



HEALING
PARTNERS
of the Central Coast

Annual Report 2021

Hands. Hearts. Healing.



COMPASSION

A LETTER FROM OUR PRESIDENT/ EXECUTIVE DIRECTOR



*Deb Saxton, newly appointed
President/Executive Director.*

Our dedicated Healing Touch Providers have faced the challenges of this pandemic year with positivity, resilience and ingenuity. Compassion and an unwavering commitment to high quality service have guided the HPCCC team in all of our efforts to move forward. What motivates us is hearing from our constituents about the positive impact our service had on their comfort, their healing, their hopes, and their well-being.

This past year saw us pivot to remote sessions when in-person sessions had to be halted. We also expanded services to cancer patient caregivers, and to overly stressed front line healthcare professionals.

Through it all, we remain dedicated to providing our services at no cost to our program participants. To that end, we explored new revenue streams by successfully participating in the MC Gives 2021 Fundraising Campaign, as well as securing some greatly appreciated grants.

I thank you all: volunteers, donors and community partners, who have enabled our continued growth and stability. It is with great appreciation for your support that I look forward to the year ahead.

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 complementary therapy. Qualified HT Volunteer Providers clear and balance the human energy field to promote deep relaxation and improve physical, mental, emotional 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 recipient generally experiences milder side effects from cancer treatments and leverages the body's own self-healing capabilities.



GROWTH

OUR MISSION, VISION & VALUES

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, caregivers and front line health care workers at no cost; recruiting, training and supporting our Healing Touch Volunteer Providers; and expanding Healing Touch into new healthcare settings.

OUR VISION

We are 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 (serving the underserved), compassion, integrity, professionalism, and the highest standards 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.

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

2021 Creative agility sustains the Program with remote sessions. HPCC collaborates with Salinas Valley Memorial Hospital to expand HT awareness and access.

2020



HEALING

PROMOTING INTEGRATIVE HEALING & SELF-CARE



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

HEALING TOUCH WORKS

If you look at our vision and values it is apparent our goal is to promote integrative healing and self-care by offering Healing Touch (HT). The benefactors of HT include cancer patients, their caregivers, and frontline healthcare professionals. All faced additional challenges due to COVID. We continued to support them by pivoting to remote sessions. HT increased their resilience, and reduced stress, fatigue, anxiety and pain. We believe in the efficacy of HT whether sessions are in person or remote. Research in how powerful the mind body connection is supports our belief in such evidenced-based integrative therapies. Our participants tell us their HT sessions make a positive difference in their healing. Sessions are provided at no cost.

WE VALUE OUR PROVIDERS

We are able to offer our HT sessions because of our deeply dedicated, heart-centered Volunteer Providers. To join the Program they must complete two levels of HT classes, along with in-depth training covering the medical and ethical aspects of working with cancer patients. Our Volunteer Providers are our biggest asset, so we offer monthly meetings, resources and community connection to foster their own self-care and personal development. Since diversity is vital to a thriving community, we dedicate a portion of our donations to scholarships for HT classes and highly encourage those in our underserved community to apply.

OUTREACH TO HEALTHCARE SETTINGS

Increasing access to (HT) is another high priority for us. We collaborate with HT instructors to provide local classes. So far we have trained 45 healthcare professionals in HT. Those who have taken the classes have recognized the self-care aspects of the techniques and how they can be used to support their patients. We continue to reach out to local hospitals to raise awareness of how HT benefits their staff and promotes resilience through self-care. During COVID we offered sessions to these frontline workers to help them through that challenging time.



TOGETHER

A SHARED CANCER EXPERIENCE



Terria and Lee Wolfer

Terria and Lee Wolfer met at his brother's wedding here on the Central Coast. His brother was marrying Terria's best friend. Lee, who was in the Navy and stationed in Philadelphia, attended the wedding solo, so Terria asked him to dance. After a whirlwind romance, the two were married August 6, 1989, and now have two adult children and their first grandchild on the way. Sharing their life together was important for both, but they never expected it to lead to a shared cancer experience that put them on the path of finding Healing Touch.

In 2016 Terria experienced severe pain, but three emergency room visits could not identify the cause. The pain turned out to be ovarian cancer. She began chemotherapy and made plans for surgery. Her oncologist, Dr. Nancy Rubin, felt Terria might be open to free Healing Touch (HT) sessions and referred her to the Healing Partners Program (the Program).

