

Charitable Registration Number: 14077 6980 RR0001

ANNUAL REPORT 2022

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Table of contents

WHO WE ARE

MESSAGE FROM THE PRESIDENT

CHANGING TOMORROW TODAY

CORPORATE GIVING: OUR 2019 CIRCLE OF FRIENDS

HOW WE RAISE A DOLLAR

PROGRAMS, SERVICES, AND INITIATIVES

OVERVIEW: WHERE OUR MONEY GOES

HOW YOUR MONEY MAKES A DIFFERENCE

FINANCIAL SUMMARY 2022

WHO WE WORK WITH

MESSAGE FROM THE VOLUNTEER'S CORNER

THE FACE OF LEADERSHIP

WHO ARE WE?

MISSION

Breast Cancer Action Ottawa is a local, community-based organization dedicated to enhancing the quality of life for those living with a breast cancer diagnosis through practical help, emotional support, and education.

Our vision is to offer as much emotional and physical support for your well-being in a positive, easy, and informative way. We understand how difficult it is to receive a diagnosis – you might be thinking, now what? We are here and we are prepared to help! Our vision is to make sure that regardless of your gender, those of you working through the next steps of your breast cancer diagnosis receive our support and benefit from our programs.

OUR STATEMENT OF PRINCIPLES

Mission Fulfillment – By strengthening the organization in order to meet the changing needs and growing expectations of our audience.

Effective Stewardship-By maintaining effective governance and management and by generating and managing resources in a wise and responsible manner.

Quality-By achieving excellence in all aspects of the organization and by evaluating the total organization and its outcomes on a regular basis.

Leadership-By adopting and promoting inclusiveness and diversity through services, programs, initiatives, activities and by pro-actively educating the public.

Our Guiding Principles Commitment.

Breast Cancer Action strives to operate in a manner that serves the best interest of the organization, with consideration given to the needs of our clientele, stakeholders, and the community.

- 1. Inclusion. Breast Cancer Action strives to implement broad-based decision-making practices that best reflect the needs and expectations of our patrons, stakeholders, and community.
- 2. Diversity. Breast Cancer Action respects and values differences among our patrons and stakeholders and believes diverse perspectives can be advantageous.
- 3. Transparency. Breast Cancer Action promotes openness regarding our vision, mission, and mandate. Integrity. Breast Cancer Action remains committed to providing our clientele, stakeholders, and the community with information, care, and support to the best of our abilities.

4. Effectiveness. As an organization often faced with difficult choices based on limited resources, Breast Cancer Action will strive to achieve maximum results with the resources that are available.

WHAT DO WE DO?

Founded in 1992 by three Ottawa women, Breast Cancer Action remains a grassroots organization operating with the belief that collectively, we have the power to make a difference. Breast Cancer Action, a post diagnosis support and resource center where one can find hope, friendships, support, and understanding amongst sister and brother breast cancer survivors.

HOW WE DO IT

We focus our attention on meeting the immediate needs of those diagnosed with breast cancer living in our community. We recognize that the breast cancer pathway is often overwhelming, and in order to help breast cancer patients navigate the way, we provide information, support, workshops, peer support and wellness programs such as our health and fitness program.

For the newly diagnosed and those living with breast cancer (for the longer term), Breast Cancer Action provides a variety of core programs and services designed specifically to meet the diverse and changing needs of those diagnosed with breast cancer. As an organization that thrives through healthy volunteerism, we take pride in ensuring continuity through effective leadership, clear vision and strong direction.

As a post diagnosis support and resource center, we are committed to meeting the needs of an audience of people at various stages of their breast cancer diagnosis, treatment, post treatment and recovery.

For our community, Breast Cancer Action continues to work toward increasing our organizational profile within the community we serve. As a registered charitable organization, we are committed to sharing information with our valued supporters, stakeholders, and donors relevant to the governance, finances, and operation of the organization.

Breast Cancer Action believes in a proactive approach to educational outreach efforts, working diligently to reach out to all segments of the population including special needs interest groups, multicultural communities, the corporate sector, and the medical community.

MESSAGE FROM THE PRESIDENT-Diane Hayes

Another 12 months of Covid uncertainty and for many of the beneficiaries of our programs, not knowing how or if they will be affected has turned another year into another of the most difficult years of Breast Cancer Action's history. Ensuring there are more volunteers than ever for the Peer Support program without whose persistence by these remarkable people who do not get paid for providing this help to those newly diagnosed is a task that most Executive Directors would have given up on. We are very fortunate to have Marie Louise at the helm continually stepping up to make sure the programs that are successful keep on being a success and tweaking those that need it.

