Elixir Fund’s
Annual Report
2019
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MESSAGE FROM THE EXECUTIVE DIRECTOR

The mission of the Elixir Fund, comfort and care for cancer patients and their families, has always remained the same; how we accomplish that mission has shifted and changed over the years. While we continued to work on a national level connecting people with resources in their areas, in 2019 we were also able to partner with other organizations so that we might work more hands on with local patients and caregivers.

Our focus for 2020 will be to expand our existing programs while also looking to create additional programs and services focused around survivorship. The feedback we have received from patients and caregivers is that they feel a lack of resources and guidelines for what to do once treatment ends. That seems to be a major gap in cancer care, and as we have always done, we will expand our focus to try to help fill it.

Meg McQuarrie
Executive Director
Vision
We aim to be a national resource for patients and caregivers to access support through referrals and program development.

Mission Statement
The Elixir Fund is dedicated to improving the comfort and care of cancer patients and their caregivers.

Value Statement
We recognize that the diagnosis of a serious illness can overwhelm and exhaust both cancer patients and their caregivers. We believe that people deserve to take a break from the cancer journey by shifting the focus from treatment to living.
**PATIENT & CAREGIVER NAVIGATION:** A fundamental role for the Elixir Fund is to serve as a resource for patients and caregivers nationwide. We field phone calls and emails with requests for help in finding financial, physical and emotional support services. Patients and caregivers are often overwhelmed and do not know where to turn. The Elixir Fund does our best to find answers among limited resources, but at the very least makes sure to answer all of our phone calls and emails. Often, those who reach out to us are just grateful to receive a response.

A few examples of people who reached out to the Elixir Fund in 2019:

- A mother in Ohio looking for resources for her daughter who has been undergoing treatment for years as well as for her uncle who has newly been diagnosed and for whom she is the primary caregiver.
- A mother in NJ who was looking for resources for her adult son who has terminal brain cancer.
- A woman in NJ caring for her husband who was home on hospice. We were able to provide some simple solutions to help make their last weeks a little easier.

In addition we received requests from those who had diagnoses other than cancer –

- A father in NJ with ALS trying to take care of himself and his three children
- A woman in CO trying to live independently for as long as she can as she deals with an advancing neuromuscular disorder

Many reach out to us just trying to identify what resources, if any, there are. Realizing it is difficult, whether you have cancer or any other diagnosis, to find meaningful support, we are willing to do some of the legwork that those, exhausted by a chronic condition, cannot do for themselves.

**ELIXIR FUND REGISTRY:** We have continued to work on the design of the Elixir Fund Registry so that we may best meet the needs of the greatest number of patients and caregivers. Our hope was to launch the newly designed site in 2019, but we were not quite ready. We continue to receive feedback and make the necessary adjustments, but want to wait to launch until we have it just right. In the meantime, we are supplementing that support through our patient navigation and individual grants where the need is greatest.
CANCER THRIVING AND SURVIVING: Our director, Meg McQuarrie, co-facilitated three Cancer Thriving and Surviving sessions in 2019. We partnered with both Rutgers Cooperative Extension and the Hunterdon Mercer Regional Chronic Disease Coalition to offer this six-week program, developed by Stanford. The program is designed to help those impacted by cancer find ways to manage some of the side-effects of treatment such as fatigue, trouble sleeping, difficult emotions, and planning for the future. In addition, the program addresses survivorship in terms of exercise, nutrition and follow-up care.

The program requires that we have a minimum of 10 participants to start. Each session is two and one half hours long, so it can be difficult to find enough participants. However, all of the sessions that we co-facilitated were a tremendous success and the feedback was very positive. One group had 17 participants and they continue to meet, monthly, on their own. As a result of our successes, the State of NJ’s Office of Cancer Control and Prevention has asked its county coalitions to focus on survivorship programs including offering additional sessions of Cancer Thriving and Surviving.

ARE YOU GOOD TO GO?:
Meg McQuarrie partnered with Maryann Rappa of Sand Hills Community Wellness Center to offer an interactive program regarding advanced care planning and end of life issues titled “Are you Good To Go?” Recognizing that this can be a difficult topic for many to even think about, “Are you Good to Go” is designed from the perspective of wanting to insure that a person can live the best life possible; rather than looking at these issues as end of life.

This program is designed for everyone whether you are facing a serious illness, taking care of aging parents, or think you are “too young” to have to think about end of life. “Are you Good to Go?” was facilitated twice in 2019 and we are looking for more opportunities in 2020.
TEAM ELIXIR & TEAM KEVIN: We were honored to once again be a charity partner for the TCS New York City Marathon and TEAM KEVIN reunited in 2019 for the NJ Triathlon. Participating in team events allows us to reach a large audience. Team members reach out to their family and friends for support, and in doing so share our name and our mission. Between the marathon and triathlon, team members reached almost 300 donors and raised over $17,000.

ELIXIR FUND AUCTION: Our annual Cocktail Party & Auction continues to be a favorite event. It is a time for our supporters to come together and spend an afternoon with delicious food, fun people and always a wide array of auction items. Those who come each year look forward to it and they continue to bring new friends. It is a wonderful opportunity for us to grow our base of supporters.
**FINANCIALS**

**Income**  
$65,788

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**Expense**  
$57,769

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![Pie chart for Income](chart-income.png)  
![Pie chart for Expense](chart-expense.png)
LOOKING AHEAD

For 2020 we are looking forward to finding new ways to better meet the needs of cancer patients and their caregivers, wherever they may be whether it is newly diagnosed, in treatment, or post treatment. We will continue to expand the Elixir Fund Registry to meet the support needs of those newly diagnosed and in treatment. Part of this expansion is to increase the number of participating businesses, so please feel free to send us your recommendations.

“Survivorship” is the buzzword in cancer treatment these days, so we are also focusing on programs that provide support to those that have finished treatment. Participants in the Cancer Thriving and Surviving programs have repeatedly expressed that they feel lost when treatment is over and have a great sense of “now what?” We are working with them to determine some of the ways that we can relieve that sense of displacement and anxiety.

Thank you for your support of the Elixir Fund. We are always looking for ways to spread the word about our organization and the Elixir Fund Registry. If you know of opportunities whether it be speaking engagements, conferences, or having a table at any event, we are would be interested in hearing about them.

You can also help by spreading the word. Please let friends and family know about the Elixir Fund Registry. Follow us on Facebook at facebook.com/elixirfund, or on twitter at @elixirfund. Like, share and re-tweet - this will help us to expand our base.

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