

Reflections of Wellspring...

A New Perspective!

As I complete my 2nd month as Executive Director of Wellspring London & Region, I am taking several moments to reflect upon my experiences thus far and put into words what it is like to be part of an organization like Wellspring.

Many of you are familiar with the fact that I have been working in not for profit for the past 18 years of my professional career. Most recently, I had the privilege of working as Director of Programs & Services with Brain Tumour Foundation of Canada. This role afforded me the opportunity to be intimately involved with Wellsprings located across Canada. I mention this because Wellspring had won my heart over before ever stepping foot in the door as a proud staff member.

Within the first few days of being on site at our office in London, I knew that this was exactly where I was meant to be! The warm welcome from the staff and so many volunteers was overwhelming, and I could see that the culture of Wellspring was that of love, acceptance and support. I had the opportunity to attend many events in my first few weeks including a donor tribute night, a golf tournament hosted by our Wellspring Stratford crew, and the amazing ONERUN that so many people across our region took part in! This is what I have learned about our community:

1. We have some of the most incredible volunteers and staff in the world! The staff and the volunteers of Wellspring work hand in hand to create an environment of warmth and compassion for every single person who walks through our doors. I was struck by the longevity of and dedication of our volunteers. They are the heart of

our organization and we wouldn't exist without them!

2. We are known and respected in our community. While there is always work to be done to continue creating awareness, we have a footprint in our community and are recognized as a credible resource. We should feel proud of what we have accomplished so far and strive to continue meeting the needs of the community that we serve.

3. We need to share the Wellspring story, far and wide! Wellspring is reliant on funding through events, foundation grants and private donations. I have been overwhelmed with the generosity of our stakeholder community and their passion for helping support the programs and services that we are offering.

I look forward to the exciting days that lie ahead and am thankful for the opportunity to lead such a wonderful organization that offers hope in people's lives that are impacted by cancer.

Tracey Jones,
Executive Director



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new!

Wellspring does not receive any government or United Way funding and is not financially supported by the YMCA. All programs are offered at no cost. Donations are greatly appreciated.

A FOND FAREWELL



After 18 years of dedicated service to Wellspring London and Stratford, our hearts are full as we bid our long-time Program Director, Daniel Lockwood, farewell as he heads off to begin a new life chapter.

Daniel started with Wellspring as a volunteer in the year 2000 and then transitioned to an administrative position and finally to Program Director in 2002.

Daniel's degree in Thanatology along with his extensive clinical and teaching experience have helped shape the excellent slate of programming that Wellspring is proud to offer today. But his skills extended even further as he regularly impressed us with his internet astuity, his Christmas card photography and his ever-changing hair styles!

Many friends, volunteers and YMCA staff had the opportunity to share memories and say a personal goodbye to Daniel on April 30th during a lovely celebration held at the Centre Branch YMCA.

We know he'll be back to see us frequently - at least every time he gets a new hair cut!



Yoga

At The Bob Hayward YMCA



The goal of the Yoga program is to help members enhance and exercise control over, their physical and emotional well-being. Members are taught body awareness and breathing techniques and through gentle stretching and movement exercises, can achieve enhanced physical strength, flexibility and range of motion.

We're pleased to have recently expanded our Yoga program to include sessions at the Bob Hayward YMCA located at 1050 Hamilton Road, London. Sessions run on Tuesdays from 1pm until 2pm.

To Register please call Wellspring at: 519.438.7379 or drop into our office at 382 Waterloo Street, Inside the YMCA Center Branch.

N O U R I S H



Our first session of Nourish at the Bostwick YMCA

was a great success! Thank you to the wonderful dieticians at NutriProCan for facilitating these informative sessions and for the student volunteers from Brescia for cooking the delicious samples of food.

Missed a session? Don't fret! We will be offering all of our Nourish sessions again starting September 2019. To keep informed as to when the next session will start, please sign up for our newsletter at: wellspringlondon.ca



A VERY SPECIAL THANK YOU to all the individuals and groups who host events on our behalf and to all participants. We are truly grateful for your wonderful donations!