I wish to especially thank our volunteers for their constant willingness to help others and when sometimes just answering the phone and being that one voice that someone needs to hear after getting the dreaded "you have breast cancer" message. You are the bones of this organization! Thank you very much for your devotion and for caring.

Thank you to those who believe in and continue to support BCA and trust that your board of directors and your Executive Director will continue to work toward improving programs as we move forward and continue to believe that once a person receives the dreaded "you have cancer" diagnosis, we become and remain "part of your story"!

We look forward to a better 2023, May it bring health, love, and happiness.

Diane Hayes BCA Ottawa Board president

MESSAGE FROM THE EXECUTIVE DIRECTOR -Marie-Louise Doyle

I am happy to report that our relationship with the Breast Health Centre has continued to grow stronger and we have entered new partnerships by providing support to those who are clients and/or patients of the Wabano Centre and the Elizabeth Fry Referral Society. Our programs continue to help the newly diagnosed and those living with a breast cancer diagnosis. This is what we accomplished this year:

In 2022, BCA provided:

- 431 sponsored memberships
- 276 referrals to our individual and group peer support program
- 160 body and soul health and Wellness classes
- 30 referrals to our metastatic breast cancer program and peer support group
- 425 gifted camisoles
- 525 gifted heartfelt pillows
- The soft launch of our Prosthesis Bank

CHANGING TOMORROW, TODAY

We continue to develop programs and responses that support the work we have been doing, that continues to be a clearer framework that is more streamlined with our day-to-day activities.

As you will see we have moved forward in continuing to develop BCA and ensure its future growth by working towards a plan that is specific, measurable, achievable, realistic, and timely. We continue to be SMART. The details in the table will ensure that our Executive Director has the support that they need, that Directors are held accountable to their portfolios and resulting deliverables to ensure the continued growth and success of BCA Ottawa. The BCA Board will keep its collective eye on the ball and ensure that we continue to represent its those living with a breast cancer diagnosis accordingly.

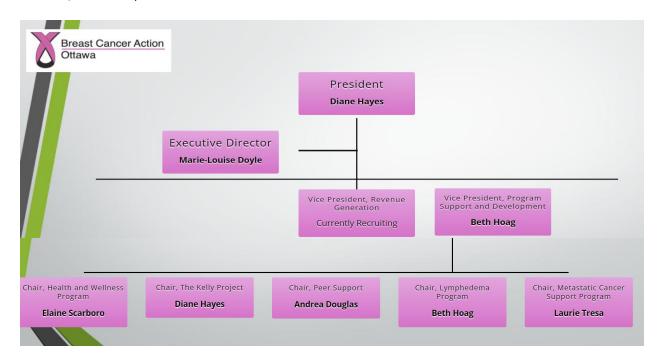
We have successfully continued our work on transitioning our Board infrastructure and overall program goals and objectives for over a little more than 1 year now. We continue to develop our Action Plan and to answer the questions "Where are we going?" and "How will we get there?" We continue to use the SMART model to ensure our outcomes meet those original objectives. So SMART means: Specific, Measurable, Achievable, Realistic, and Timely = SMART.

The last 12 months have proven to be overwhelmingly challenging when ensuring our financial viability. To that end, the Board and I are working together in shaping the future of BCA Ottawa. Our relationship is encapsulated in one statement:

The Board provides the vision and direction, and the Executive Director operationalizes that direction.

The following Board Structure represents those portfolios that are required to run a successful organization. Next year each Director will be asked to work both strategically and operationally. They are busy making plans and putting forward an implementation strategy.

To ensure the continued success of BCA Ottawa, we did successfully re-imagine a new Board model that has ensured that BCA keeps moving into a successful year with strategic plan and resulting action plans to ensure the Executive Director receives clear messages on how to operationalize these activities. We continue to develop our Action Plan and to answer the questions "Where are we going?" and "How will we get there?" We continue to use the SMART model to ensure our outcomes meet those original objectives. So SMART means: Specific, Measurable, Achievable, Realistic, and Timely = SMART.



