



**Carol Waddell,
Breast Cancer
Survivor**

“Cancer Navigators was a complete and total “Life Saver” for me. I am very grateful for each member of this staff!”

Finances at a Glance

Cancer Navigators Inc. financial summary for Fiscal 2014 for year ended Dec. 31, 2014.

Revenue

Where Money Comes From

Grants	\$ 65,000
Individual and Business Contributions	\$157,696
Fundraising and Special Events	<u>\$168,174</u>
Total Income	\$390,870

Expenses

Where the Money Goes

Program Services (navigation, education and assistance)	\$179,695
Operations, Facility, Equipment	\$ 74,434
Administration and other	<u>\$ 69,498</u>
Total Expenses	\$323,627
 Net Profit & Loss	 \$ 67,243

Figures cited are based on unaudited financial reports from Cancer Navigators Inc. board CPA

Our Heartfelt Thanks to Our Major Supporters



Admirals *Contribution of \$20,000 or more a year*

Floyd Healthcare Foundation* Harbin Clinic* Dr. Matt and Laura Mumber*
Dee Yancey and State Mutual Insurance Company* Dr. Tommy and Ann Simpson* Julia Dodd Estate Trust



Captains *Contribution of \$10,000 or more a year*

Arm Kandi Foundation Floyd Medical Center Redmond Regional Medical Center*
State Mutual Insurance Battle of the Bands Dot Williams* Floyd County Sheriff's Department



Lieutenants *Contribution of \$5,000 or more a year*

Dr. and Mrs. Paul Brock* Ethel Evans* Dr. and Mrs. Roman Galysh* Virginia Harman** Dr. Steven Hom*
Skip Howse** Dr. and Mrs. Chris Kligora* Dr. and Mrs. Dilowar Khan* Dr. and Mrs. Kelly Mayfield* Rome Radiology*
Dr. Brenda Budlong* Northwest GA Cancer Coalition Mohawk Carpet Foundation



First Mates *Contribution of \$1,000 or more a year*

Reed Biggers* Brinson Askew Berry Attorneys at Law Mr. and Mrs. Robert Grizzard Paul Eaves Bonnie Hammond*
Harbin Clinic Volunteers Heritage First Bank Atlanta Magazine Wings Over North Georgia
Dan Sweitzer and Denise Powers* Rome Area Council for the Arts Safigan Family* Mr. & Mrs. Lee Walburn*
Thad Watters Georgia Northwestern Technical College The UPS Store ** National Christian Foundation
Gajanan Daya Corp. United Community Bank

*Denotes those who made multiyear pledges

**Denotes In-Kind Accounting, Legal and Business Services

2014 Annual Report

Cancer Navigators Inc.



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Board of Directors

- Virginia Harman, Chairman
- Reed Biggers, Treasurer
- Dr. Sheila Bennett
- Dr. Brenda Budlong
- Skip Howse, CPA
- Kim Mauer
- Dr. J. Kelly Mayfield
- Dr. Matt Mumber
- Lisa Wallace
- Mimi Richards
- Dr. Tommy Simpson
- Lee Walburn
- Thad Watters
- Dot Williams
- Dee Yancey
- Dan Sweitzer, Acting Executive Director

OUR MISSION

Cancer Navigators, a nonprofit organization, serves the community as a complement to the medical expertise of cancer care providers by guiding those affected by cancer toward a better understanding of diagnosis and care and connecting them with needed resources in their journey.

Cancer Navigators Annual Report Overview

Last year 607 newly-diagnosed cancer patients turned to Cancer Navigators for services, education and reassurance on their journey. Over the course of those twelve months, through face-to-face encounters and telephone consultations, navigators completed 4,478 personal acts of assistance.

As awareness of Cancer Navigators' contributions to the health and well-being of North Georgia residents grew, so did its outreach. Although 78 percent of patients were residents living in Floyd, Chattooga and Polk counties, patient flow from Bartow increased from 3 to 7 percent. Cherokee, AL saw an increase from 7 to 9 percent, and Gordon was included statistically for the first time at 2 percent of total.

Hundreds of friends and loved ones paid forward the nonprofit organization's compassionate assistance through individual donations and support for special events that raised funds and further elevated community appreciation of Cancer Navigators.

Nevertheless, 2014 was a year of change and adjustments. In November, Executive Director, Charlotte Atkins, resigned to become publisher of the Gainesville Times. Until Charlotte answered what she termed "God's calling" to join Cancer Navigators in 2012 she enjoyed a long and honored career in the newspaper industry to which she has returned. Her knowledge and respect within media outlets resulted in a dramatic upswing in public understanding of our organization's mission and accomplishments.

