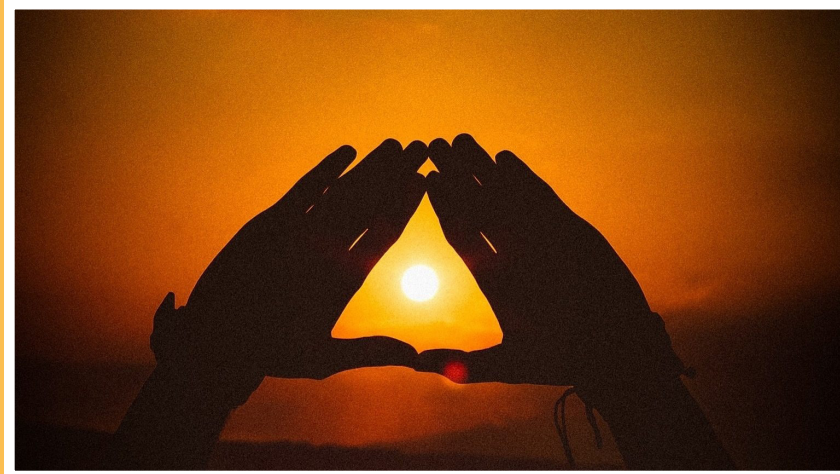


HEALING
PARTNERS
OF THE
CENTRAL
COAST



ANNUAL
REPORT
2020



OUR MISSION

To Promote Health, Healing and Wholeness by:

- Providing Healing Touch to Cancer Patients and Caregivers
- Training and supporting our Healing Touch Providers
- Expanding Healing Touch into new healthcare settings

THE 3 PILLARS OF OUR MISSION

1 HEALING TOUCH FOR INTEGRATIVE CANCER CARE



Offering Healing Touch (HT) to Cancer Patients and their Caregivers: We believe wholeheartedly in the efficacy of Healing Touch when used with traditional cancer care. Research continues to show just how powerful the mind body connection is and that integrative therapies like Healing Touch can make a positive difference in a person's healing. We are committed to providing sessions, knowing they help our participants manage the side effects of radiation and chemotherapy, such as fatigue, anxiety, loss of appetite, pain and lymphedema. In evaluations, an overwhelming number of our participants report receiving significant benefits from their sessions.

TRAINING AND SUPPORTING PROVIDERS

Training and Supporting our Healing Touch Providers: We are able to offer our Healing Touch sessions because of our heart-centered Providers who are deeply dedicated to the work, and we find it vital to offer them ongoing support and training. All our Providers must complete HT classes of level 2 or above, along with an in-depth training covering the medical, emotional, energetic, professional and ethical aspects of working with our Participants. Our Providers are our biggest asset, so we offer monthly meetings, resources and online community connection to foster their self-care and personal development. Equal opportunities are vital to a diverse and thriving community: we dedicate a portion of our funding to scholarships for HT classes and highly encourage our underserved community members to apply.



AWARENESS AND PARTNERSHIPS

Expanding Healing Touch into new Healthcare Settings: Increasing access to Healing Touch is one of our top priorities! By educating and collaborating with our community's medical professionals, we can help facilitate an integrative healthcare approach. Elke Wehner, an HPCC volunteer Provider, spearheaded our latest endeavor within CHOMP, a local hospital. Elke led a campaign that encouraged nurses to learn about Healing Touch and worked with different departments to incorporate the therapy into the hospital. Volunteer Providers offered Healthcare workers at all levels sessions to experience firsthand the benefits of Healing Touch, which can transform patient care and also serve as a powerful self-care tool. We see this as a win, win opportunity!



HEALING PARTNERS OF THE CENTRAL COAST

FROM WHENCE WE CAME

FROM STANFORD HEALTH CARE...

Healing Partners began at Stanford in 2004 with a three year research grant from the Avon Foundation to study the benefits of Healing Touch for breast cancer patients undergoing medical treatment.

With data confirming positive benefits, the program expanded from research to providing this service more broadly. Clinical settings for this work sprang up throughout the Bay Area as more Healing Touch providers joined the team and requests for service spread throughout the region. Additionally, this

service expanded to serve all kinds of cancer patients, not only breast cancer. The service continues to include weekly Healing Touch sessions, offered free to recipients, by an expanding team of Healing Touch providers.



