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CANCER COMFORT CARE

## ELIXIR FUND

2021 Annual Report

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## MESSAGE FROM THE EXECUTIVE DIRECTOR

In 2021, we continued to provide our programming virtually. We found that most of our constituents, understandably, were not quite ready to meet in person. However, we have had a great response to our online programs and have been more easily able to reach a nationwide audience. We also expanded our partnerships in 2021, which resulted in a new program, our online guided meditation series. This series has been extremely popular and continues to grow. It is a great way to provide support while also helping to expand our reach.

We will continue to offer our online and virtual programs in 2022, and schedule in-person programs based on our participants' interest. Our goal is to provide services to as many patients and caregivers nationwide as we can; and having both in-person and virtual programs makes it easier for us to meet that goal.

Meg McQuarrie  
Executive Director



## **THE ELIXIR FUND**

### **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.



## PROGRAMS

### PATIENT & CAREGIVER NAVIGATION:

*Thank you for reaching out. Your timing was a godsend.*

*~After a follow-up with a daughter who was looking for resources for her ailing father and herself as a caregiver.*

A key part of our mission is to provide support to cancer patients and their caregivers. A primary way that we do this is to offer navigation services. We field phone calls and emails from patients and caregivers across the country looking for help finding resources. While services in their local areas may be limited, often they are just grateful to have someone to talk to.

In 2021, as the pandemic continued to provide additional hurdles for those in treatment, we were able to work with a variety of patients to help them find support. A few examples,

- A recently divorced mother from Atlanta facing a metastatic breast cancer diagnosis. In addition to helping her get set up on the Elixir Fund Registry, we also helped her to find local support.
- A newly married, young woman in New Jersey dealing with a colon cancer diagnosis.
- A couple from New Jersey looking to find support for the husband's ailing father and his mother who is the caregiver.
- We were able to connect a recently widowed mother with a financial counselor to help her discuss next steps.

### GUIDED MEDITATION:

Inspired by the success of our "Introduction to Meditation Program" we were approached by Sand Hills Community Wellness Center to partner with them and offer a weekly guided meditation online. Beginning in May, our director Meg McQuarrie began leading a weekly guided meditation session. It has been a very popular program and we average 9-12 attendees per week.

Based on the success of our weekly program, The Cancer Institute of New Jersey's Community Outreach & Education asked Meg to offer a monthly guided meditation at lunch time. This turned out to be one of their more popular programs and averages about 12-15 attendees each month. Based on the success of the program, we were asked to continue to offer it through 2022.





## PROGRAMS (continued)

### ELIXIR FUND REGISTRY:

*You were so helpful to my daughter in her time of need.*

*~family member of a registrant*

In 2020 we were able to update the Elixir Fund Registry to make it easier to utilize. Patients and caregivers can now create an easy-to-share list of their needs that includes links to e-gift cards for the items and services most needed.

These items may include meals, transportation, complementary therapies, and more. We highlighted the registry as part of our 2021 holiday giving campaign and were able to help a single mother who is facing a diagnosis of metastatic breast cancer. She has to travel a long distance to treatment, so her primary needs were grocery gift cards and gas gift cards. She was so grateful for the support she received from our members. The registry continues to be an option for patients and caregivers that both have a support network or for those that may need a little extra help.



### PORT PILLOWS:

We continue to offer port pillows to individuals and hospitals. In 2021, we offered them through our online community and were able to send two care packages. One grateful patient has continued to stay in touch with us and participated in one of our Cancer Thriving & Surviving sessions as well as our weekly guided meditation series.

We have volunteers that are available to make pillows when needed and also keep a few on hand to include in care packages for new patients.





## PROGRAMS (continued)

### CANCER THRIVING AND SURVIVING:

*It was  
wonderful  
connecting  
with people;  
relieved my  
fear and  
hopelessness.*

*[I learned]  
how to focus  
more on today  
and the future  
without the  
constant fear  
of recurrence.*

*~CTS  
participants*

Through a partnership with the Hunterdon Mercer Regional Chronic Disease Coalition (HMRCDC) we co-facilitated two sessions of Cancer Thriving and Surviving. Between the 2 sessions we had 12 patients and caregivers complete the sessions. This continues to be a very popular program. Offering it online allows us to reach participants that might not necessarily leave the house for a support group but would definitely benefit from group support.

In 2020 we had a woman who was dealing with a second cancer diagnosis and had become withdrawn. She had to move back in with her parents in a different state in order to pursue treatment. She is very private and does not want to burden her friends, so she had become increasingly isolated.

#### CANCER THRIVING & SURVIVING



**Enroll now  
in a free  
online 7-week  
workshop  
designed for  
adults affected  
by cancer**

We reached out to her in 2021 to check in and were surprised to hear that she had not only applied for but had been chosen to participate in a weeklong rafting trip for cancer patients. She did go and had a wonderful time. This was not something she was likely to pursue or follow through with prior to participating in Cancer Thriving & Surviving.

In 2022 we will continue to offer the program online and will also offer an in-person option once our participants are ready to return to that format.



## PROGRAMS (continued)

### MAMOCF GRANTS:

*I wanted to say  
"THANK YOU"  
because I can't  
express enough how  
much I appreciate  
the \$300.00 check  
from the Elixir  
Fund... One goes  
through life thinking  
"this couldn't  
happen to me" and  
then wham here you  
are with this horrible  
disease. Knowing the  
Elixir foundation is  
in my corner is such  
a great relief.*

*~Grant recipient*

At the end of 2020 we participated in #GivingTuesday and raised funds for our MAMOCF grant fund. The seed money for these was made possible by a grant from the Mary Anne Mazanec Ovarian Cancer Foundation. We continue to replenish this fund for the purpose of providing small monetary grants to patients and families impacted by cancer. Our #GivingTuesday funds were used to provide help to families who were experiencing extra hardships due to the Covid-19 pandemic.