During the year Atlanta Magazine's special health issue featured a major article lauding Cancer Navigators' vision and execution of that vision. Dr. Matt Mumber continued to spread the organization's story in various oncology-related publications as follow-ups to his observations and advice in the book, "Sustainable Wellness". Lee Walburn's book, "Just My Type...50 Years Preserved in Ink" continued into 2014 the fund-raising efforts of 2013.

Fortunately, the leadership role impacted by Charlotte's resignation was quickly and effectively remedied by Dan Sweitzer's acceptance of the interim executive director's position. Earlier in the year Dan had retired as an executive with Floyd Medical Center. During his long leadership role there, he was consistently involved in community betterment activities. He has served as a member of Cancer Navigators' board of directors since its creation.

Commenting on his new role, Sweitzer said, "As interim director I now have the opportunity to serve as the liaison between the volunteer Board of Directors and the professional staff of Cancer Navigators. I am proud of the accomplishments of our staff, volunteers and Board members who are dedicated to making certain that no cancer patient in our community will have to make their cancer journey alone."

In terms of future adjustments, the organization has begun to study its on-going partnership with Floyd Medical Center, Redmond Regional Medical Center and Harbin Clinic, a cooperative affiliation admired state-wide. Since those institutions have also instituted navigation programs, we and our partners are evaluating how to enhance services to cancer patients while avoiding duplication. An example: The MyJourney Compass, a federally-funded program that empowers patients to actively participate in managing their cancer through the use of mobile technology, continued into 2014, but will be managed by Harbin Clinic into the future.

One of the most successful programs initiated by Cancer Navigators over the past two years has been the Cancer to Health initiative under the direction of Denise Powers. Combined with the Caring for Caregiver program and Renewal Retreats, group sessions have focused on a full range of positive behaviors that may affect clinical outcomes.

We are indebted to our healthcare partners—Harbin Clinic, Floyd Medical Center and Redmond Regional Medical Center—and to the community at large. Our donors and imaginative fund-raising events are celebrated elsewhere in this report.

Events Summary during 2014

Last year, someone you know heard the words, "You have cancer". Perhaps it was a friend, a neighbor, mother, father, grandparent or child. Well, what did you do about it? Hundreds of friends, relatives and survivors felt the impact deeply enough to work tirelessly-- but not without fun--to raise funds and awareness for Cancer Navigators. As for fun, some demonstrated support by really rocking out. Some rode. Some ran. Some rowed. Some walked (because Zombies don't run, ride or row, only rocking out when the moon is right). Football-playing ladies dusted off their Powder Puffs. Some chose tangible expressions, creating and distributing warm fleece blankets to fight the chill of chemo. Some teamed with United Methodist Church to distribute more than 1000 Prayer Bears to individuals going through tough times. Some crafted and auctioned breathtaking Christmas wreaths. Some wore their hearts on their sleeves, or at least on their wrists and called it "Arm Kandi". And, then they formed teams to once again boost Cast off against Cancer, annually our biggest fund-raising event as well as the most emotional. Hearts were touched as we dropped white flowers from the pedestrian bridge near Town Green, remembering loved ones as the petals drifted softly and silently into the river below. In summary, Cancer Navigators is indebted to Buddy Bagley and his annual motorcycle ride; to Matt Davis of The Ridge for the Battle of the Bands; to Nancy Ely and Dr. Chris Robinson of Harbin Clinic Plastic Surgery; to Wayne and Pat Vick, who built a sports car, then donated the money it raised at auction; to Ashley Edge, whose hand-knotted fleece blankets comforted patients; to those who ran for "Moore Life"; to the lighting of Silver Lake and funds raised by Darlington students; to the artists whose gallery of wreaths at the Cancer Center brightened our Christmas. As for the Floyd County Sheriff's department and those local notables who let their inner Zombie emerge, you turned fright night thrills and chills into funds that will impact the quality of life for someone else. Cancer Navigators thanks each of you.

MIND BODY SPIRIT

In a recent issue of ASCO Connection, official magazine of the American Society of Clinical Oncology, Dr. Matt Mumber explained why Cancer Navigators has come to epitomize healthcare "as personal as that of the old country doctor." Following are excerpts from Dr. Mumber's interview.

AC: What service can a patient with cancer receive through Cancer Navigators?