...TO THE CENTRAL COAST

With encouragement from Stanford in 2010, Margot Baker (one of the early Stanford team of providers) brought this program to the Monterey Peninsula. By 2015, our local team included 5 providers; by 2017, we had expanded to 15! While word of mouth referrals sparked early requests for our service, we expanded rapidly when local oncologists began promoting this option to their patients. Pacific Cancer Care is now one of our primary sites for service.

Between 2017 and 2020, we served approximately 100 local cancer patients yearly, each receiving 8-12 free weekly sessions while undergoing treatment. This rapid expansion led to our

need for more local leadership and resources. In 2019 we started the process to become our own 501(c)(3), Healing Partners Of The Central Coast. By May, 2020, we had launched! Our dedicated team remains committed to provide our sessions at no cost to these cancer patients, and now also their caregivers and healthcare workers. We now have a number of local service sites and hope to expand more as we emerge from the pandemic constraints.



WHAT A GIFT IT WAS FOR ME



BERKANA ALBRECHT'S STORY

Diagnosed with cancer in 2018, I pretty much fell apart. I didn't want to die, but that was the outcome I was expecting since I had lost friends to cancer. After a hysterectomy I was told I needed chemotherapy and radiation and would most likely go bald. I cried a lot. With my wife by my side I went to Pacific Cancer Care to start my treatments. I was shaking so bad that my wife had to fill out the paperwork. Dr. Nancy Rubin was my oncologist. When she walked into the room I started crying and felt so much fear. Her kindness and explanations put me at peace and my treatments got started.

There's a lot of emotion that comes up during cancer treatments. The most impactful came after washing my hair. Even forewarned, one is never fully prepared for seeing hands full of fallen out hair. It sent my emotions spiraling. Shortly thereafter, Dr. Rubin suggested Healing Touch (HT).



She said it was an energy therapy. I didn't know what that meant, but it was free and I was open to trying everything.

I called the Program Coordinator and was assigned a Provider who was very friendly and made me comfortable. We were to meet once a week at the same day and time each week for seven weeks.

At my first session my Provider asked a lot of questions about my physical, emotional, mental and spiritual well being. I felt her compassion but I didn't know what I would experience. I had no idea how powerful it would be. Energy was going through my body, clearing my mind of fogginess and fear. It relieved pain and opened my heart and emotions. There were times I felt amazing energy and times I cried. But I felt safe no matter what I was experiencing. Every session was different but I felt so at peace after each one. I had thought that I needed to be so strong going through my treatments, but my HT sessions taught me that it was okay to just be vulnerable. The sessions were so powerful I continued private sessions.

I never thought about becoming a student but I felt so much gratitude I wanted to be able to give back to others what was given to me. I took my first HT class and what a beautiful experience it was. HT healed me physically but also opened up my heart and soul to go deeper spiritually. The healing that opened up for me is a continuous journey. I'm very grateful for my Provider's gentle work and for those I've met through this program. What a gift it was for me.



HEALING PARTNERS OF THE CENTRAL COAST

OUR VOLUNTEERS: THE HEART AND SOUL OF WHAT WE DO!



Some of our stalwart providers (pictured left to right): Back row — Debra Saxton, Anne Proctor, Mary Roos, Natalie Killick, Bart Burrows; Middle Row — Suzan MacIlvaine, Bridget Hildebrand, Beverly Sigourney, Paula Petrosky, Michaela Braveman, Michele Trinidad; Front Row — Anne Heryer, Margot Baker, Irina Mulvey.

