



**HEALING
PARTNERS**
of the Central Coast
Annual Report 2022

Hands. Hearts. Healing.



GROWTH

A LETTER FROM OUR PRESIDENT/ EXECUTIVE DIRECTOR



*Deb Saxton,
President/Executive Director*

Life seemed to blossom anew in 2022 as the world and our Healing Partners of the Central Coast community joyfully began to reconnect, all of us more than ready to leave the pandemic behind. HPCC wasted no time in walking boldly and enthusiastically into our future.

In 2022 as an organization, we continued to build on our community foundations and grantors, made some collaborative connections that increased access to Healing Touch, increased our staff, and updated our image. We owe these advancements to our donors (recurring and new), community volunteers, and the foundations that graciously supported our cause. Thank you all for your generous hearts.

I also want to thank all our recipients for putting their trust in HPCC, allowing us to help with their healing... they are the reason we exist. In addition, thanks go out to the HPCC Board of Directors and our dedicated Providers for blending their commitment to being in service to build and sustain the only Healing Touch program for cancer patients on the Central Coast.

We look forward to a wonderful year of hands, hearts, and healing.

With Love and Light,

Debra M. Saxton

WHAT IS HEALING TOUCH?

Proven to be beneficial for cancer patients, Healing Touch (HT) is a non-invasive integrative therapy. Qualified HT Volunteer Providers clear and balance the human energy field to promote deep relaxation and improve physical, emotional, mental, and spiritual health. Based on a heart-centered relationship, this work restores harmony in the vital energy system that flows in and through the body. Relaxed and receptive, the HT recipient generally experiences milder side effects from cancer treatments (surgery, radiation, and chemotherapy) by leveraging the body's own self-healing capabilities.



COMMITMENT

OUR MISSION, VISION, &

OUR MISSION

Healing Partners of the Central Coast (HPCC) is dedicated to promoting health, healing, and wholeness by providing Healing Touch (HT) to cancer patients at no cost; recruiting, training, and supporting our Healing Touch volunteer Providers; and expanding Healing Touch into new healthcare settings.

OUR VISION

HPCC is committed to advancing Healing Touch across the Central Coast to improve the physical, emotional, mental, and spiritual health of our community.

OUR VALUES

HPCC stands for human dignity, diversity, compassion, integrity, professionalism, and delivering the highest standard of care.

STANFORD RESEARCH

2004 Stanford Health Care receives research grant from the Avon Foundation to study the effects of HT on breast cancer patients.

STANFORD PROGRAM COMES TO CENTRAL COAST

2010-2019 Stanford Healing Partners Program expands to Monterey Area. Local group sees increases in HT Providers, oncologist referrals, and service sites.

HPCC NONPROFIT STATUS

2020 Launch of Healing Partners of the Central Coast as a 501(c)(3) to sustain the program for the community.

2021 Creative agility sustains HPCC by offering remote HT sessions.

2005

HEALING PARTNERS LAUNCHED

2004-2010 With benefit-confirming data the Stanford program expands to include all types of cancer patients and expands services throughout the Bay Area.

2010

NURSES TRAINED IN HT

2019 HPCC collaborates with Community Hospital of the Monterey Peninsula to train nurses in Healing Touch.

2015

PIVOTS & NEW PARTNERS

2022 HPCC collaborates with Salinas Valley Memorial Hospital to expand HT awareness and access.

2020



HEALING

PROMOTING INTEGRATIVE HEALING & SELF-CARE

HEALING TOUCH IMPROVES QUALITY OF LIFE

Current research shows how powerful the mind body connection is in supporting healing. HPCC promotes integrative healing and self-care by offering 8 free Healing Touch (HT) sessions (1 session/week for 8 weeks) to cancer patients either in person or remotely. HPCC collaborates with individual oncologists to integrate with the patient's treatment plan. HPCC's HT recipients report an increase in their strength and resilience, a reduction in their stress, fatigue, anxiety, and pain. Recipients are also given resources to continue their own self-care at the conclusion of their HT sessions.



Healing Touch helps recipients be more present for themselves and their families.

