering. One of them has even partnered with local cafes that provide snacks and refreshments for the participants.

"The tone of these sessions is; you belong here, we get it, it's okay to not be okay. There is no toxic positivity, just acceptance, compassion, non-judgement. It's amazing to see how hope begins to resurface—people begin to feel better when they are free to express themselves and feel supported," she said. ♥



"As a cancer survivor and having lived in rural Alberta most of my life, I seek to join cancer support organizations to learn from others, help improve health outcomes, and focus on my own well-being. I'm eager to share insights on local programs, services and my experience to assist others. Wellspring Alberta provides that."

—Robert Stauffer
Community Connector volunteer, donor, and supporter of Wellspring Alberta

PHILANTHROPY IN ACTION

Expanding Family and Young Adult Support

Thanks to the generosity of the **Stollery Charitable Foundation**, Wellspring Alberta launched two high-demand programs in Edmonton in 2024, one supporting young adults with cancer, and a second designed to help families navigate a cancer diagnosis.

“Young adults face unique challenges that affect their relationships, education, and careers,” said Ryan Olfert, Director of Member Experience. Wellspring’s young adult programs offers a relaxed, welcoming space for connection, conversation, and fun.

In the fall of 2024, Wellspring also piloted its Children’s and Parents’ Program in Edmonton, providing weekly shared meals, therapeutic activities, and tailored support for families facing cancer. This meaningful investment has helped Wellspring bring impactful, community-based care to more Albertans, when and where they need it most. ♥



An Investment in Caregivers

With a generous grant from the **Petro-Canada CareMakers Foundation**, Wellspring Alberta has been expanding its caregiver programs to meet the rising demand for support of caregivers who often face physical, emotional, and mental strain. This funding helps ensure that caregivers—often the unsung heroes in a loved one’s cancer journey—can access the resources, strategies, and community they need to care for themselves while caring for a loved one with cancer.

Wellspring’s programs address common challenges like burnout, fatigue, and emotional strain, while fostering connection and resilience. As member Alexis shared, “Wellspring’s caregiving programs improved my mental health by being a constant reminder that a caregiver is still human—we need support too, and we should take some time and take care of our own well-being.”

This investment from the Petro-Canada CareMakers Foundation is helping Wellspring improve the quality of life for caregivers across Alberta through in-person, online, and phone-based programs. ♥





From Gratitude to Action: Lee's Story

In her early 50s, Lee Tasker was thriving. She had a PhD in Disability Studies, a successful rehabilitation consulting business, a loving family, and a passion for endurance sports—marathons, triathlons, mountain climbing, snowboarding and more. She was strong, active, focused, and driven. But then something changed, her energy levels dropped, her body knew something was wrong.

After many months of normal test results, dismissive doctor's appointments, and increasing symptoms, Lee was diagnosed with multiple myeloma.

Lee's story...her long harrowing journey from near death, to remission today, is nothing short of extraordinary.

She credits Wellspring with helping her rebuild her life, restore her hope, and take that first step back into the world. [Read the full story on our website: Lee's Way Back]

Lee offers thoughts on why donate to Wellspring.

To donors I want to say, thank you. You will never regret giving of yourself, of your time, or your money to Wellspring—trust me—your donation to Wellspring matters. It matters to me and to so many others. I know I wouldn't be here if it wasn't for Wellspring.

In my 30-plus years of working with people with brain injuries and disabilities, the number one reason people do not access services is because they lack the finances. These kinds of programs are expensive and most people

cannot afford them. In Canada, we are fortunate to have access to good quality health care, but the cost of cancer extends way beyond medical and drug treatment. Wellspring breaks down that financial barrier. Thanks to you, it's free, and it's available to everyone living with cancer and their caregivers, with no strings attached.

Thank you to all you donors, big and small for providing this essential community of support. ♥

[Read more.](#)

At a Glance:

1 in 2

Albertans will develop cancer in their lifetime.

Approximately

63 Albertans

a day hear the words "you have cancer."

24,505

New cancer cases expected in 2026 in Alberta.