Familiar with energy healing, Terria joined the Program and speaks highly of her experience. The benefits for her were deep relaxation, mental clarity, positivity, and reconnecting with her body. She also learned self-care. "The tools," she said, "allowed my body to work with the medical treatments in the most optimal way." HT sessions were provided for 12 weeks.

Terria appreciated the professionalism and care she received. "I think the level of being present for whatever I brought to that session was important and I brought quite a bit," she said, noting there were a lot of up and downs. "No matter what I came in with, I always felt accepted by my Provider. It was all okay and I would still be embraced."

Eventually Terria's cancer went into remission and she began taking Healing Touch classes. She has completed three courses of the HT curriculum, has become an integral "doer" on the HPCC tasks team, and became a class helper supporting new HT students.

Less than a year after Terria completed her sessions Lee also found himself in the throes of prostate



Dr. Nancy giving referral to Healing Partners of the Central Coast.



STRENGTH

cancer. Terria encouraged him to try the Program in hopes it would support him like it had her. He was willing but reserved. “I truly didn’t believe in energy work,” he said. Lee was also afraid it might not help him as much as it helped Terria. Although Lee said that HT did not seem to work during the session, he quickly realized that he did experience less and reduced pain over time. Lee explained, “Healing Touch opened my eyes to something different.”

After his sessions began, many of his concerns flittered away. The stresses, tensions and pain all seemed to go away, he noted. When his series of sessions ended, he better understood the value of the heart-centered work he received. He said it opened his eyes, but mostly his heart. He became a believer. He now willingly touts, to anyone that will listen, the benefits of the Program.

Terria had a cancer recurrence in 2019 and both reentered the Program – Lee as a caregiver, and Terria as a Program repeater. Due to his



Terria receiving Healing Touch from Deb Saxton.

“Training and raising awareness of energy work is important because it is applicable to so many different situations.”

~ Terria Wolfer

prior experience Lee saw the Caregiver service as a safe haven, knowing he could leave everything outside the session room door. He summarized his Caregiver sessions, “Knowing that it’s safe. Knowing that they are not going to invade your space. Knowing that there is an opening to relief.”

Both Lee and Terria rated the quality of the Program care as exceeding their expectations. On a scale of one to ten, “Ten doesn’t even

come close, because it was way exceeded,” said Lee.

As an enthusiast and a convert, both Terria and Lee believe the Program is a vital service for the community it serves. Terria offered, “I think helping cancer patients cope with the journey that is theirs is key.”

Something they both agreed on – the Program is special because of the people involved. Terria said, “It is a supportive community, based on service and making a difference.” Lee spoke of the Volunteer Providers dedication and passion as being impactful. As for the HPCC Team and culture Lee characterized it as, “One of love.”



DEDICATION

HANDS.
HEARTS.
HEALING.

Amazing things
can happen when
we join together
in a unified purpose.

Our amazing Healing Touch Volunteer Providers are the heart and soul of what we do. They are dedicated to being in service to cancer patients, their caregivers and healthcare professionals. We are also grateful to the business professionals who have stepped forward to support our cause.

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
Marie Collins McMurchie, Director
Deb Saxton, Director/Founding Director

ORGANIZATIONAL VOLUNTEERS

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



Our Amazing Volunteers!!

Front Row: Bevy Sigourney, Margot Baker, Michele Trinidad, Lisa Griffin Burns; 2nd Row: Paula Petrosky, Maryellen Wilson, Elizabeth Blackman, Anne Heryer, Heather Murphy, Jennifer Rudisill; 3rd Row: Diane Dobronte, Linda-Lee Myers, Mary Roos, Terria Odom-Wolfer; Back Row: Nikki Greco, Ann Seckinger, Caroline Elliott, Deb Saxton. (Missing: Natalie Killick, Michaela Braveman, Elke Wehner, Bridget Hildebrand, Irina Mulvey, Anne Proctor.)



IMPACT

THE HEART & HANDS THAT MAKE IT POSSIBLE

COMMITTED TO SERVICE

Our highly trained Volunteer Providers are the bridge between standard medical care and complementary therapy that supports and promotes well-being. Their dedication and commitment to being in service to those challenged by life circumstances is unequivocal. Our heart-centered Providers are dedicated to helping their participants regain resilience through self-care.

2021 TOTAL SESSIONS PROVIDED



VALUE: \$59,000



NO COST TO PROGRAM PARTICIPANTS

The pandemic has led many to experience financial hardships. We recognize the impact of this service has on health challenges and are 100% committed supporting their resilience and well-being at no cost to them.