BCA needs to keep its collective eye on the ball: Here is an excerpt from Musa Mayer's book: "Advanced Breast Cancer-A Guide to Living with Metastatic Disease", Chapter 1: Denial, Fear and Popular Perceptions:

"The universal symbol of breast cancer awareness in recent years has been the pink ribbon, appropriated from the ubiquitous AIDS red ribbon. Breast cancer activists frequently object to this symbol. "This is not a pastel-coloured disease, and little strips of cloth will not end the epidemic," wrote Barbara Brenner, Executive Director of Breast Cancer Action of San Francisco. "Of all the pink ribbon pins made over the last several years, only one manages to convey the dual reality that breast cancer patients really face, and it is that of the Ottawa-based Breast Cancer Action group, that uses an upside-down pink ribbon, in the shape of a teardrop, the pink lined with black."

This table confirms our direction:

	able confirms our direction:	T								
	yy Cycle Phase	2022 Status								
Step 1: Gather Information										
\checkmark	Common understanding of mission and values	Under Review								
✓	Understanding of programs and actions on the ground	Under Review								
✓	Review Strategic Plan	Started								
✓	= or e stantanora are represented in the process.	Ongoing								
✓	Consider impact of competing interests and organizations.	Ongoing								
✓	Know the current resources (funding, HR, expertise, network	Ongoing								
	of the organization									
Step 2: Analyze										
		Relaunched								
	organization.									
✓	Make sense of our gathered information.	Relaunched								
✓	Strengths, weaknesses, opportunities, threats	Re-assessing								
✓	Discoss and assess the external searly what emiliate are we	Re-assessing								
	living in?									
	Prioritize									
	Discuss and assess where we need to go next.	Ongoing								
✓	Where do we put our limited time, energy, and resources?	Ongoing								
<u>c.</u>	11 16 6 1 1									
	Identify Strategies									
	How do we get there?	Ongoing								
	Develop strategy to address priorities	Ongoing								
✓	Set SMART goals	Rebooting								
Sten 5:	implementation									
	Review existing Board structure.	Rebooting								
	Review existing staff structure.	Re-assessing								
✓	3	Ongoing								
	Create portfolios and their accompanying job descriptions.	Re-assessing								
✓		Completed								
✓		Completed								
	Create action plan to support program areas	Ongoing								
	Evaluate									
✓	Did we meet our goals?	Start date April 1, 2022								

CORPORATE GIVING: OUR 2022 CIRCLE OF FRIENDS

THANK YOU TO OUR PARTNERS, SPONSORS AND THIRD-PARTY FUNDRAISERS! WE COULDN'T THRIVE WITHOUT YOU!

Check out our supporters! https://bcaott.ca/partners/

If it were not for the support of donors, sponsors and 3rd party fundraisers, Breast Cancer Action would have simply disappeared as another victim of the pandemic.

BCA would like to thank our 3rd party fundraisers. Take a look at these video to see the results of their hard work and passion to support those living with BREAST CANCER DIAGNOSIS:

- Twins Causes 2022: https://www.youtube.com/watch?v=98z3y5pkgBo
- Par Fore Golf Tournament: https://www.youtube.com/watch?v=W1nec-f8vrE
- Expedia 2022 Charity Golf Tournament for Breast Cancer: https://www.youtube.com/watch?v=4EKBr079 iU
- Pink Ribbon Trail Ride: https://www.youtube.com/watch?v=xParXjTiqL4

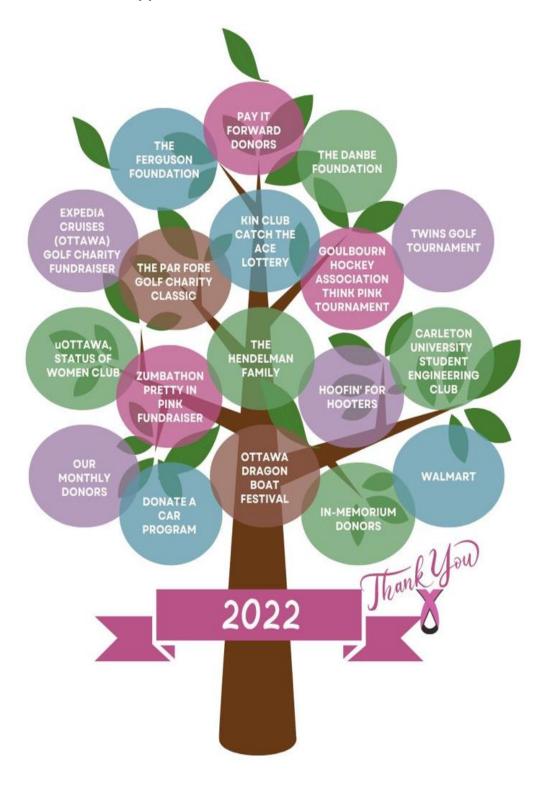
In Memoriam Donors

Special thanks and honourable mention to those families, who at the worst time in their lives, raised funds un the name of their loved ones with In Memoriam donors. These incredible family members and friends together raised almost \$5,000.