2025 **WELLSPRING** GIVING GUIDE



1

GIFTS OF SECURITIES

Boost your tax savings while making a difference for Albertans with cancer. Donate securities to Wellspring Alberta.



2

INCLUDE US IN YOUR WILL

A bequest gift is a simple and impactful way to support Wellspring Alberta. By including us in your will, you ensure that your legacy continues to bring hope and healing to those affected by cancer.

3

EMPLOYEE MATCH

Double or triple your impact! Many employers match donations—ask yours how to make the most of your contribution.



4

CREATE AN EVENT

Organize a fundraising event and rally support for Wellspring Alberta's life-changing programs. It's easy with our DIY platform.

JOIN CANCERVIVE

Gear up for the September ride and pedal toward a more supportive future with Wellspring Alberta.

► [learn more at *cancervive.ca*](https://www.wellspringalberta.ca/cancervive)

5





6

SPONSOR AN EVENT

Elevate your brand while supporting our cause. Sponsor a Wellspring event and make a real impact for those living with cancer.



7

IN MEMORY OR CELEBRATION GIFT

Honour a loved one or mark a milestone with a gift that makes a difference. Dedicate your donation to Wellspring Alberta.

9

8

ADOPT-A-PROGRAM (\$25K+)

Leave a legacy by naming a program in honour of a loved one. Choose from a range of programs tailored to support those affected by cancer.



MONTHLY GIVING

Empower Wellspring Alberta's cancer support initiatives with a monthly donation. Just \$10 a month helps ensure no one faces cancer alone.

10



HOW TO MAKE A DIFFERENCE

Visit our website for more information on how to make a difference in the lives of people living with cancer.

THE GIFT OF TIME

Opening Doors for South Asians Living with Cancer

Nishail Shaikh, a full-time student, manages to find time to volunteer at Wellspring Alberta, and with close ties to her South Asian heritage, she is keen to assist with Wellspring's new South Asian Outreach Project.

"There is a really big need for this program. The South Asian community in Canada is very strong and connected. But in such a tight community, cultural norms are strong and misinformation can easily be contained," she said.

In this instance, Nishail is referring to the inherent stigma around illness such as cancer, that perpetuates denial and secrecy, sometimes prohibiting South Asian people from getting the support they need to cope with a diagnosis.

"It's no one's fault. It is just a belief system passed on from generation to generation. You don't really question things you grow up with," said Nishail.

Nishail has experienced firsthand how conversations around cancer in her community sometimes contain inaccuracies; and how, in general, it can be a forbidden topic for various reasons including marriage and family prospects. She is hoping that by volunteering in a cancer support organization she can help to change that narrative.

"I was drawn to Wellspring because there is so much impact in the work they do. They are incredibly innovative and inclusive, connecting people on so many levels and addressing their mental and emotional health."

Being a part of something that is so much bigger than me has helped to ground me and give me purpose," said Nishail.

"You can see that in the hospital environment and other parts of their life, people who are ill with cancer are treated like they are ill. But at Wellspring, people are just people—together not alone—on a holistic journey of wellness," said Nishail.

If she could speak directly to South Asians living with cancer, Nishail has this to say...

"I hope you realize that it's okay to talk, to share your feelings and share your story. Even if you can't share it with your family or your close friends, you have a community here at Wellspring. In this community you can find skills for coping, and you can meet others just like you and see how they are coping. I believe you will find your voice and build confidence and resilience at Wellspring," said Nishail. ♥

[Read more.](#)

"By tailoring programs to the South Asian community, Wellspring will give South Asians a voice—a safe place where they can openly share all that they are going through, including mental, emotional, and physical health challenges,"

Did You Know?

South Asian communities make up the province's largest visible minority group, yet there are minimal tailored cancer supports available for them. Thanks to the Calgary Foundation and donors Jim and Vicki Wilson, Wellspring is working to change that. With the help of community partners, Wellspring aims to design culturally informed programs and services, creating safe and accessible spaces for open conversations about cancer.