COST TO PARTICIPANTS FOR WELL-BEING



VALUE: PRICELESS

We provide our participants heart-centered services at no cost.

OUR VOLUNTEERS GO ABOVE & BEYOND

There are so many aspects to a nonprofit organization and our volunteers go above and beyond to make our organization hum. They support our staff by helping with tasks; they facilitate practices for Healing Touch students to increase their proficiency; they attend required monthly meetings to build community and keep up to date on new research. We wouldn't be where we are without their help and dedication.

2021 TOTAL HOURS DEDICATED BY VOLUNTEERS



VALUE: \$63,045



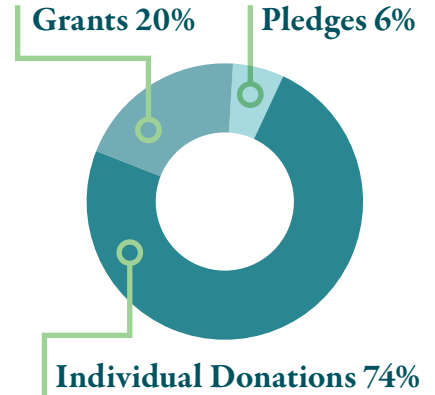
STABILITY

FUNDRAISING HIGHLIGHTS

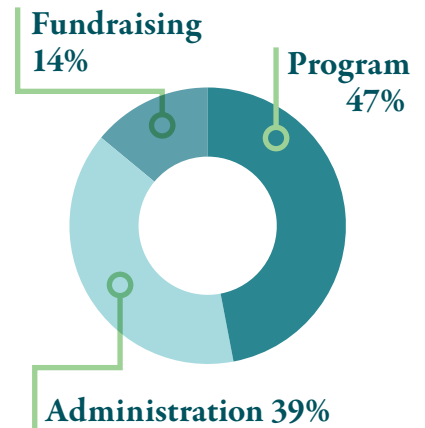
FUNDRAISING OPPORTUNITIES

Healing Partners of the Central Coast currently has a strong financial standing. To create a cushion of financial safety, we turned our attention to securing additional annual and multi-year pledges. During 2021 we were honored to participate in the Monterey County Gives Fundraising Campaign. The campaign was very successful, and we raised slightly more than the goal we set. As COVID restrictions continue to diminish, we look forward to hosting additional fundraisers to sustain the organization and to expand into underserved areas.

DONATIONS \$87,599



EXPENSES \$61,439



2021 FINANCIAL STATEMENT

HPCC Condensed statement of Financial Position and changes in net assets for the year ended December 31, 2021

ASSETS

Cash & Equivalents.....	\$60,915
Accounts Receivable ...	\$117,475
Total Assets.....	\$178,390

NET ASSETS

Beginning of Year	\$157,099
End of Year	\$179,390
Net Revenue.....	\$22,291

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

Thank you from
the deepest levels
of our hearts for the
amazing support
you provided
during 2021.

So many organizations were financially impacted by the pandemic in 2021. It is through your generosity that we were able to continue our services. We are humbled by and grateful for your support.

OUR AMAZING 2021 DONORS

Anonymous
Michael Anderson
Nicole Asselborn and
James Lake
Margot and Tyler Baker
Shannon Baker
Becky Bartee and Syndy
Deese
Candace Bartholomay
Trish Beauchamp
Kiki Bill
Michaela Braveman
Lisa M. Griffin Burns
Marilyn and Tom Byrne
Byrne Family
Jennifer Camargo
Sheila Clark
Keely Clifford
Tamara Cumming
Anne and Larry Day
Diane Dobronte
Molly Doty
Sandi Eason
Sarah and Michael Elbogen
Caroline Elliott and
Joseph Fogel
Barbara Foerster
Leslie Foster
Teresa and Seth Goldberg
Cindy Gum
Barbara Hallacher
Nancy Harray
Jeff and Janice Hawkins
Elizabeth Helms
Jeanne Herrick
Anne Heryer
Bridget Hildebrand
Sidney Hubbard
Martha Huebel and
Andy Wilhoit
Kathleen Huggins
Lynda Jardine
Jane Jensen
Richard Jensen
Cheryl McMurphy Joseph
Elizabeth (Ella) Labor
Shelly Lynch
Mark and Jill Mancina
Tamara and Don Maryon
Richard Mayeri
Marie and Steve McMurchie
Kristin Foss Meece
Alexander Miller
Monterey Coast
Door & Supply
Heather Murphy
Kris and Jason Myers





