



healwell

Integrative Health Therapies





healwell

Annual Report 2013

Healwell's mission is to improve quality of life for people living with acute, chronic and terminal illness through hands-on integrative therapies, education and research regardless of ability to pay.

Dear Friends,

We are so appreciative of the resonance that our work has found this year in the community of caregivers and in the community at large. It was a good year for Healwell as we expanded our work to extend the spectrum of healing and care available to seriously ill patients, at no charge to them.

Our clinical partners in service delivery are Children's National Medical Center (CNMC) and Virginia Hospital Center (VHC). CNMC entered into a new contract with us and substantially increased their support for our work, so we see many more patients now. In addition, when the new Pain Clinic was forming, the lead physician reached out to incorporate our work into their program of relief. VHC continued its support for our hospital-based advanced massage training program there and Arlington Palliative Care, PLC extended greater financial support for the work we do each week with their patients on the VHC campus. .

We also made use of a generous grant from The Palmer Foundation to strengthen outreach efforts on a variety of fronts.

We garnered the attention of more people in the massage therapy and clinical communities through the good work and the great relationships that have been built by our Program Director, Lauren Cates and our Deputy Program Director, Lucille Eddy as well as raised awareness of Healwell in our local community.

Our Board of Directors is now at an enthusiastic level of six with others in key support functions and as general volunteers. With this dedicated group, we plan to build on our solid foundation and increase our impact in 2014. We are proud to report the accomplishments of 2013.

To you goes our combined thank you along with our personal gratitude for your continued support.

Gratefully,

Kate Trygstad, President and *Bo Palmer*, Vice President

Our People Are Our Organization

Board of Directors:

Amy Fromm
Elizabeth Jex
Bo Palmer
Tina Peterson
Joan Porte
Kate Trygstad

Massage Therapists:

Vicki Ferguson
Amy Fromm
Rebecca Hardy
Morrie Kramer
Jill Nelson
Dot Perry
Deborah Strick

Key Personnel:

Lauren Cates, Program Director;
Lucille Eddy, Deputy Program Director
Denise Garcia, Attorney
George Kresslein, Tax Accountant



Highlights from our Clients

Dr. Loren Friedman, MD, Palliative Care at Virginia Hospital Center (VHC), expressed his appreciation for our work with the patients that he and the other members of the Arlington Palliative Care, PLC team serve. . He spoke of the the benefit of the caring touch that we bring and the important level it adds to the care he is typically able to offer.



Deborah A. Lafond, DNP, PNP-BC, CPON, CHPPN Nurse Practitioner, PANDA Care Team Division of Hospitalist Medicine Children's National Medical Center (CNMC) wrote to us saying, "Thanks. I wanted to let you know that [name withheld] passed away on Saturday morning. It was very peaceful. I am so very thankful that she was able to enjoy a massage during her last hours. Thank you for all the comfort you bring to our patients and families. "

Annual Event

On October 27, The House of Steep Tea House and Foot Sanctuary hosted the Healwell Annual Outreach Event in Arlington, VA. Thirty five people attended, engaging in conversation and enjoying refreshments of tea, wine and lovely food.



Lauren Muser Cates, Healwell Program Director, spoke about Healwell's mission and made many points that demonstrated why the need is so great for the work we do, how it affects patients' lives and why we need increased support both financially and in marketing efforts. She also relayed highlights and details about the work done at both at VHC and at CNMC

Dr. Loren Friedman– spoke about the beneficial collaborative relationship between Healwell and the VHC Palliative Care Team.



Heartfelt appreciation goes to our Arlington sponsors for the event:

House of Steep Tea House <http://www.houseofsteep.com/>

and Arrowine and Cheese <http://www.arrowine.com/>

Service Programs

Children's National Medical Center

Our impact expanded at CNMC this year quite dramatically from the work we began in 2010 in the Hematology/Oncology unit with the support of Dr. Shana Jacobs. Our work with the oncology patients attracted the attention of the hospitalist team at CNMC who joined forces with the hospital's new Pain Clinic and the Pediatric Advance Needs Assessment and Care Team (PANDA/palliative care) to secure additional funding for expanded service to PANDA patients and Hospitalist Evaluation and Perioperative Services (HELP) patients.

