

---

# ELIXIR FUND

---

2023 Annual Report



# TABLE OF CONTENTS

Message from the Executive Director	...1
Mission, Vision, and Value	...2
Programs	...3
Fundraisers	...6
Board	...7
Looking Ahead	...7
Financials	...8



## **MESSAGE FROM THE EXECUTIVE DIRECTOR**

In 2023 we celebrated our 20<sup>th</sup> Anniversary. We were able to mark this milestone thanks to the support we receive from family, friends, and grateful recipients of our services.

It has been twenty years of slow and steady growth. The same was true for 2023. We added a new virtual program, expanded the Elixir Fund registry, and were asked to sit on the survivorship committee for the State of New Jersey's Cancer Coalition. We are honored to have a seat at the decision-making table representing the needs of the countless patients and caregivers that we have worked with over the years.

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:** Meg McQuarrie is a certified lay navigator and helps patients and caregivers nationwide to access support services in their local areas.

A few examples of the patients and caregivers who have reached out to the Elixir Fund for support:

- A woman in Massachusetts with a second diagnosis of breast cancer. She decided that this time, she was going to reach out to friends and family and allow herself to receive the support she needs.
- A woman in NJ who has successfully completed treatment and is now undergoing dialysis.
- A man in NJ who has completed treatment, but is looking for resources to help navigate his life after treatment.
- A couple in CT. The wife has been diagnosed with pancreatic cancer and her husband is trying to offer the best support that he can.

**ELIXIR FUND REGISTRY:** The Elixir Fund Registry continues to serve as a resource for patients and caregivers. The public registry option provides a free, easy to use tool for those who are experiencing financial hardship. The public and private registry offers all patients and caregivers a way share their specific needs with family and friends.

In 2023 we added three new patients to the registry. In addition, we instituted a grant program available to those who share and promote their registry. In 2024, we will award up to \$500 a quarter to those that promote or share their registry. This could be through email or through social media. Our hope is that this will not only bring more support to our registrants but will also help to publicize the registry.

**PORT PILLOWS:** Thanks to a wonderful group of volunteers from Dutch Neck Presbyterian



Church we had approximately 100 port pillows to donate in early 2023. We sent 50 to Hunterdon Hematology Oncology (HHO) in Hunterdon, NJ and 50 to Capital Health in Hopewell, NJ. Thanks to other volunteers, we donated an additional 56 to HHO throughout the year. We continue to supply them with pillows when they run out. Port pillows are available upon request, and we send them out with care packages.



## PROGRAMS: (continued)

### CANCER THRIVING AND SURVIVING:

Through our partnership with the Hunterdon Mercer Regional Chronic Disease Coalition (HMR CDC) we co-facilitated two Cancer Thriving and Surviving sessions in 2023. Between the 2 sessions we had 18 patients and caregivers complete the series.



The feedback we receive continues to be extremely positive. Our participants are asked to share some of the changes they have made because of participating in the program. A few of their responses:

“I am grateful for having been a part of this group. It made me feel more confident in my abilities to take back some control of different areas of my daily life.

“I am definitely planning more positives in my life as a result of our discussions. Exercise, meditation, healthy eating and even more mental breaks are in my daily/weekly plans now!

“I have already recommended this workshop to others and will continue to do so.”

“I think about my own health every day and also getting to projects that I have delayed. In addition, I am working on my interaction with my spouse, trying to be more empathetic to her emotional needs.

Based on the feedback we have received, we are hoping to offer at least one additional session in 2024.

**GUIDED MEDITATION:** We continued to offer weekly guided meditation in 2023. We have about 6-8 regular attendees and others who drop in whenever their schedule allows. We have a total of 30 attendees. The program has been very well received. As a result, we were asked to provide a guided meditation program at Hunterdon Hematology Oncology in 2024.





## PROGRAMS (continued)

**JIN SHIN JYUTSU SELF-HELP FOR CANCER PATIENTS:** We added a new program this year, Jin Shin Jyutsu Self-Help for Cancer Patients which meets twice a month over Zoom. Jin Shin Jyutsu is an ancient Japanese art, sometimes described as acupuncture without the needles.

Jin Shin Jyutsu Self – Help  
for Cancer Patients



Similar to acupressure, the hands can be applied to different areas of the body to release stuck energy that may lead to issues such as fatigue, pain, nausea, and more.

Terri Land, an RN and certified Jin Shin Jyutsu practitioner, leads the sessions which are open to those in treatment and caregivers of those in treatment. We focus on issues that are common to those in treatment, but we

invite participants to ask questions and provide topics or issues that would like help with.