The Amazing Theresa Carriere crosses the finish line at St. Andre Bessette School after running 100km in a single day! The **ONERUN** team will be presenting a cheque to Wellspring on July 11th. Heartfelt thanks to Theresa and her team for this tremendous gift!

HATS ON TO YOU!

Let's make our 15th year the Best Walk Ever!

This September 7th marks the 15th Anniversary of **Boardwalk's Walk for Wellspring** and as a thank you, we're giving everyone who raises \$50 and over a special Walk baseball cap to wear during the event and to keep as a reminder of how much we appreciate you!

Register online: walkforwellspring.ca

boardwalk's
WALK
for
WELLSPRING
cancer support centre

15
YEARS

The Battle of the Bands for Wellspring raised \$116,843 this past March!



Special thanks to **Adam Bain** of Bain Wealth Group for making it happen once again. Special congratulations to winning band RJ Conspiracy! Join us as we celebrate our 20th Anniversary in 2020! **We have some wonderful sponsorship opportunities available on our website at: www.wellspringbattle.ca**



The Friends of Wellspring held a fabulous Garage Sale in May, raising over **\$5,600!** Thanks to ALL involved for your hard work.

Board of Directors
Phyllis Retty, Chair
Steve Harris, Vice Chair
Adam Bain
Kirk Baines
Roman Molodynia
Dave Tanner
Maureen Trinnear
Dee-Ann Vickers

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If you would prefer to receive your copy of the Wellspring News via email, please send us an email including your full name and address to: mail@wellspringlondon.ca

Stay Connected!

Don't forget to follow us on Social Media for program updates, weather closings and the latest on events at Wellspring!

Facebook: **Wellspring London and Region**

Twitter: **@wellspringLdn**

Blog: www.blog.wellspring.ca

Website: www.wellspringlondon.ca



With Gratitude!

Wellspring is grateful to have been awarded financial support from several foundations this past year. Our deepest thanks to the following Foundations:

- Gerald C. Baines Foundation
- Richard and Shelley Baker Family Foundation
- Mitchell and Kathryn Baran Family Foundation
- CIBC & CIBC Miracle Day
- London Community Foundation/Jack Nichols Family Fund
- London Life
- Brian and Heather Semkowski Family Foundation
- RBC Foundation
- Sifton Family Foundation
- Takla Foundation
- Westminster College Foundation
- WOCO Foundation

Wellspring provides a wide range of cancer support programs and services, at no cost, to meet the emotional, social, psychological and informational needs of individuals and families affected by cancer.

Wellspring is a registered charitable organization that does not receive any government funding and relies on donations for daily operations and programs. Tax receipts are issued for donations of \$20 and over.

Our Thanks!

There are so many individuals and groups who generously contribute to Wellspring each year. We are deeply grateful for all you do to support us!

Every year, several groups organize and hold special events for Wellspring. Thank you for all the time and effort that you put into making these events so successful and for helping to raise awareness for Wellspring!

Special thanks to all the businesses who make Wellspring part of their annual budgets.

We are truly grateful for the on-going support of our monthly and Circle of Life donors. Your generosity is overwhelming!

To the hundreds of individuals who make donations to Wellspring each year ... Thank you! You are the heart and soul of our organization. Your gifts make our work possible and make the difference in the lives of our members!



Wellspring Member Melissa Selmes speaks at ONERUN finish line.

The Wellspring experience
I love the supportive nature of Wellspring – it feels safe.

The programs have allowed me to feel strong during treatment and healthy after treatment.

Nobody judges you and it's free!

Wellspring Member,
Marie

Yes! I'd like to support Wellspring London

382 Waterloo St., London, ON N6B 2N8 519.438.7379

Enclosed is a donation of \$ _____

A Charitable tax receipt will be issued automatically for gifts of \$20 or more.

Name: _____

Address: _____

City: _____ P.C: _____

Phone: _____

Email: _____

Cheque enclosed (payable to Wellspring London and Region)

Visa Mastercard

Credit Card # _____

Exp. Date _____

Name on Card _____

Signature _____

I am interested in becoming a Monthly Donor

I am interested in learning more about Legacy Giving