APPRECIATION

Linda-Lee Myers
Susan Neubert
Neumeier Poma Investment
Counsel, LLC
Bob and Kathy Nielsen
Tama and John Olver
Catherine and Alan Palter
Rodney and Cathleen Peck
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Paula Petrosky
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Terie and Jim Rapose
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Anne B Rogers M.D.
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Jennifer Rudisill

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Khristine Seals
Michelle Seidel
Srividya Shankar and
Shankar Ramachandran
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Joy Smith
Timothy Smith and
Kristin Markus
Rod and JoAnn Sockolov
Rebecca Soliz-Fuller
and Randy Fuller
Laura Solorio
Alan Sparer and
Charlotte Fishman
Jackson D. and
Patricia Sturgeon
Holly and David Sudbury

Sara Sugarman
Kay Sullivan
Cath Tendler and
Jan Valencia
Linda and Jonathan Tuck
Ginger and Jonathan Uhr
Fae and Erick Urban
Dana Vian
Ruel Walker
Traci Walsh
Priscilla Weber
Nina Weil
Joy Weston
Terri Wheeler
Jenny Wilkerson
Maryellen and
Michael Wilson
Lovina Worick
Jean Worthington



We appreciate
those who support
our cause.

GRANTS

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

UPJOHN CALIFORNIA FUND a private foundation founded in 1957 supports various nonprofit organizations through private grants.

~ Located in Carmel Valley, CA

THE LLOYD SYMINGTON FOUNDATION a small family nonprofit serves the cancer community by supporting visionary individuals and spiritually grounded programs which offer healing at every level.

~ Located in San Anselmo, CA

MC GIVES We thank the Community Foundation for Monterey County, *Monterey County Weekly*, and Monterey Peninsula Foundation for the pro rata matching grant to the funds we raised during the MC Gives 2021 Fundraising Campaign.

~ Serves the Central Coast



COMMITMENT

MOTIVATED TO GIVE

“I like to be able to contribute to causes or people that I think are giving amazing contributions to the world, and I find this particular program to be one of them.”



Anne B. Rogers MD, CHTP

Enthusiastic is an understatement when it comes to Anne Rogers and her dedication and support of Healing Partners of the Central Coast (HPCC), especially their Healing Partners Program (Program). Anne has been an ardent supporter of HPCC since it organized as a nonprofit and continues to be a dedicated contributor to our fundraising efforts. She says the work we do inspires her, “I want to see it go on and on.”

Anne, who is a Doctor of Internal Medicine, became aware of our Healing Partners Program after health issues forced her to retire from Kaiser Permanente in San Francisco. She worked in the intensive care unit for 30 years and says, “That was my calling,” but it seems the Universe had other plans for her.

Experiencing shortness of breath and being really tired led Anne to have an Echo cardiogram (Echo). It showed she had a leaky mitral valve, which doctors indicated was unremarkable. She decided, however, to follow up with the cardiologist on call. A misdiagnosis put her in touch with a cardiologist friend who offered to review her Echo. Her friend quickly called back and told her she was in heart failure, and she was immediately scheduled for heart surgery. Even with the surgery, Anne was told her heart would never get

any better. Determined to prove them wrong, she tried alternative interventions like acupuncture and sought more formal spiritual training.

A discussion with her Spiritual Director pointed Anne in the direction of energy healing. A week later she was signed up for Healing Touch (HT) classes that were being offered at Stanford. Most of her HT classes were through Stanford, but she came to the Central Coast for her Level 3 and Level 4 classes. That is how she first became connected to the HPCC community. “I came down here and met the healers and Margot Baker.” These were the volunteers who provide HT sessions for the cancer patients that participate in the local Program, which was an offshoot of the Stanford program. Anne continued her training and is now a Certified Healing Touch Practitioner.



COMMUNITY

At the time Anne met them, Margot and the local Volunteers were just establishing their independence from the Stanford Program and were forming their own Central Coast nonprofit. She was intrigued by what they were doing. She was part of the Stanford Program but wanted to start an offshoot Program at Kaiser Permanente Oakland. She used Margot as a mentor to establish Partners for Healing. Anne is not only the founder, but also the Coordinator for the Kaiser Program.