ADMINISTRATIVE SUPPORT

BOARD OF DIRECTORS

Margot Baker

Chair — Founding Director

Robert Nielsen, *Director — Secretary*

Jennifer Rudisill, *Director — Treasurer*

Lisa Griffin Burns, *Director*

Marilyn Getas Byrne, *Director*

Marie Collins McMurchie, *Director*

Deb Saxton, *Director — Founding Director*

STAFF

Heather Murphy, *Executive Director*

Paula Petrosky, *Controller*

Deb Saxton, *Chief Operations Officer*

BUSINESS VOLUNTEERS

Legal:

Covington & Burling LLP • Washington, DC

Marketing & Communications:

On-Site Research & Marketing
Carmel Valley, CA

Strategic Planning:

Marie McMurchie Consulting
Dallas, Texas

Treatment Room & Meeting Space:

Pacific Cancer Care
Monterey, CA

PAST AND PRESENT PROVIDERS

Margot Baker

Irina Mulvey

Elizabeth Blackman

Heather Murphy

Michaela Braveman

Terria Odom-Wolfer

Aurora Brown

Paula Petrosky

Bart Burrows

Anne Proctor

Diane Dobronte

Mary Roos

Caroline Elliot

Deb Saxton

Nikki Greco

Beverly Sigourney

Koryn Guthrie

Lynn Simmons

Anne Heryer

Margaret Strader

Bridget Hildebrand

Michele Trinidad

Natalie Killick

Elke Wehner

Suzan MacIlvaine

Maryellen Wilson

RECOGNITION FOR SOME OF OUR SHINING STARS!

With their amazing hearts, generous souls, and skills beyond compare, our volunteers bring our mission to life. All of our volunteers are important and appreciated for all they do, so we'd like to highlight a couple of their outstanding accomplishments!



Anne Heryer — Compassionate Pairer and Provider Training Facilitator

The voice on the line when potential Participants call the Healing Partners Program is that of our Pairing Coordinator, Anne Heryer. She brings her heart and soul to every interaction she makes with those wishing to explore our program.

Anne sends out nurturing waves of compassion, understanding and patience as she takes in their

stories. Many come with little understanding of what they are signing up for other than hearing it might benefit them. She compassionately brings them into an unfamiliar world of energy therapy and acquaints them with how the program works — all the while thinking about which Provider would be the perfect match. In addition to being the first contact of Participants, Anne also thoughtfully shepherds our Providers through monthly meetings and special trainings. Fueled by a passion for learning, she plans meetings filled with interesting guests, presentations and current research, all with an eye toward making these gatherings as engaging as they are impactful. Providers will tell you that they too reap the benefits of Anne's nurturing waves as she regularly checks in on Providers to see how they are doing and then to connect them with their new Partners.



Diane Dobronte & Margot Baker — Champions of Participants Served

During the course of a year, HPCC Providers serve many clients. Going way beyond the norm, however, are providers Diane Dobronte and Margot Baker. Because they are both 100% dedicated to the well-being of their clients, they never say, "I'm at my limit." In 2020, this translated into 111 Healing Partners

sessions for Diane and 84 for Margot. Please keep in mind that this is just a fraction of the total sessions each of them has offered to other friends and family during this same year. These two healers inspire us, because they have touched countless lives both directly and indirectly, with their skill and compassion. The words "Thank you" don't begin to do justice to the difference they have both made.

OUR IMPACTFUL VOLUNTEERS

ABOUT THE SESSIONS

Our highly trained Providers connect standard medical care and complementary medicine. Their goal is to promote well-being by working with vital energy flows that sustain the health and well-being of our Participants. Using gentle touch, Providers restore balance to the energy flow to support the body's own natural healing. Sessions last 45-60 minutes. Providers often work with more than one client at a time.



VALUE
\$72,900
Total Sessions Provided
in 2020
were impacted
by Covid lockdown

TOTAL
SESSIONS
Sep 2019- 2020

729

TOTAL
SESSIONS
Jan 2015-Aug 2019

3,871

VALUE
\$387,100

TRAINING AND STEPPING IN WHERE NEEDED

Who knew that going to a staff meeting could be the highlight of the month? Well, that's our norm at HPCC meetings as we join together in curiosity, awe and comradery two times a month. Not only do we learn from each other, but we also get insights from medical, scientific and energy experts from all over the country. Our volunteers have also freely and willingly stepped in to help HPCC get organized and set systems in place prior to having staff available to handle these varied and sundry tasks. We wouldn't be where we are without their help and dedication.