We are currently working 11 hours a week at Children's seeing patients on 7 different units ranging from PICU to neurological and including our work with bone marrow transplant and oncology patients.

PANDA patients received 312 massages provided in 156 hours of hands-on time. (NOTE: the expansion of hours allows us to see many patients multiple times over lengthy hospital stays, so the number "312 massages" does not represent 312 discreet patients.)

Our work with HELP patients began July 26th. We provided 705 sessions in 352 hours of hands-on work.

Virginia Hospital Center

Healwell continued providing massage services to palliative care patients at VHC, work that began early in 2012. The hospital is very pleased with our work and looks forward to a long collaborative relationship. . The work we provide for palliative care patients at VHC is funded through direct donations made to Healwell and through a new twice-yearly contribution from Arlington Palliative Care, PLC which has added a percentage of Healwell's annual service cost to its budget. The patients we see receive our work free of charge.

We worked 144 hours at VHC giving 288 massage sessions.

Therapists donated an additional 48 hours of service to VHC patients.

Education Programs

Healwell™'s Massage Therapy Hospital Stewardship Program: *Clinical Excellence and Compassionate Presence in the Hospital Setting*



This training program is Healwell's flagship program. In 2013, we graduated our fourth cohort of therapists from this program, bringing our total number of graduates since 2011 to 24. Our 2013 graduates came from four states and are actively working to transfer their new expertise into various clinical settings back home.

Outreach

Oncology Massage Healing Summit

Healwell had a presence at "the Summit" this year to promote the Stewardship in particular, and Healwell generally. We found a great deal of interest in our mission and course offerings among this population.

International Massage Therapy Research Conference

Healwell had a presence at this conference with the intent to raise awareness of our mission and as a secondary purpose to promote the Stewardship and build relationships with potential research partners.

International Congress for Clinicians in Complementary and Integrative Medicine

Healwell had a presence at the Congress with the intent to with the other attendees (350+ physicians, researchers and integrative clinicians from hospitals and research facilities around the world) to spread the word about our mission, our training offerings and our ability to partner in research. The congress was also valuable as an opportunity to learn about the various ways in which world-renowned facilities are integrating massage therapy into patient care.

Arlington County Fair

Greater awareness of Healwell's work in the broader Arlington and Washington, DC communities is important to our growth and strength moving forward. We enjoyed a warm and responsive reception from the enthusiastic community members who visited our booth at the Arlington County Fair.



Arlington Business and Civic Circle (ABCC)

Kate Trygstad joined the ABCC as the non-profit representative in this organization that is dedicated to supporting members' business efforts. Civic support is important to ABCC, so Healwell was a welcome addition to the group and we now have a group of passionate, Arlington-based business people networking on our behalf.