Working with people and being of service is important to Anne, which is what the HPCC Program is all about. "It's my mission in life," she says. She feels that what the HPCC volunteers do dovetails perfectly into that

concept. She says because the service is free, she sees it as a gift to people who cannot afford HT otherwise.

centers), Ann says that she finds each of these vital. She finds treating the cancer patients is phenomenal

"My mission, my calling in life, is to be of service and be a healer and contribute in whatever way that is."

Anne attributes the strength of the organization to the people involved. "HPCC is a program just founded on love and service. There is so much heart in the people who are working it, that it is way beyond other programs in terms of the level of soul, the level of love, commitment and authenticity that the practitioners are putting in," she notes.

because it gives people hope; training other practitioners is going to keep the program going; providing for caregivers can generate more donations through word of mouth; and healthcare professionals can lead to more referrals. "I just keep seeing it as a huge big cycle and that means that it is a system that can keep renewing itself," she adds.

When asked about which service she thinks is most important (serving cancer patients, caregivers or medical professionals, education, training or expanding treatment

Anne believes the HPCC team and culture are cohesive around the common goals. "It's not just lip service. If the team really wants to contribute, they do it with universal love, they do it in service and they do it joyfully," she affirms.



Anne Rogers at her Certification Pinning Ceremony. She is joined by HPCC Board Chair/Mentor Margot Baker, and Healing Touch Instructor/Mentor Anne Day.



COMMUNITY

ACTIVITIES & OUTREACH

“Community” is an often used word amongst the Teams and Volunteer Providers of Healing Partners of the Central Coast (HPCC). It is the community we look to as we continue existing — or plan new — initiatives for the future. We are very proud of the community connections we have already made and those we hope to develop going forward.

CONTINUING INITIATIVES



MOBILE BOUTIQUE: HPCC teamed up with several other nonprofits to offer an “all in one stop” opportunity to support cancer patients in the Salinas Valley. Our Volunteer Providers along with Cancer Patients Alliance, Bay Area Cancer Connections and Every Woman Counts gathered together in space provided by the Clinica de Salud del Valle de Salinas (CSVS) in October 2021 with the shared vision of bringing much needed support to the under-served cancer populations in Salinas. It was moving to see the power in people coming together to increase access! We were all excited to combine our efforts to provide support information, Healing Touch sessions and

practical resources (wigs and prosthetics) all in one location and ALL FREE to anyone facing cancer. The faces, smiles and sincere gratitude from attendees were truly inspirational; we knew some of them would not have received these services otherwise. We are planning on more events like this to come!



MONTHLY HEALING CIRCLE: Recognizing that our Healing Partners could use a Healing Touch Tune-up every now and then, HPCC’s Pairing Coordinator, Anne Heryer, developed a monthly Healing Circle. Our Program alumni are invited to join our Volunteer Providers on the third Monday of every month, at 4 p.m. for a virtual group healing. The event lasts about an hour and uses intention and guided meditations to address specific healing requests of the participants. If you have participated in the Healing Partners Program and would like to take advantage of these tune-ups, contact:

Anne at (800) 205-8101, extension 1,
or your Healing Partner Provider



TEAMWORK

FUTURE INITIATIVES



EXPANSION, OUTREACH AND ADVOCACY: To ensure that we are self-sustaining we need to continue to grow and to expand. We hope to recruit new Volunteer Providers from the Latino community so that we can better serve cancer patients in the Salinas Valley. Along with that goes establishing new treatment locations to increase access for this underserved population. We are looking to partner with hospitals, doctors, or businesses that can offer a dedicated room for providing Healing Touch sessions. We are excited about connecting and supporting the community in this way. Stay tuned for where this happens to manifest!



COMMUNITY BUILDING: Building relationships with local businesses and corporate sponsors will be key in raising awareness about our service to cancer patients, their caregivers and healthcare professionals. We are looking for key businesses to support our outreach and advocacy efforts and we are available to speak to business managers, hospital administrators or those looking to become a corporate sponsor to help us support our local community.

HOW CAN YOU SUPPORT OUR GOALS

You can support our mission and future goals by making a donation 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.healingpartnersofthecentralcoast.org>

We greatly appreciate your consideration.

*Healing Partners of the Central Coast is a nonprofit 501(c)(3) – EIN 84-3464219.
If you would like to donate to HPCC directly from a retirement or investment fund,
please speak to your accountant for help in making arrangements for
Donor Advised Funds if this is your preferred method of giving.*