TOTAL
VOLUNTEER HOURS
Sep 2019-2020

904

VALUE
\$24,589

Required Training
and Meetings
Plus Volunteer Commit-
ments in Lieu of No or
Part-Time Staff

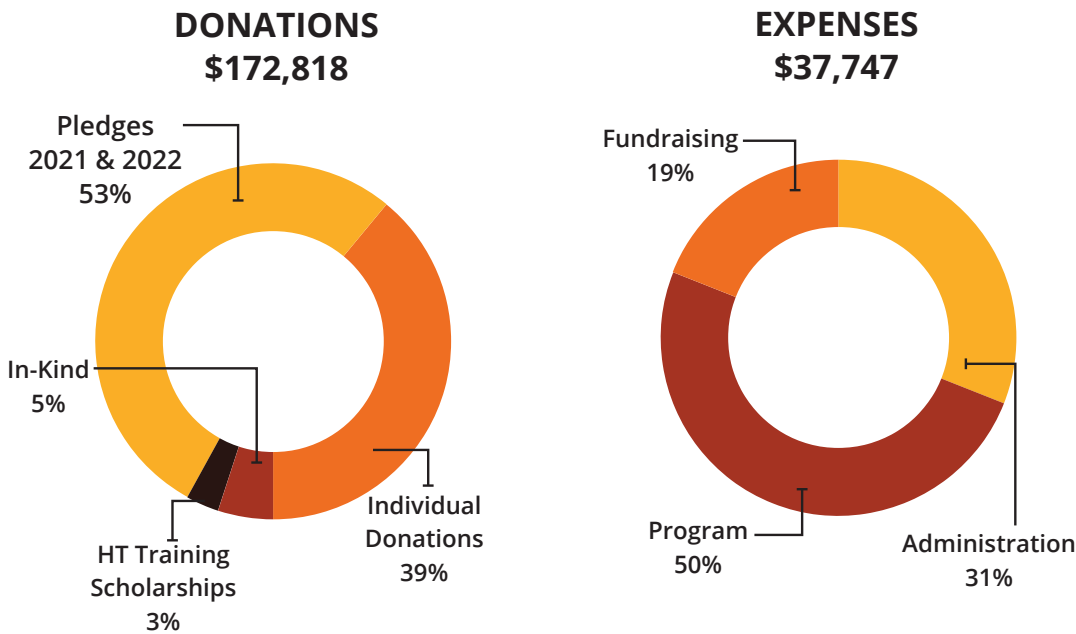
TOTAL SESSIONS PAID FOR BY PARTICIPANTS

The pandemic has led to job and income losses and financial hardships so we recognize the importance of keeping our services free, now more than ever! We are 100% committed to continue providing these heart-centered services at no cost to our participants, with the goal of fostering resiliency and well-being in these troubling times.



FINANCIALS

Healing Partners of the Central Coast is currently in strong financial standing. To create a cushion of financial safety, we launched our sustaining donors campaign and received three-year commitments from many donors. The financials you see here reflect receipt of their first year donation plus the 2021 and 2022 pledges still to come. We would like to build on our current financial strength in sustaining the organization and expanding it into underserved areas.



2020 FINANCIAL STATEMENT

HPCC CONDENSED STATEMENT OF FINANCIAL POSITION
AND CHANGES IN NET ASSETS FOR THE YEAR ENDED DECEMBER 31, 2020

<u>Assets</u>	<u>Net Assets</u>
Cash and Equivalents 72,023	Beginning of year 30,246
Accounts Receivable 79,490	
Equipment 1,585	End of Year.....\$153,098
<hr/>	<hr/>
Total Assets \$153,098	

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

EMBRACING CHANGE DURING COVID

Although undeniably this year has brought its share of difficulties, stress and loss, we feel the pandemic has also brought opportunities to work together, to support each other and to think creatively to meet our challenges. We knew how invaluable Healing Touch could be for cancer patients and this need remained constant, so we focused our time and energies on:

- Creating a safe way to continue providing sessions to our cancer patients
- Expanding services to Caregivers and front-line Healthcare Workers
- Committing to keep our services free for our Participants.