Our hearts go out to you in your time of loss.



Much thanks to BCA supporters:



HOW WE RAISE A DOLLAR

As a charitable organization, Breast Cancer Action actively seeks to raise revenue year-round to help offset the costs incurred by our educational outreach efforts, core programs and services as well as the operation of the post diagnosis support and Resource Center. During the 2022 fiscal year (January 1 to December 31, 2019) Breast Cancer Action raised funds through a variety of methods.

The Pay It Forward Annual Fundraising Campaign

This gives those in our community the opportunity to make donations to make sure that the future newly diagnosed will benefit from our programs.

Corporate sponsorship and program revenue

Funds generated in this category consist of designated corporate sponsorship dollars, as well as revenue assigned to specific programs and services, such as The Kelly Project and our Peer Support Program.

Third-party fund-raising activities or events

Funds generated in this category are the result of money raised during special fund-raising events or activities organized by an outside source, such as Twins' Causes Golf Tournament, Catch the Ace Lottery and Zumba Party in Pink.

Donations

Funds generated in this category stem from direct mail donations, individual donations in memoriam and special event revenue such as revenue garnered from the Embrun tradeshow.

Other revenue

Funds generated in this category are derived from product sales, miscellaneous revenue sources an investment income.

PROGRAMS, SERVICES, AND INITIATIVES

To learn more about our programs, services and initiatives please visit our newly rebuilt website by visiting https://bcaott.ca/programs/.

The following is a list of a few of our program offerings,

- ✓ Newly Diagnosed Sponsored Access to BCA Programs
- ✓ The Kelly Project
- ✓ Peer Support Program
 - o One on one
 - o Group

- ✓ Metastatic Breast Cancer Support Group
- ✓ Body and Soul Health and Wellness Program,
- ✓ The Heart Filled Pillow Project
- ✓ The Prosthetics Bank
- ✓ Knowledge is Power Webinar Series
- ✓ The Lymphoedema Project (Under development)

OVERVIEW: WHERE YOUR MONEY GOES

Activities, Programs and Services

Included in this category are the costs associated with the delivery of the dragon boat program, Peer Support, Lymphoedema, and Health and Wellness program, as well as The Kelly Project.

Also included in this category are associated educational outreach costs such as those associated with the publication of our quarterly newsletter and various print materials for the pre op and outreach workshops.

Administration

Included in this category are relevant administrative and office management costs.

Core operations

Included in this category are rental fees associated with the operation of the Breast Cancer Action's programs as well as the preparation of mandatory government remittances. Learn about these programs here: https://bcaott.ca/resources/

Other

Included in this category are miscellaneous costs including banking fees and standard overhead costs such as utilities, telephone, maintenance fees, professional fees, accounting services and internal audit fees, insurance and hardware and software purchases.

Fundraising and Allocation of Sponsorship Dollars

Included in this category are the costs associated with delivery of special fundraising activities or events, application of designated corporate sponsorship dollars for the Health and Wellness program, as well as other fund raising and grants or revenue generating activities.

HOW YOUR MONEY MAKES A DIFFERENCE

With the financial support that you give us each and every year, we can continue with the following activities in support of those living with a breast cancer diagnosis:

- ➤ We host preoperative sessions for those about to undergo surgery. [ON HOLD due to COVID]
- We offer free workshops to help minimize the risk of developing lymphoedema.
- We develop new educational materials to share with our community and our best health partners.
- We operate Post Diagnosis Support and Resource Center to ensure information and supporting resources are made available to those who need our assistance.
- > We fund our Peer Support program to help those newly diagnosed deal with the challenges of breast cancer.
- > We foster health promotion by offering a wide range of fitness and mental health classes.
- ➤ We expand the Body and Soul Health and Wellness Program to include level one classes to those still in treatment or in recovery.
- We expand the scope of our outreach efforts to welcome new programs, projects, and initiatives, and to expand existing programs such as the Kelly program.
- We expand our organizational profile by reaching out to special interest groups within the community through outreach initiatives.