There are about 20 people registered for the series and we typically have 8-10 attendees each session. The feedback has been wonderful, and the participants have found the information on managing fatigue and insomnia most helpful.

**COMMUNITY SCIENTIST** – Meg McQuarrie is continuing her participation in the Community Scientist program with the Rutgers Cancer Institute’s Outreach and Education department. Meg participates in monthly meetings with the Community Scientists and regularly scheduled Science Cafés where doctors present their research for feedback. It has been a wonderful experience, and provides Elixir Fund the opportunity to share the perspective of patients and caregivers.

**STATE CANCER CONTROL BOARD** – In late 2023, our director Meg McQuarrie was invited to join the State of New Jersey’s Cancer Control Board. The board meets under the direction of the New Jersey State Office of Cancer Control. The goal is to develop strategic actions to help reduce the cancer burden in the state. Meg was assigned to work most directly with the Survivorship workgroup. That group met in December and outlined its plans for 2024. The Elixir Fund is honored to have a seat at the table and looks forward to helping to support patients and caregivers in their survivorship.



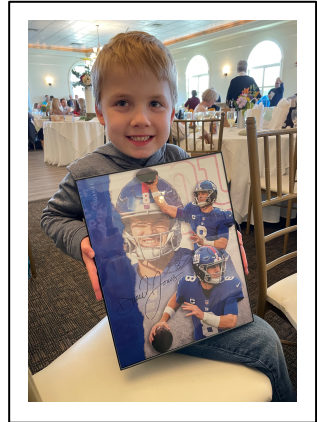
## FUNDRAISERS

### 20<sup>th</sup> ANNIVERSARY EVENT:

In 2023 we celebrated our 20<sup>th</sup> Anniversary at our Annual Cocktail Party and Auction. The day was a huge success and guests, young and older, had a wonderful time.



At the event we recognized our CFO, Nancy Murphy for her 20+ years of service to the Elixir Fund. Nancy has been a part of the Elixir Fund since we were just a kernel of an idea. She has been an integral part of our success over the last 20 years.



**TCS NEW YORK CITY MARATHON:** For the 2023 TCS New York City Marathon we had 6 runners. It was a hot day this year, but all our runners persisted. We are so grateful for all their efforts and for all they have done to raise funds for, and awareness of, the Elixir Fund.





## **BOARD MEMBER:**

### **WELCOME TO OUR NEWEST BOARD MEMBER:**

We would like to welcome our newest Board Member, Brian Ciuffreda. He will officially join the board in 2024, but we are excited to have him as part of the team. Brian is an educator with over 20 years of experience who strives to instill a passion for community service and care for others in his students by sharing his involvement with them. A youth sports coach for over 25 years, Brian previously served on the board of the Teal Tea Foundation. Driven by his experiences of friends and family members who have battled cancer, he co-founded an event in 2022 called Stomp Out Cancer which focuses on raising awareness as well as funds to make a local impact. Brian has a BA with Honors in Biology and Music Composition from Lafayette College and a master's in education in Learning Design and Technology from Purdue University.



## **LOOKING AHEAD:**

### **ELIXIR FUND IN 2024**

Based on conversations that we have had with our Cancer Thriving and Surviving participants, we would like to address some of the specific concerns faced by those who are a year or more post treatment. Our goals are to promote conversations between oncologists, primary care physicians and patients, as well as develop some programming that helps to address survivorship needs. In addition, we are looking for more opportunities to participate in improving health equity. This is a big topic of conversation, but we are looking for ways to actively participate in solutions.

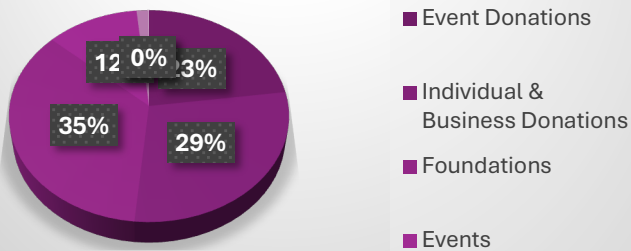




## FINANCIALS

INCOME	\$99,447	%
Event Donation	22,735	22.9
Individual & Business Donation	28,486	28.6
Foundations	35,000	35.2
Events	11,664	11.7
Program	1,475	1.5
Interest	87	.1

### Income



Expense	\$72,107	%
Events	8,974	12
Fundraising	14,475	20
Programs	27,816	39
Operating	20,841	29

### Expense