QUALIFIED, COMPASSIONATE PROVIDERS

HPCC's deeply dedicated, heart-centered volunteer Providers are the soul of our organization. To provide HT services through HPCC, Providers must complete two levels of HT classes, along with in-depth training covering the medical and ethical aspects of working with cancer patients. Additionally, HPCC offers monthly team meetings, resources, and community connection to foster our Providers' own self-care and personal development. HPCC dedicates a portion of our donations to scholarships for Provider continuing education.

COMMUNITY OUTREACH

HPCC continues to focus on community education about the advantages of Healing Touch and other supportive care services. HPCC participates at health fairs across Monterey County and works closely with local health care providers and hospitals to educate their constituencies on the value of integrative therapies. Our objective is to build awareness and comprehension about the benefits of HT and improve ease of access to HT services across the Central Coast.



PERSPECTIVES

HPCC HEALING TOUCH RECIPIENTS'



Deb Saxton using anxiety reduction technique.

My provider was outstanding – her calmness, kindness, and healing touch abilities! I received so much support and encouragement. What a wonderful service!

She is a gifted healer! She adds such love and care to every session. Sometimes I feel like a completely different person after a session. It is so powerful!!!!

My body and my whole BEING felt this powerful loving healing energy. I could feel it coming into me as she worked on me. Words can't express how grateful I am to have received this gift of healing.

Healing Touch exceeded all expectations! I was shut down physically, mentally, spiritually after the last surgery. The sessions differed each time, culminating in breakthrough and dramatic lessening of anxiety and reconnection to self. This was an unexpected path beyond and around blockages to healing. I definitely recommend it!

Healing Touch really helped me reduce the time and energy I was giving to thinking about cancer and my future. I relaxed deeply and found new ways to get in touch with my Higher Self to heal. I feel fortunate to participate in this program and for FREE! Thanks for making this journey I'm on easier and more open-minded.

My provider was very professional, a great listener and very understanding. She always took the time to discuss my areas of concern and focus on that. She is a healer to me, and I really enjoyed her therapy. Thank you all so much for volunteering your time to provide great healing touch therapy to those in need.



DEDICATION

HANDS.
HEARTS.
HEALING.

Amazing things
happen when personal
commitment
combines to achieve
a united goal.

BOARD OF DIRECTORS

Margot Baker, Chair/Founding Director
Robert Nielsen, Director/Secretary
Jennifer Rudisill, Director/CFO/Treasurer
Lisa Griffin Burns, Director
Marilyn Getas Byrne, Director
Joan Luise Hill, Director
Marie Collins McMurchie, Director

*Special thanks to Robert Nielsen who
retired from the Board in December 2022.
Your insights and care will be missed!*

COMMUNITY PARTNERS

Legal:

Covington & Burling LLP • Washington, DC

Marketing & Communications:

On-Site Research & Marketing • Carmel Valley, CA
Gebhardt & Associates • Carmel, CA

Strategic Planning:

Marie McMurchie Consulting • Dallas, TX

Treatment Room:

Pacific Cancer Care • Monterey, CA
Central Coast Functional Reparation Program • Salinas, CA



Our Amazing Team! Front Row: Maryellen Wilson, Anne Heryer, Anne Proctor, Margot Baker; 2nd Row: Michele Trinidad, Deb Saxton, Linda-Lee Myers, Bevy Sigourney, Jennifer Rudisill, Elizabeth Blackman, Bridget Hildebrand, Paula Petrosky; Back Row: Heather Murphy Natalie Killick, Michaela Braveman, Caroline Elliott, Elke Wehner, Diane Dobronte, Terria Odom-Wolfer, Lisa Griffin Burns.

(Missing: Berkana Albrecht, Marilyn Getas-Byrne, Maria Cacho, Kim Campbell, Leslie Foster, Joan Luise Hill, Susan Kastner, Marie Collins McMurchie, Bob Nielsen, Denise Powers, Mary Roos, Emma Rodriguez, Rebecca Soliz-Fuller.)



IMPACT

THE HEARTS & HANDS THAT MAKE IT



COMMITTED TO SERVICE

HPCC Providers offer personalized care to address the challenging symptoms of cancer and the side effects of medical interventions. Recipients report higher quality of life through collaboration with their Providers.