REMOTE SESSIONS: A SAFE AND CONVENIENT ALTERNATIVE



Prior to COVID, we always offered our Healing Touch sessions in person. As the pandemic developed, we quickly realized that ensuring the safety of our Participants and Providers would necessitate changing our treatment protocol. We had always used Remote Healing Touch; we just began offering it exclusively in order to provide the same support to our cancer patients from the safety and comfort of their own homes.

WE ARE HONORED TO SUPPORT YOU CAREGIVERS!

In our work with Cancer Patients we also see the loving Caregivers by their side. Caring for someone who is sick, taking on new responsibilities, and worrying about the future can cause extra stress and anxiety. We had always wanted to offer Healing Touch to Caregivers so when the pandemic imposed isolation, we knew there was no better time to start. Caregivers have enthusiastically received this initiative! Caregiver fatigue is real, and we are so excited to offer this new support to meet the need!





THANK YOU, HEALTHCARE WORKERS!

We know of the added stress and anxiety our Healthcare Workers face during these times, and we choose to support and uplift them! We felt a need to recognize and thank our courageous Healthcare Workers for all they do to keep us safe during the pandemic. Knowing our service would also be immensely beneficial for those on the front-line in the healthcare arena, we reached out to several local hospitals and other healthcare organizations to offer Healing Touch to their stressed and overworked staff members. The feedback has been overwhelmingly positive!

LOOKING TO THE FUTURE

CURRENT TRENDS — We see America's top hospitals like Memorial Sloan Kettering Cancer Center, Stanford Healthcare, the Mayo Clinic, the Duke University Medical Center and the Yale New Haven Hospital embracing integrative therapies like Healing Touch. Why? Because they work! Integrative care research shows it to be more effective and less expensive than standard medical care alone. We are dedicated to aligning with the trends to create opportunities for whole person care in our community.

EXPANSION OF TREATMENT SITES — We want to create more access to our services for underserved parts of our community, including Salinas and Seaside and are excited to branch out into these areas. We will do this by actively seeking additional partner locations where we can offer our free services.

RECRUITMENT OF PROVIDERS — To increase services, we need to recruit and train additional Providers. The pandemic has slowed the training process but not the enthusiasm and excitement for joining our team. As we see COVID cases decline and an easing to restrictions, we eagerly look forward to returning to our training classes and adding to our volunteer Provider family.



FROM THE DEEPEST LEVELS OF OUR HEARTS...

...We can't express enough gratitude for how you have honored our commitment by helping us support cancer patients, their caregivers and healthcare workers. Our hearts are bursting with appreciation.