YOUR SUPPORT IN ACTION

Anchored in Gratitude

Sandy Aguilera knows better than most that life doesn't always go as planned. A school teacher, wife and devoted mother, Sandy has always been an adept planner and an efficient doer. In Sandy's ideal world, the plan was to grow old with the man she is happily married to; be there for all of the important milestones in her son's life; and continue teaching Spanish in a classroom that felt like home for 20 years. Instead, at just 52, Sandy is facing her third cancer diagnosis, and treatment options have narrowed.

Yet somehow, with a wide warm smile, Sandy starts many of her sentences with "I am grateful." She laughs out loud—at herself, and at all the mysteries of life. She radiates kindness and a formidable strength, and only softens when she mentions the future she can no longer plan for.

"Oh my goodness—Wellspring is amazing! When I went to Wellspring I could breathe.

I could take a step back from it all and choose to learn new things. I have learned so many things about myself that I never would have known if it wasn't for Wellspring.

[Read more.](#)

I learned to play ukulele, and to sing and dance. I learned yoga and tai chi, and I discovered art—I didn't know I was artistic! Art is a real highlight in my life now," she said. "When you have cancer in your life, it can take over; your life becomes all about going for treatments and waiting for results. One way for me to cope was to bring some normalcy back to my life. For me that meant being busy and believe me, Wellspring kept me busy! When I was well enough, I always had somewhere to go—a calendar full of Wellspring programs. This helped me greatly. Even at my worst, I still had some things I could choose in my life and that felt normal and meaningful to me," she said.

Recently when Sandy was extremely unwell and had to spend two months in hospital, she put her newly developed art skills to work to keep herself busy and show her appreciation to the medical community.

"I made over 90 thank you cards for all the nurses who took such good care of me," she said.

Back home, Sandy somehow faces each day with humility, grace and gratitude that defies her circumstances.

"At this point I'm too sick to embrace Wellspring the way I did in the past, but I still do art and meditation online and I'm so grateful for that. I don't have all that I wish for, but I'm here and I still have Wellspring," she said. ♥



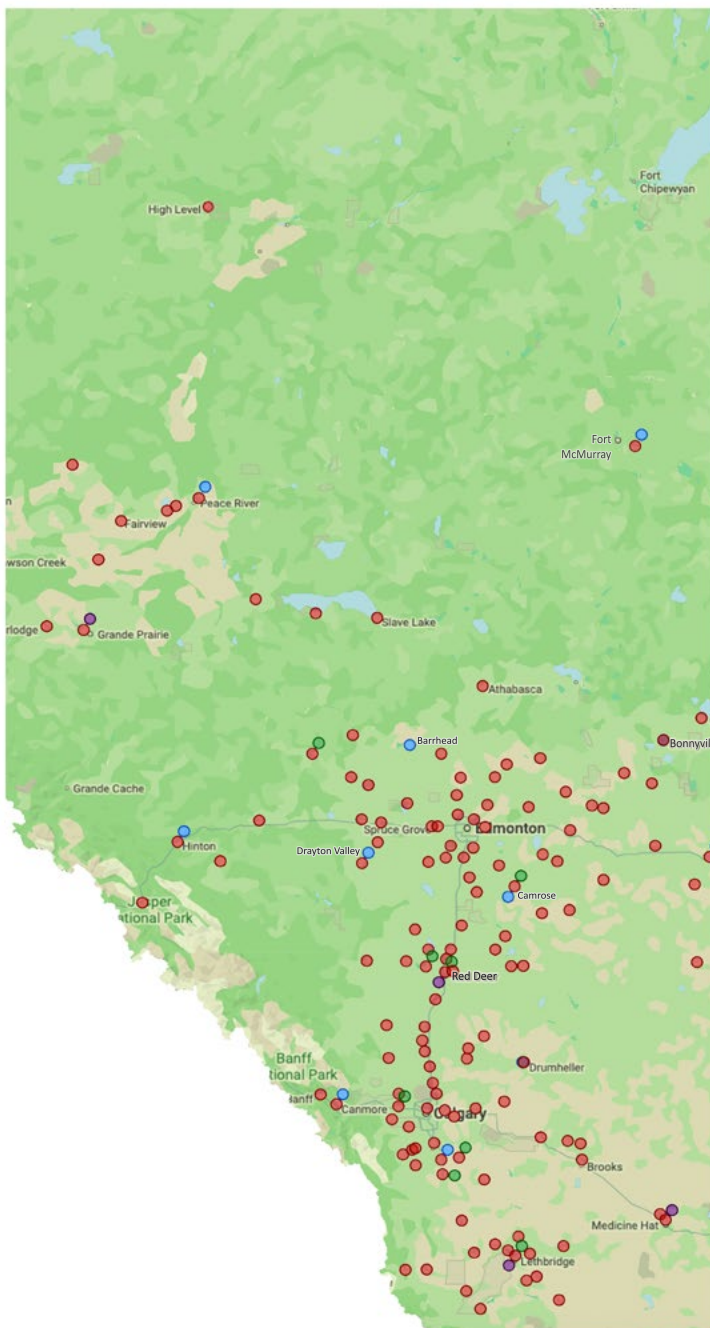
Photo by Sweet Ginger Photography
<https://sweetgingerphotography.com/>