2022 TOTAL
SESSIONS
PROVIDED



VALUE: \$49,200

NO COST TO HPCC'S HEALING TOUCH RECIPIENTS

As the main part of our mission, HPCC is committed to offering 8 FREE Healing Touch sessions to cancer patients. In total, HPCC has provided nearly 7,000 sessions to Central Coast cancer patients.

COST TO PARTICIPANTS



VALUE: PRICELESS

COMMUNITY VOLUNTEERS STEP UP TO HELP

It takes a village to meet the high standards HPCC has set for community well-being, professionalism, integrity, and

2022 TOTAL HOURS
DEDICATED BY VOLUNTEERS



VALUE: \$62,118

2022 ACCOMPLISHMENTS

- Completed a successful MC Gives! Campaign with donations exceeding \$100,000
- Initiated pilot program with Central Coast Functional Reporative Program to provide Healing Touch to chronic pain sufferers in Salinas. 95% of HT pain Recipients are Latinx
- Began talks with Montage to bring HT to inpatient cancer unit
- Began planning annual signature fundraising event (Hands and Hearts at Hacienda Hay)
- Trained and onboarded 9 new HT Providers



STABILITY

FUNDRAISING HIGHLIGHTS

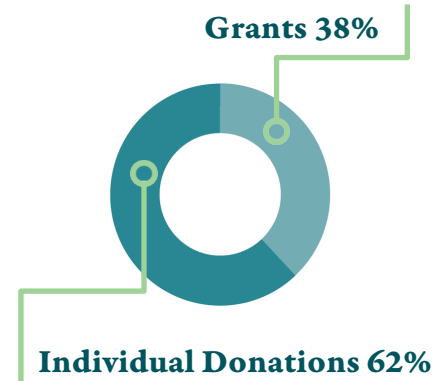
FUNDRAISING OPPORTUNITIES

Healing Partners of the Central Coast ends another year with a strong financial standing.

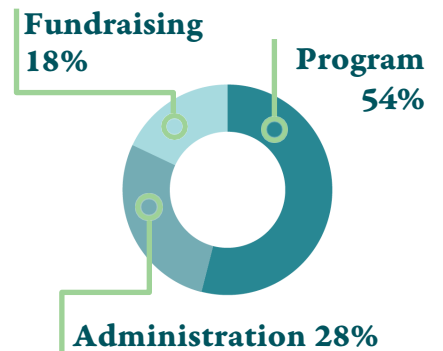
HPCC was blessed to have such generous and supportive donors and foundations.

During 2022 we were again invited to participate in MC Gives! Fundraising Campaign, which turned out to be even more successful than the previous year. Over \$101,000 was raised in the 2022 campaign. Thanks go out to all who supported us!

DONATIONS \$119,043



EXPENSES \$61,439



2022 FINANCIAL STATEMENT

HPCC Condensed Statement of Financial Position and changes in net assets for the year ended December 31, 2022

ASSETS

Cash & Equivalents	
.....\$80,420	
Accounts Receivable	
Total Assets	

NET ASSETS

Beginning of Year	\$179,258
Net Revenue	\$10,063

The condensed financial information was prepared by Rudisill Accountancy but has not been audited or reviewed and accordingly, no assurance is provided.



GRATITUDE

WE THANK YOU FOR YOUR GIVING HEARTS

A kind gesture can
reach a wound that
only compassion
can heal.

OUR AMAZING 2022 DONORS

Ace High Designs Inc.
Berkana Albrecht
Anonymous
Michael Anderson
Ausonio Inc.
Margot and Tyler Baker
Shannon Baker and
Michael Weaver
Becky Bartee and Syndy
Deese
Trish and Dan Beauchamp
Maria Kiki Bill
Elizabeth Blackman
Lisa M. Griffin Burns
Marilyn and Tom Byrne
Jennifer Camargo
Jim and Linda Campbell
Sheila Clark
Mary Condry
Tamara Cumming
Anne and Larry Day
Sophie De Beukelaer
and Brian Sullivan
Diane Dobronte and
Ray Anderson
Sarah and Michael
Elbogen
Caroline Elliott
Claire Fay
Jennifer Fellguth
Leslie Foster
Barbara Furbush
Gia Gentile Rocha and
Steve Rocha
Elaine Gherardi
Teresa and Seth
Goldberg
Elsa and Aurelio
Gonzalez
Mark Grandcolas
Jimmee Greco
Susan Greco-Neubert
Richard Griffin
Elizabeth A. Grogin
Cindy Gum
Robert Harary
Nancy Harray and
Bruce Robinson