Thank You to Our 2013 Sponsors and Donors

Anonymous

Jeanne Broyhill

Wendy D. Buckley

Karin Caffi

Yvonne Collins

Rebecca Croft

Patricia Dewey

Kristine Ducharme

Katherine Emmons

Kathy Faltin

Alexandra Field

Susan Fitzgerald

Loren Friedman, MD

Amy Fromm

Laura Hahn

Conway and Bridget Halsall

Elizabeth Jex

Georgia Kalaris

Karen Gibbs Kearns

George Kresslein

Laura Ledet

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Helene Vonnegut

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Cheryl Lynn Wong

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The Adduci Foundation

Arlington Business and Civic Circle

Children's National Medical Center

Arlington Palliative Care, PLC

In Kind Donors

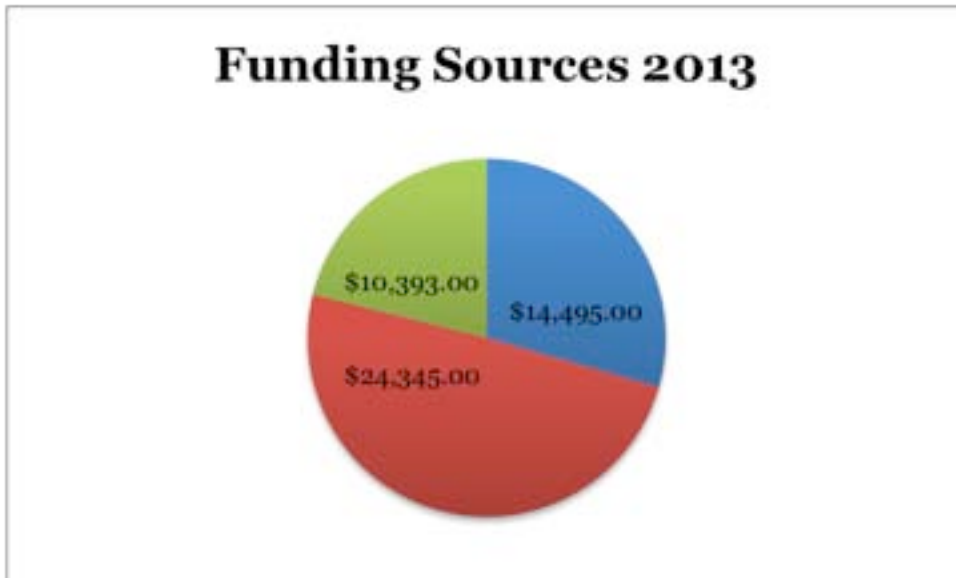
Arrowine and Cheese

House of Steep Tea House and Foot Sanctuary

*Our Board members all make an annual financial contribution to our organization.

We note with gratitude that our 2012 donors and sponsors contributed to our accomplishments in 2013.

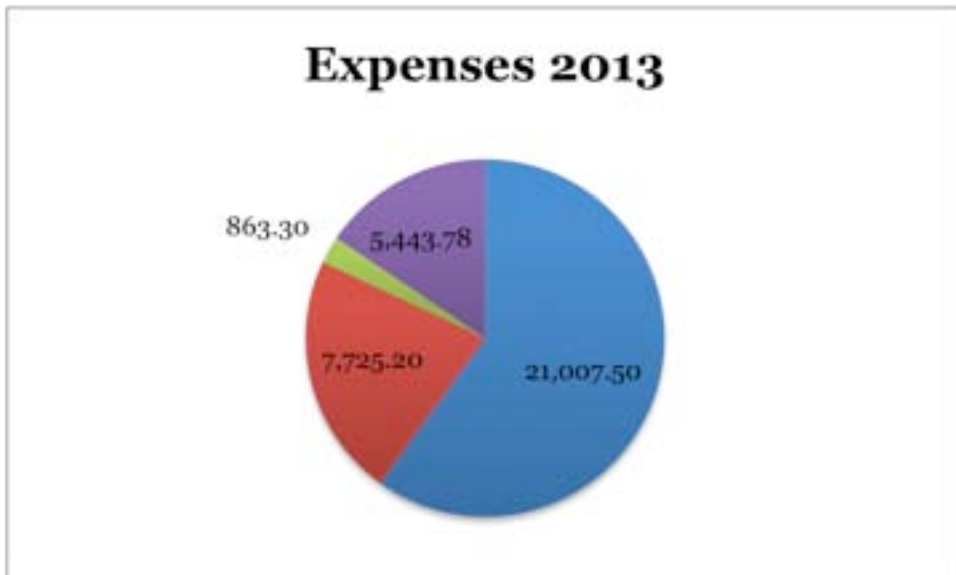
Financials: January 1, 2013- December 31, 2013



\$24,345.00 Program Services

\$14,495.00 Donations and Grants

\$10,393.00 Training Income



\$21,007.50 Direct Service Expense

\$ 7,725.20 Training Expense

\$ 5,443.78 Outreach Expense

\$ 863.30 Operating Expense