PROVINCE-WIDE IMPACT

This map highlights the widespread distribution of our membership across Alberta, with a strong presence in rural and regional communities. It showcases how our services extend far beyond urban centers, reaching into the heart of smaller towns and remote areas, reflecting our commitment to serving all corners of the province.

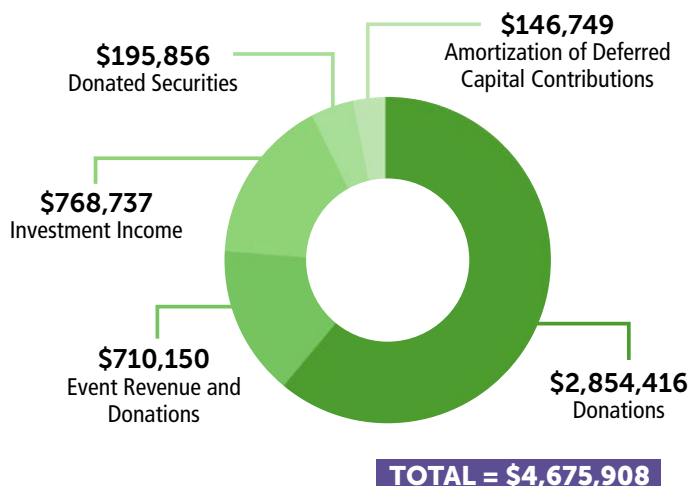
Map of Alberta Legend

- Red Wellspring Alberta Member
- Green Community Connector Volunteer
- Blue Community Cancer Centre
- Purple Regional Cancer Centre

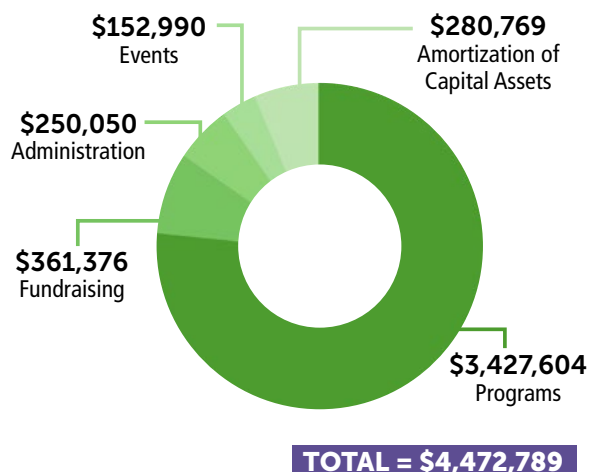


FINANCIAL INFORMATION

Revenue, 2024



Expenses, 2024





Our Locations

Carma House
Edmonton House
Randy O'Dell House
Online House
Rural and Regional Programming

Thank you!

Your generosity opens doors and improves the lives of those living with cancer, ensuring people have the skills and resources they need to address their emotional, practical and physical needs—so they can live better with cancer. With your help we can meet the ever-increasing volume of members and their changing needs for supportive cancer care, and develop new programs that fill current gaps in the care of cancer patients.

There are so many ways to make a difference in people's lives, and we are honoured that you have chosen to support Wellspring Alberta.



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