GIVING

To those of you who stepped forward to support our work, we can't thank you enough.



Jeff and Janice Hawkins
Elizabeth Helms and Bruce Rohrer
Anne and Fred Heyrer
Noelle Hetz
Joan and Eugene Hill
Teresa Holman
Sidney Hubbard
Martha Huebel and Andy Wilhoit
Jennifer Jacobs
Myra Katsuki and James H. Smith
Gigi Kiama
Kathleen Knight
Ella (Elizabeth) Labor
Lynn Lozier
Jill Mancina
Christopher Manke
Gara Ann Martin
Jacqueline and Daniel McNamera
Linda McMenimon
Marie and Steve McMurchie
Marilu and David Mesa
Monterey Coast Door & Supply (Trina & Juan Coleman)
Monterey Peninsula Foundation
Linda-Lee Myers
Janice Neal
Network for Good
Neumeier Poma Investment Counsel, LLC
Robert and Kathy Nielsen
Michele M. O'Brien
Catherine and Alan Palter
Rodney and Cathleen Peck
Marvella Peterman
Paula Petrosky
Valerie and Hans Poggemeyer
Rosemarie and James Politzer
Mary Pommerich
David Potter
Debbie Rhodus
Mary and David Rice
Graeme Robertson
Patricia Rodrigues
Anne B. Rogers, M.D.
Margot Romiza
Tanja Roos
Gerald A. Rose
Jennifer Rudisill
Enid Sanders, Ph.D.
Debra and Dan Saxton
Bob and Lynda Sayre
Margaret Schaub
Linda Schendel



THANKFUL

William R. Seals III and
Khristine Seals
E. Ann Seckinger
Michelle Seidel
Beverly Bray-
Sigourney and
Edward Sigourney
Leslie Simon
Rebecca Soliz-Fuller
and Randy Fuller
Laura Solorio
Rod and JoAnn
Sockolov
Laura Solorio
Alan Sparer and
Charlotte Fishman

Jackson D. and Patricia
Sturgeon
Holly and David
Sudbury
Julie Sutcliff
Sharon Swallow
Elaine and Art Taylor
Cath Tendler
The Hill Family
Charitable Foundation
Leigh Toldi
Myra and David Tovey
Linda and Jonathan
Tuck
Christine Tucker

Ginger and Jonathan
Uhr
Leslie Varney
Dana and David Vian
Nina Weil
Teresa Wagner
Whalen
Carol Williams
Sherry and Franklin
Williams
Maryellen and Michael
Wilson
Lee and Terria Wolfer



GRANTS

Our work is made possible through the generous donations from private foundations and fund managers. Thank you.

Benevity Fund (Apple)

Community Foundation of Monterey County

Nancy Eccles' & Homer M. Hayward Family Foundation

Salinas Firefighters Association

Salinas Valley Memorial Healthcare System

Lloyd Symington Foundation

Upjohn California Fund

Yellow Brick Road Benefit Shop

~ MC GIVES! ~

We thank the Community Foundation for Monterey County, *Monterey County Weekly*, and Monterey Peninsula Foundation for giving HPCC the opportunity to participate in the 2022 Annual MC Gives! Fundraising Campaign.



APPRECIATION

FROM RECEIVER TO GIVER



*Emma Rodriguez
Recipient/Provider*

HPCC is
looking for new
Providers to address our
growing waitlist

The value of HPCC services is underscored by the fact that 33% of our highly trained Providers were HT recipients who then chose Healing Touch training and HPCC's onboarding to share the gift they received during their own cancer journey.