...and so much more!

MESSAGE FROM THE VOLUNTEER DESK

We continue to see an increase in peer support referrals of 86%. First and foremost a shout out to our volunteer team of peer support volunteers led by the unsinkable Andrea Douglas. Special thanks to our volunteers who sew our heartfelt pillows. You have all been amazing this year! Learn more about our programs here: https://bcaott.ca/resources/

Recruitment of new volunteers

Our volunteers continue to be a cross section of the population, including high school students, college and university students and graduates, Breast Cancer Action patients and their families, retirees, and members of the public at large. Our volunteers provide a wealth of skills, experience, and knowledge that they share with BCA. This can include knowledge of varying linguistic and cultural backgrounds, personal and professional experience, and network engagement.

We recruit our volunteers through various means. First, our own newly diagnosed and those living with a breast cancer diagnosis (for the longer term) is contacted through emails, our website, and our quarterly newsletter. Individuals from the community can contact our executive director, reach out via email or via our website. We also offer internships for students seeking their volunteer hours to graduate from high school and work with students at Algonquin college. is it time for you to volunteer? Apply here: https://bcaott.ca/programs/peer-support-program/volunteer-program/

FINANCIAL SUMMARY 2022

Financial statement for the year ending December 31st, 2022. As prepared by EnVolta accounting firm, the following reflects the activities of Breast Cancer Action and is derived from financial statements from the firm. The balance sheet as of December 31, 2022, shows:

BREAST CANCER ACTION - Financial Statement - Balance Sheet - Board Approved PROFIT AND LOSS