Dr. Mumber: We offer comprehensive navigation. We start with access issues, because if a patient can't pay for food and medicine, or if they don't have transportation to their treatments, we aren't going to get very far with relationship-building. In our rural community, around 40% of our patients have access to care and disparity issues, so financial and social services is the first screen. A social worker guides patients into the process and makes sure they have the resources they need. Nurse navigators fill in education gaps, walk people through the process of their conventional treatments, and offer different supportive care options. A licensed clinical social worker offers counseling and provides guidance on stress management. Psychological services sometimes carry a stigma, but having an LCSW as an integral part of the navigation system makes those services routine and ensures that patients can get the support they need.

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All of these services, including retreats and group workshops, are free through our nonprofit, which is supported by fundraising in the community.

AC: How did Cancer Navigators evolve into what it is today?

Dr. Mumber: We founded Cancer Navigators about a dozen years ago, after I did a fellowship in integrative medicine at the University of Arizona. We saw a need for education that would keep our patients motivated to make healthy lifestyle choices. We modeled our initial retreat program after the one established by Commonwealth, an organization in California. As our program grew, we realized how tough it could be for people to spend three days at a retreat and I decided to start a running group program that would meet weekly for eight weeks ... the folks who participated inspired us to write a book that detailed the process, called Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body and Spirit."

AC: What kind of experience do participants have at a Sustainable Wellness retreat?

Dr. Mumber:

The magic starts with bringing together a group with similar experience. It's like being a native versus being a tourist. A native speaks the language fluently, knows the inflections, and understands the culture in a way that a tourist doesn't.

The people going through a cancer diagnosis, treatment and after-care speak a different language with each other than they speak with someone else. We try to create a place where people can confidently share whatever burdens they're carrying inside, without trying to fix them. When people feel that they can say things and be safe, without having to hear advice or platitudes, the conversation flows. They share things they may never have said out loud to anyone before. It's difficult work, but it's very freeing. The overall experience is meant to be one of "healing", rather than one of "fixing". As doctors, we're really good at the caring and the fixing. The healing begins, and real change is possible, when we look openly at the things that were too difficult to face in the past.

Providing resources, reassurance and renewal for patients

Our team of nurses, social workers and educators work in tandem with area healthcare providers to make the cancer journey less stressful, more manageable.

Partnerships, collaboration key to integrative patient care

Our Partners

Cancer Navigators is an independent, community-based 501 (c) 3 nonprofit organization funded by donations from citizens and businesses of Northwest Georgia and by grants from private and public organizations. We have the endorsement and support of Harbin Clinic, Floyd Medical Center, Redmond Regional Medical Center, Polk Medical Center, the Northwest Georgia Cancer Coalition and Georgie CORE.

These partnerships and collaborations are vital to making sure area patients get personalized cancer care and that they go through the journey with tools and support for managing and coping with the challenges and stresses of cancer.



Floyd Green Machine took 1st place in the Harbin Clinic Plastic Surgery Powder Puff Football Tournament 2014



Arm Kandi Foundation Project

Arm Kandi bracelets provide end-of-year benefit...

Three years ago Ford and Brennen Riddle lost their mother, Kandi Riddle, to a four-year battle with breast cancer.

As the cancer progressed and their mother's time on earth seemed less and less certain, Ford and Brennen, along with close family friends, began making simple bracelets. It was their way of coping and doing something together, especially long days at the hospital.

They called the bracelets "Arm Kandi". With the help of family, friends and social media, Arm Kandi quickly went viral. They started selling like crazy and within months the Arm Kandi project had raised thousands of dollars for Cancer Navigators.

Recently, Ford Riddle attended a Cancer Navigators board of director's meeting and presented the nonprofit with a check for \$10,800. The Riddles and friends Hannah, Mary Beth and Ann Montgomery now are teaching cancer survivors how to make bracelets so that they can "pay it forward" for others just starting their journey.

LEADERSHIP

Dot Williams retires this year after serving 7 years on Cancer Navigators' board.

Dot is a founding board member of Cancer Navigators. She became a part of the organizing board as an avenue of honoring her late husband, Charles S. Williams, who succumbed to Glioblastoma cancer in 1999. There was very little organized support for cancer patients in the Rome area at that time. We so appreciate her support and dedication.

Wallace, Bennett join CN board

Elected to the Board of Directors for 2014 are: **Lisa Wallace**, Redmond Regional Medical Center, Chief Nursing Officer, MSN; and **Sheila Bennett**, Floyd Medical Center, Vice President Patient Care and Chief Nursing Officer, MHA, DNP.