



LIFE • LOVE • HEALING  
CANCER COMFORT CARE

# ELIXIR FUND

2022 Annual Report

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## MESSAGE FROM THE EXECUTIVE DIRECTOR

The Elixir Fund had an excellent year in 2022. We were able to expand our virtual programs, partner with new organizations, get back to some in- person programming, and we expanded the number of participants on the Elixir Fund Registry. We continued to work directly with patients and caregivers offering navigation services and some of those same people took advantage of the additional support services we offer. As a testament to our expanded reach and the success of our programs, our fundraisers were some of the best we have had to date. As we look to 2023 and the celebration of our 20<sup>th</sup> Anniversary, we are honored to be able to share with you some of our recent successes.

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:

Since our founding, a key component of the Elixir Fund’s mission is to serve as a resource for patients and caregivers. Whether people find us while searching the internet, or are referred to us by family and friends, we are here to listen and to help identify programs and services that are locally available to those impacted by cancer.

In 2022 we provided support to a variety of patients and caregivers, both new to the Elixir Fund and those that had previously worked with us. A few examples:

- A mom of two young children in NJ, one of whom has leukemia. She was looking for resources for her child, but also needed resources for herself and her husband.
- A couple in NJ who are friends of Elixir. He is in active treatment and she is the caregiver.
- A single mother from Atlanta who worked with us last year and is now facing a recurrence.

### CANCER THRIVING & SURVIVING:

“I have improved my attitude and approach to dealing with my cancer... I have learned a number of valuable skills and ideas that will make all the difference in my life.”

*CTS participant*

Through our partnership with the Hunterdon Mercer Regional Chronic Disease Coalition (HMRCDC) we co-facilitated two Cancer Thriving and Surviving (CTS) sessions in 2022. Between the 2 sessions we had 19 patients and caregivers complete the series.

We continue to hear from our participants how grateful they are for the program and for their fellow participants’ willingness to share. So often the response is that the participants appreciate hearing from others who are experiencing some of the same issues, concerns, and emotions.





## PROGRAMS (continued)

### TOOLS FOR SURVIVORSHIP:

Our Cancer Thriving & Surviving participants often share that there are certain topics that they would like more information about, particularly for those who have completed active treatment. As a result Bonnie Petrauskas of the Hunterdon Mercer Regional Chronic Disease Coalition

developed two additional one-hour sessions that we co-facilitated. The focus was on “sharing self-care strategies that address both physical and emotional wellness relevant to cancer survivors that can contribute to improved health.”



On May 12, 2022, 16 participants joined us for “Let’s Get Moving for Active Living.” A certified oncology fitness coach discussed the importance of exercise during and post treatment. She also offered specific examples of exercise. All participants were invited to receive an in-person, individualized fitness consultation from Hunterdon Health and Wellness in NJ and were offered a two-month membership to their “Stronger Together” program.

On May 26, 2022, 14 participants joined us for “Journaling for the Soul.” We discussed some of the benefits of Journaling and shared some guided journaling exercises. Each participant received a copy of The Habit Nest Gratitude Sidekick Journal. The two programs were very well received. One of the participants in the journaling session told us four months later that she was still using her journal regularly.

### ELIXIR FUND REGISTRY:

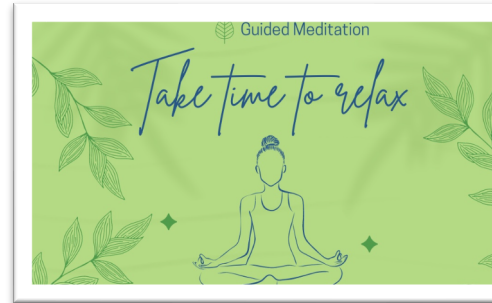
We added four new registrants to the Elixir Fund Registry in 2022, while we continued to support two previous registrants. The Elixir Fund Registry provides an option for people with limited financial resources who may, or most likely do not, qualify for other assistance. A few of our registrants took advantage of the additional services we offer. Some joined our Cancer Thriving Surviving series and some joined us for Guided Meditation. In 2023 our focus will be on driving traffic to the registry so that our registrants can receive more of the assistance that they need.