After flying to and from Mayo Clinic in Rochester, Minnesota, twice, first returning the day before Thanksgiving and again on Christmas Eve, my life was struck with an overwhelming sense of uncertainty as I faced a month of radiation treatments, Monday through Friday.

It was then that I experienced an answered prayer, I received Healing Touch before my treatments. Fear and stress melted off my shoulders and my path in life was lit with what I so desperately needed to relearn. I needed to recreate and relearn trust, peace, gratitude, hope, and love to truly heal.

Having experienced Healing Touch during one of the most challenging times of my life gave me a profound sense of purpose in my cancer fighting journey. I have fought the fight and can say I'm living proof that the hands and hearts of Healing Touch were the answered prayer that helped me win a long, hard fight against a disease that could have robbed me of my life and my children of their mother.

Now, after going through the Healing Touch training, I am blessed and honored to be able to provide this service to other cancer patients.

LEARN HEALING TOUCH

If you, or anyone you know, is interested in finding out more about learning Healing Touch and joining our vibrant community of Providers, please contact us through our website: <https://www.hpcchealingtouch.org/contact-us>



COMMUNITY

ACTIVITIES & OUTREACH

We continually look to the community for educational and advocacy events to spread the word about Healing Touch and its important health benefits. We are blessed to be in a community where connections and collaborations are openly welcomed.

COMMUNITY EVENTS

Nurses Week: HPCC has always been very supportive of nurses. During COVID HPCC recognized the stress and anxiety nurses were facing and offered them free Healing Touch sessions. HPCC continued to support nurses in May by offering mini-Healing Touch sessions during Nurses Week at CHOMP.

At Left: Among the Nurses' Day Providers were Caroline Elliott, Berkana Albrecht, and Deb Saxton.

Cancer Survivors Day: HPCC is proud to be an annual participant in CHOMP's Cancer Survivors Day. In August HPCC volunteers reconnected with attending HT recipients and offered mini-sessions to raise awareness of our HT services.

At Left: Greeting past recipients and offering mini-sessions at Cancer Survivors Day were: (front) Leslie Foster, Diane Dobronte, Deb Saxton; (back) Anne Heryer, Elizabeth Blackman, and Elke Wehner.

Monterey County Veteran's Stand Down: Our veterans deserve support, so HPCC was on hand in August to provide many of our homeless veterans the opportunity to experience Healing Touch. They were so appreciative for the mini-sessions they received thanks to our Providers.

At Left: Caroline Elliott uses a back technique on a Veteran suffering from back pain.





COLLABORATIVE



HPCC needs more treatment room spaces, one day a week. Can you help?

ONGOING AND NEW INITIATIVES

ONGOING:

Monthly Healing Circle – HPCC offers a monthly Healing Circle gathering to provide continued support for HT alumni. Past Recipients are invited to join Providers on the third Monday of every month at 4 p.m. for a virtual group healing. To participate, contact Anne Heryer at (800) 205-8101, extension 1.

Salinas Treatment Room – The schedule for the new treatment room is filling up and interest in the Pilot Program for chronic pain sufferers continues to grow.

INITIATIVES:

Montage Health Foundation Collaboration – HPCC will develop a proposal that brings Healing Touch into the hospital unit that treats cancer patients. It is expected to be a 6-month Pilot Program that hopefully continues after the pilot is complete.

Location Collaboration – Our waitlist is growing, and HPCC needs additional treatment space. If you have or know someone who has an office space/room they could let HPCC use half day/one day a week for Healing Touch sessions, please contact Deb Saxton at (800) 205-8101, extension 2.



You can support HPCC’s mission and future goals by donating online on our website or by mailing in your donation.

Healing Partners of the Central Coast
P.O. Box 2055, Carmel Valley, CA 93924 • (800) 205-8101
<https://www.hpcchealingtouch.org>

If you have friends or family on a cancer journey, please share news of our services.

Healing Partners of the Central Coast (HPCC) is a nonprofit 501(c)(3) – EIN 84-3464219. If you would like to donate to HPCC directly from a retirement, investment, or donor-advised fund, please speak to your accountant for help making arrangements.