♥ **Anonymous 001**

Anonymous 002

Lynn Abbott

Mendy Amaral

Nicole Asselborn

Margot and Tyler Baker

Shannon Baker

Lynn Barrow

♥ **Becky Bartee and Syndy**

Deese

Atul and Minal Barve

Margaret Skillicorn Basa

Jill Baxter and Rob Dougherty

Kiki Bill

Katherine Bird

Elizabeth Blackman

Jeanne Blamey and Rob Fram

Michaela Braveman

Annette Brehmer

Iris Brewster

Aurora Brown

Maggie Burgett

Lisa M. Griffin Burns

Bart Burrows

Marilyn and Tom Byrne

John and Nancy Cassidy

Wendy Charney

Joseph and Morgan Coffey

Robert Coffey and Marie

Griffin

Vickie Brooks Collins

Jackie and Bob Conley

Mary Connole

Kelly Crain

Tami Cumming

Sue Davis

Stephanie Dawson

♥ **Anne and Larry Day**

Diane Dobronte

Laurie McClean Elbogen

Sarah and Michael Elbogen

Caroline Elliott

Charlotte and Karl Empey

John Enns

Amanda Falk

Lisa Falkel

Molly Franklin-Vogelpohl

David Freidel

Kathryn Freschi

Susan and Tony Fuller

Mike Furutaini

Kate Galloway

Leslie Galloway

Suzette Germano

Joanne Getas

Sheila Gholson

Nikki and Jimmee Greco

Kyle Grimes

Cindy Gum

Barbara Hallacher

Leon Hallacher

Nancy Harray

Penny Harvey

Melanie Hatchett

Chris Haubert

Janie and Mickey Hayden

Elizabeth Helms

Mardi Herman

♥ **Anne Heryer**

Bridget Hildebrand

Lois Hillman

Martha Huebel

Andrea Ibessaine

Jane Jensen

Richard Jensen

Cheryl McMurphy Joseph

Dani Kazee

Natalie Killick

Ann Kohl

Carol and Bill Kohl

Mark & Peggy Kohl

Rachel Kohl

Elizabeth (Ella) Labor

Rodger Langland

Jenifer Lippincott

Darrell and Oivind Lorentzen

Marilyn Love and Ellen Roy

Suzan and Joe MacIlvaine

Devi Mahendran

Paul Malstrom

Dawn Marie

Gara Ann Martin

Marie and Steve McMurchie

Kira McNew

Susan McNew

Arlene Mead

Kristin Foss Meece

Carolyn Mendez

Alexander Miller

Ginny Miller

Anissa Morello

Marilyn Morgadinho

Mary J. Morrison

**Margaret Morton and
Robert Babbitt**

Irina Mulvey

**Heather Murphy and Jesús
Mateos**

Linda-Lee Myers

Bob and Kathy Nielsen

Terria Odom-Wolfer

♥ **Catherine and Alan Palter**

Martha Parks

Rodney and Cathleen Peck

Peninsula Woodworks

David Perry

♥ **Paula Petrosky**

Patty Powell

Gail Presswood

Anne Proctor

Doug Proctor

Steven and Diane Provo

Katy Pruitt

Rita and Tony Pruthi

Patricia Qualls

Karen Quinn

Bridget Randazzo

Laura Ravalin

Erika Ray

Amy Rheim

Chuck Rice

Tim Rieser

Gia Gentile Rocha

Diane Glomb Rogan

♥ **Anne B Rogers M.D.**

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Ruthie Rubin

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Catherine Rule

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Jon and Linda Tuck

♥ **Ginger and Jonathon Uhr**

Ruel Walker

Dara Wambach

Anna Wardlaw

Elaine Warren

Elke Wehner

♥ **Nina Weil**

Joy Weston

Jenny Wilkerson

**Maryellen and Michael
Wilson**

Barbara Woodall and Scott T.
Kragie

Bold Face Listings are Founding Donors

♥ **Sustaining Donors**



HOW CAN YOU SUPPORT OUR GOALS

Healing Partners of the Central Coast
is a nonprofit 501(c)(3) — EIN 84-3464219.

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

<https://www.healingpartnersofthecentralcoast.org> • (800) 205-8101

IN THEIR OWN WORDS...



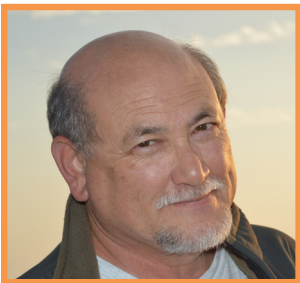
“ The Healing Partners program has been a silver lining for our cancer patients. This program has given them an outlet to help deal with the stress and anxiety of a cancer diagnosis. This weekly hour to focus on their own energy and healing has been so powerful. I have definitely noticed those in the program have less side effects to chemotherapy and more energy! ”

Dr. Nancy Rubin, Oncologist, Pacific Cancer Care



“ I can honestly say that the diagnosis of Cancer was a huge blessing in my life. Healing Partners introduced me into the world of energy healing, both as a receiver and then as a provider. That began the inward journey of self realization and transformation for me. I am forever grateful for the Healing Touch community and the light that was ignited within me! ”

Natalie Killick, Program Participant and Provider



“ As a recipient of Healing Touch, being both a patient and then a caregiver, I could not believe what a gift I received. How I felt before and after the session is hard to describe. I was skeptical that the pain and stress could be corrected by the rebalancing of the body's energy leaving me with an overall feeling of almost being normal. I am now a believer in Healing Touch. ”

Lee Wolfer, Caregiver and Program Participant



“ It was uplifting and extremely relaxing to have the experience of a Healing Touch session performed via FaceTime during Covid-19. I wasn't sure that it would work if it wasn't done in person but it was very effective via FaceTime. I would highly recommend Healing Touch to anyone who would like to experience energetic healing and relaxation. ”

Ann Bispo, RN Montage Health