## PROGRAMS (continued)

### GUIDED MEDITATION:

**Weekly Guided Meditation:** This program began in 2021 and we continued it throughout 2022. We offer a weekly guided meditation in cooperation with Sand Hills Community Wellness Center. This is a half hour guided meditation that we host online. There were 35 unique participants with an average of 7 participants per week. Some were regulars that attend every week, and others dropped in occasionally. Most of our participants were from NJ, but we did have attendees who dial in from Florida and from California. This continues to be a wonderful way for us to stay connected to the community at large.



**Rutgers Guided Meditation:** In 2022 we continued our partnership with Rutgers offering monthly guided meditation virtually. We offered sessions from January through June and averaged 15 participants each month. We were told it was one of their most popular programs. Some of the attendees also joined our weekly guided meditation.

**Hunterdon County Seniors:** We were asked to lead an introduction to guided meditation for the Hunterdon County Senior Services luncheon program. Due to covid, they split the session into two, so we offered a morning and an afternoon session and had a total of 15 attendees. The group really seemed to enjoy learning about different methods of meditation and had lots of wonderful questions.

### INDIVIDUAL GRANTS

*“Thank you so much for the gift card. This really brightened my day.”*

*Grant Recipient*

For #GivingTuesday this year, rather than create a fundraiser, we encouraged people to support those on the Elixir Fund Registry. While some did, others simply donated to us. We decided to utilize those funds and purchase items off our registrants’ wish lists for them. The Elixir Fund Registry participants were surprised, and extremely grateful.



## PROGRAMS (continued)

### PORT PILLOWS:

A wonderful volunteer donated port pillows to us in 2022. We were able to donate 35 to Hunterdon Hematology in Hunterdon, NJ and 60 to Advanced Care Hematology and Oncology Associates in NJ for use in their new patient care packages. Whenever and wherever we deliver the port pillows the recipients remark on how grateful they are to have them and how nice the pillows look.



**COMMUNITY SCIENTIST:** In late 2021, our director Meg McQuarrie was certified to work as a Community Scientist with Rutgers Community Outreach. This means that Meg is available to comment on research projects, research design, and the presentations of study results for a variety of projects conducted by Rutgers Cancer Institute and its affiliates. When researchers are looking for feedback from lay people or the community, Meg is contacted with the opportunity to participate. There is a particular focus on ensuring great accessibility. We look for barriers that may inhibit people from participating such as financial, communication or cultural barriers. By participating as a Community Scientist Meg can keep up to date on various research projects regarding cancer and it is a great way to expand the Elixir Fund's partnership with Rutgers Cancer Institute.



## FUNDRAISING

**VIRTUAL RACE:** We decided to try the virtual race once again. We received great feedback from our participants who enjoyed the challenge and the motivation that came with reporting and sharing their miles. The virtual race has allowed us to interact with those that may not like to do in-person races and those who would like to find alternative ways to participate in races.







## FUNDRAISING (continued)

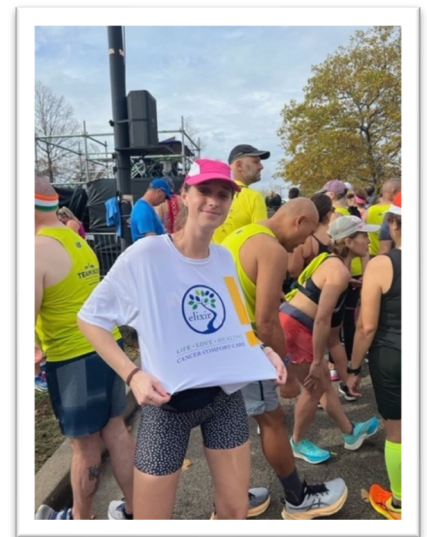
### COCKTAIL PARTY & AUCTION:

After a two-year hiatus, we were very excited to be able hold our Cocktail Party and Auction in person. Our guests seem to enjoy being able to be back together. It was our most successful auction to date.



Next year will be our 20<sup>th</sup> Anniversary, so we are looking forward to building on this year's event and making it even more successful.