We worked with social workers at Hunterdon Medical Center and Capital Health to identify the patients in most need. We were able to provide \$300 to 13 families. Both the patients and the social workers were extremely grateful

We will be holding a special raffle at our 2022 Cocktail Party & Auction that will be earmarked for the MAMOCF grant fund. We will provide grants to patients and caregivers at the discretion of the board.



## FUNDRAISING

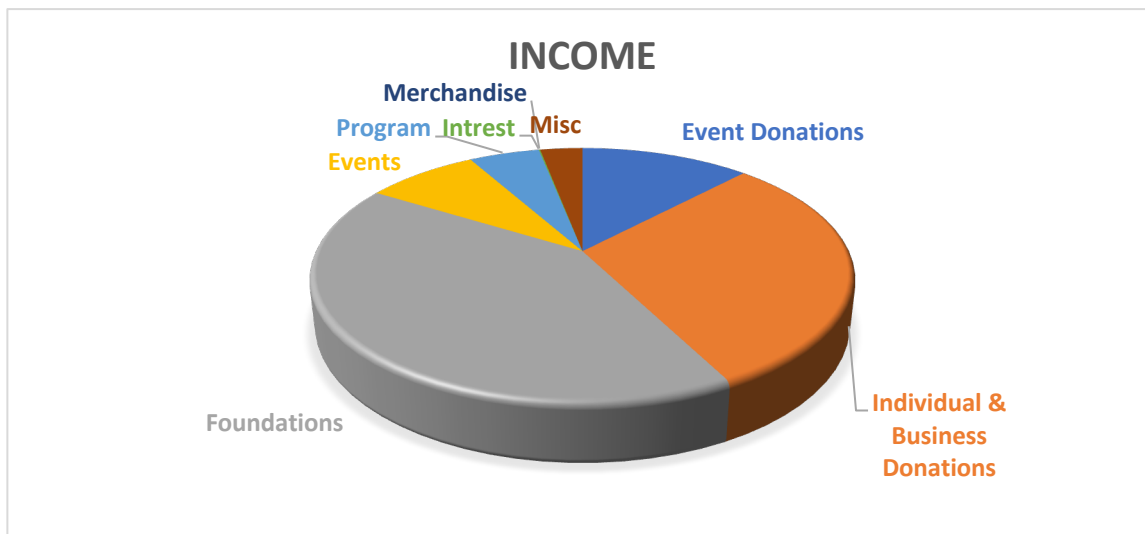
In 2021 we continued to host most of our events virtually or online. In June we held a virtual race and in October we shifted our annual auction to an online event. Since the 2020 marathon was canceled, we had one runner that had met the qualifications for 2020 and she opted to run in 2021. By December, we felt a little more comfortable and Elizabeth Miller offered to host her annual open house/ vendor event at her house. Despite having to make adjustments, and at times, cancel events, our supporters were still happy to be involved and we were able to reach new donors.



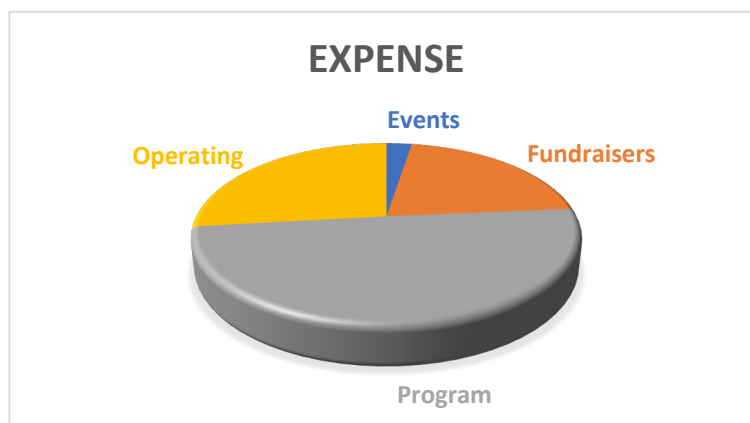


## FINANCES

<b>INCOME</b>	<b>60,666</b>	<b>%</b>
Event Donation	7,439	12
Individual & Business Donation	18,320	30
Foundations	25,000	41
Events	4,845	8
Program	3,155	5
Interest	107	.1
Misc	1,800	3



<b>Expense</b>	<b>66,379</b>	<b>%</b>
Events	2,832	3
Fundraising	9,810	21
Programs	36,301	49
Operating	17,436	27





## **LOOKING AHEAD:**

We are so grateful for the continued support of our donors. Without their support, we would not be able to expand and grow our programs. We would also not be able to meet our mission of providing comfort and support to patients and caregivers nationwide; even if it is as simple as answering a phone call or an email to let anyone impacted by cancer know that they are not alone.

We are grateful to the patients and caregivers that trust us to help them in their time of need and to those that share their thoughts and feedback. It has been a long-term goal of ours to find a way to connect the various people who have participated in our Cancer Thriving Surviving (CTS) groups. In 2022, we will host a few programs that have been inspired by comments from our CTS participants. We plan to focus on topics that those who have completed the program have expressed an interest in. We will begin with the importance of physical activity for those who have completed treatment, and the benefits of journaling.

Based on the success that we have had in 2021, we are also looking to expand our partnerships with other organizations in hopes of expanding our programs. We are honored to be able to do the work that we need to do, and look forward to expanding our outreach in 2022.