January - December 2022													
	January	February	March	April	May	June	July	August	September	October	November	December	TOTAL
REVENUE													
Sponsorships	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00	\$0.00	\$0.0
Donations	\$11,582.00	\$11,845.00	\$5,652.00	\$10,884.00	\$11,546.00	\$18,460.00	\$13,260.00	\$10,650.00	\$6,200.00	\$6,800.00	\$4,836.22	\$3,050.00	\$114,765.2
Fundraising (3rd Party Events)									\$28,120.18	\$16,532.99	\$1,800.00		\$46,453.1
Services	\$330.00				\$195.00								\$525.0
Grants				\$5,000.00	\$4,000.00		\$2,000.00		\$1,000.00		\$1,000.00		\$13,000.0
Pay It Forward Donor Campaign												\$3,840.00	\$3,840.0
Health & Wellness Fitness Program	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$8,160.0
Training Services				\$500.00									\$500.0
Total Revenue	\$12,592.00	\$12,525.00	\$6,332.00	\$17,064.00	\$16,421.00	\$19,140.00	\$15,940.00	\$11,330.00	\$36,000.18	\$24,012.99	\$8,316.22	\$7,570.00	\$187,243.39
OPERATIONAL COSTS													
Bank Fees	\$52.00	\$22.50	\$29.00	\$27.25	\$27.75	\$251.20	\$172.06	\$37.75	\$155.25	\$43.00	\$64.25	\$22.50	\$904.5
Service Fees	\$7.42	\$5.92	\$5.42	\$5.42	\$6.29	\$6.29	\$18.79	\$4.72	\$5.42	\$7.16	\$6.29	\$6.29	\$85.43
Stripe Fees	\$87.79	\$11.15	\$17.13	\$12.29	\$21.76	\$111.93	\$52.91	\$79.88	\$78.88	\$21.49	\$47.80	\$1.75	\$544.7
Telephone & Internet	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$39.99	\$479.8
On-Line Storage Fee	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$47.50	\$570.0
Donations	\$100.00												\$100.0
Dragon Boat Fee Returned								\$750.00	\$3,000.00	\$250.00	\$125.00	\$125.00	\$4,250.00
Dues & Substrictions	\$20.79	\$20.79	\$270.25	\$41.58	\$41.58	\$41.58	\$58.20	\$58.20	\$58.20	\$58.20	\$58.20	\$58.20	\$785.7
Grants & Revenue Generation Tools/Software			\$2,000.00			\$2,000.00			\$600.00				\$4,600.00
Health & Welfare Fitness Program - Venue Rental											\$87.47		\$87.47
Legal & Professional Dues	\$1,586.62	\$586.62	\$645.67	\$2,060.18	\$545.67	\$545.67	\$545.67	\$545.87	\$545.87	\$545.87	\$545.87	\$545.87	\$9,245.45
Insurance Expense	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$68.99	\$827.88
Advertising/Promotional	\$181.79	\$94.59	\$245.56	\$114.33	\$58.21	\$58.21	\$167.96	\$107.82	\$94.59	\$107.82	\$0.00	\$0.00	\$1,230.88
Marketing & Communications & Website Management	\$467.73					\$1,351.25			\$1,987.88	\$265.02			\$4,071.8
Meals & Entertainment						\$180.21	\$102.46	\$200.51	\$47.22				\$530.4
General Administrative Expenses				\$100.00		\$389.78		\$718.97	\$17.77				\$1,226.5
Postage & Delivery	\$112.26			\$17.83	\$41.38	\$35.58	\$145.85	\$405.10	\$58.00				\$816.0
OPERATIONAL COSTS TOTAL	\$2,772.88	\$898.05	\$3,369.51	\$2,535.36	\$899.12	\$5,128.18	\$1,420.38	\$3,065.30	\$6,805.56	\$1,455.04	\$1,091.36	\$916.09	\$30,356.83
PROGRAM COSTS													
Sponsored Membership Program	\$6,795.88	\$6,261.60	\$3,044.76	\$3,654.28	\$3,484.26	\$4,568.37	\$4,322.58	\$1,664.52	\$6,088.50	\$2,482.73	\$4,833.56	\$3,044.26	\$50,245.30
Body & Soul Health & Wellness Program	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$680.00	\$8,160.0
Heart Filled Pillows Program (Sponsored)	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$350.00	\$4,200.0
Understanding Lymphedema Program	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.0
The Kelly Project (Mastectomy Program)	\$4,267.97	\$1,066.99	\$699.07	\$1,030.20	\$625.48	\$1,066.99	\$1,200.00	\$551.90	\$800.00	\$760.00	\$919.82	\$760.00	\$13,748.4
Metastatic Breast Cancer Support Program	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Volunteer Appreciation Program					\$100.00								\$100.00
Program Development & Delivery	\$2,011.97	\$1,473.96	\$1,014.76	\$1,014.76	\$1,014.76	\$1,522.13	\$1,154.20	\$554.84	\$2,029.51	\$827.58	\$1,611.18	\$1,014.76	\$15,244.43
The Prosthesis Bank	\$0.00	\$0.00	\$900.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,500.00	\$1,600.00	\$1,700.00	\$0.00	\$0.00	\$5,700.0
Knowledge is Power Educational Program	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
PROGRAM COSTS TOTAL	\$14,105.82	\$9,832.55	\$6,688.59	\$6,729.24	\$6,254.50	\$8,187.49	\$7,706.78	\$5,301.26	\$11,548.01	\$6,800.31	\$8,394.56	\$5,849.02	\$97,398.13
TOTAL EXPENSES PROFIT*/(LOSS)													\$187,243.39 -\$127,754.96 \$59,488.43

WHO WE WORK WITH

- ✓ The Breast Health Centre
- ✓ The Ottawa Hospital Cancer Center
- ✓ The Ottawa Public Health Department women's breast Health Center
- ✓ Ontario Breast Screening Program
- ✓ Ottawa integrative Cancer Center
- ✓ Special interest groups
- ✓ The Wellness community
- ✓ Members of the medical community
- ✓ Members of the corporate sector
- ✓ Members of the retail sector
- ✓ Other charitable organizations
- ✓ The newly diagnosed
- ✓ Those living with a breast cancer diagnosis (longer term)
- ✓ Our community
- ✓ Kelly's Boutique
- > The Wabano Centre
- ➤ The Elizabeth Fry Society
- > Breast Cancer Action Kingston

THE FACE OF LEADERSHIP

BCA Board of Directors & Program Chairs as of December 31, 2022

- Diane Hayes
- Beth Hoag
- President
- Director, Program Support and Development
- 1. Chair, Health and Wellness
 - ✓ Beth Hoag
- 2. Chair, Metastatic Cancer Support Program
 - ✓ Laurie Tresa
- 3. Chair, Peer Support
 - ✓ Andrea Douglas
- 4. Chair, Lymphedema Program
 - ✓ Beth Hoag
- 5. Chair, The Kelly Project
 - ✓ Diane Hayes