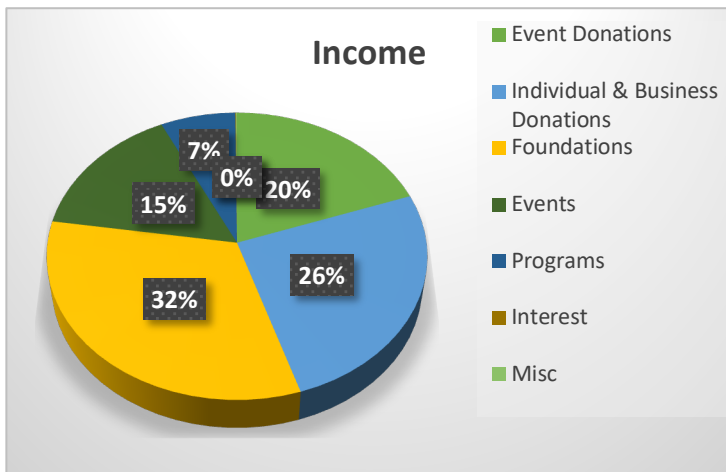
**TCS NEW YORK CITY MARATHON:** In 2022 we had a team of 5 participants for the TCS New York City Marathon. This was a very successful year for us. Each team member raised more than the minimum. They all did very well and enjoyed the race. We look forward to putting together a team again next year.



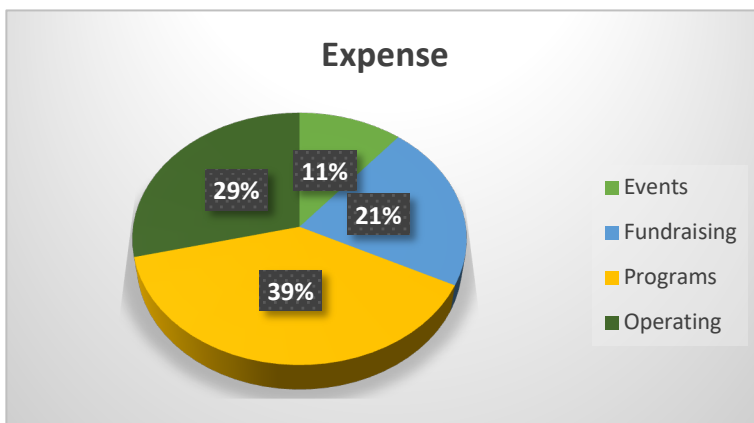


## FINANCES

<b>INCOME</b>	<b>92,665</b>	<b>%</b>
<b>Event Donation</b>	18,094	19.5
<b>Individual &amp; Business Donation</b>	22,763	25.5
<b>Foundations</b>	30,000	32.4
<b>Events</b>	14,310	15.4
<b>Program</b>	6,455	7
<b>Interest</b>	57	.1
<b>Misc</b>	90	.1



<b>EXPENSE</b>	<b>66,379</b>	<b>%</b>
<b>Events</b>	2,832	11
<b>Fundraising</b>	9,810	21
<b>Programs</b>	36,301	39
<b>Operating</b>	17,436	29





## **LOOKING AHEAD:**

In 2023 we will be celebrating our 20<sup>th</sup> anniversary. We are grateful to have reached that milestone. It would not be possible without the continued support of our donors and those who utilize our services and participate in our programs.

Our focus over the next year will be to build on the success of 2022. We have a particular interest in partnering with other organizations that work on improving access to screening and treatment for underrepresented populations. There is more discussion regarding these issues and we would like to be a part of the action that is taken to improving access to care.

In addition, we are looking to develop programs that address some of the concerns that survivors have shared with us. They often feel lost once they transition from routine screenings and follow-ups to annual visits. In addition, there is confusion as to whom to call when they are experiencing an issue; should it be their oncologist or primary care physician. We have also listened to presentations from primary care physicians educating other physicians on what their role should be with survivors. We are working on finding ways to bridge that gap.

We look forward to expanding our programs and services, and celebrating 20 years of Elixir in 2023.