LIGHTING TOMORROW...
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“Light tomorrow with today!”

– Elizabeth Barrett Browning

As Unite for HER celebrates its sixth year of serving women affected by breast cancer, we are humbled by the impact we made in uniting our community to bring support, encouragement and valuable resources to patients and families in need. It is our daily mission to spread light and hope to them during a time when their path is dark and filled with despair. However, we could not have done it without you—our loyal donors, volunteers, and friends.

Every week we receive “love notes” from the women we serve, sharing how Unite for HER has changed their lives for the better. There are stories of how we helped them heal and gave them the strength and confidence to regain control; provided hope and compassionate understanding; made valuable resources accessible in order to find their voice; and restored their quality of life. These beautiful, handwritten notes sustain us day after day, validating the mission and outreach Unite for HER has brought to the medical and wellness communities. You see, while these women express gratitude for the light we bring to make their path to wholeness bright again, it is their honesty, strength, courage and beauty that fuels that mission and gives the staff and board of directors an inner fire to improve and expand our services.

Thank you for seeing Unite for HER through all the challenges of rapid programming growth that we have encountered due to increasing demand. We are so grateful for your partnership as we work together to light today and make tomorrow better for thousands of women.

Sincerely,

Sue Weldon
Founder & President

Maia Tolsdorf
Chair of the Board of Directors

“Light tomorrow with today!”

– Elizabeth Barrett Browning
IMPROVING LIVES

The Unite for HER (UFH) mission is to bridge the gap between the medical and wellness communities by funding and delivering complementary therapies that support the physical and emotional needs of those with breast cancer during treatment and beyond. By making enhancements and refinements to the Wellness Day Program, UFH continues to grow this area of outreach while improving and building upon the patient experience. Wellness Day events are the cornerstone of the organization and in great demand among Philadelphia area hospitals. Treatment modalities provided by UFH are based on expert recommendations and scientific research in the field of complementary therapies. To read more about these findings, visit the Therapies page of the UFH website.

CONTINUING CARE—THRIVE!

UFH is committed to serving women for a full year as they heal and restore in body, mind and spirit. In 2015, this mission of care was extended beyond those initial 12 months to provide continued wellness education and emotional support. Past participants were invited to attend Thrive! a free UFH Wellness Retreat. The inaugural event served as an opportunity to reconnect with wellness day attendees and continue encouraging them on their journey of renewal. Retreat guests enjoyed healthy living workshops, interactive experiences, professional speakers, and a nutritious meal. They also received a CSA share, wellness therapy voucher, and organic product gifts. The Thrive! event will become an annual outreach event for UFH, as women have expressed a real need for help in dealing with life issues that extend several years beyond treatment.

GIVING BACK

For many UFH wellness day participants, the experience is empowering and inspires them to help other women battling breast cancer once they are back on their feet. UFH values the hundreds of volunteer hours given in love by those who have received support and services in previous years. The UFH Ambassador program is one such opportunity to contribute, and it is a vital part of our wellness day outreach. Prior to an event, ambassadors call invitees to highlight the benefits of attending, answer any questions, and share their personal story. At the wellness day, they function as group leaders who help the participants to navigate the schedule, build camaraderie, and ensure a positive experience. As UFH recipients, they are uniquely able to make an immediate and lasting connection with the women in this program.

LEADING PROGRESS

UFH was honored to further their partnership with Penn Medicine Abramson Cancer Center and collaborate on a new program designed to deliver massage therapy treatments in hospital oncology suites. Licensed and fully vetted UFH massage therapists specializing in treating women with breast cancer are providing personal care in a tranquil healing space. Early findings show that massage therapy recipients in this setting saw a 56% decrease in anxiety levels, nausea was reduced by 54%, pain decreased by 39%, and feelings of fatigue lowered by 49%. In a recent report, 100% of the 355 women surveyed would recommend massage treatments to other breast cancer patients.

UFH will continue funding this new outreach program next year and is thrilled with the encouraging results.
The idea of preventative health is not a new one to our society. Remember when your mother would say that “an apple a day keeps the doctor away”? That proverb dates back to the 1860s, but the principle is still applicable today. Eating real food is a valuable tool in establishing healthy and strong bodies that are equipped to fight disease. Good nutrition is just one of the many ways we can make strides towards enhanced wellness.

UFH has dedicated additional time and resources to educate program participants and the community about the role of healthy lifestyle choices in the prevention of disease and the promotion of wellness. They encourage proactive, not reactive, growth and change. Wellness is more than the absence of disease; it is making beneficial choices in all areas of life that advance our well-being and help realize our full potential.

Last year, Sue Weldon had the opportunity to speak to thousands of people of all ages regarding the value and impact of improved wellness. Her experience as a breast cancer patient and survivor allows her to deliver a personal and effective message to a variety of audiences with tips and recommendations that are affordable and easy to implement. UFH is investing in the lives of individuals, families, and future generations by educating the community about the importance of these wellness topics and empowering positive change.

“Grateful, amazed, thankful. Very blessed by your kindness.”

“A big thank you. Unite for HER has been a blessing for me. Cancer took my breast, but not my hope.”

“I felt so special and pampered at your recent event held at my hospital. After my most challenging year, your event felt like a ray of sunshine breaking through the clouds.”

“Thank you from the bottom of my heart for what you do! Writing this note brings tears to my eyes. I don’t know how I would have gotten through my surgery, chemo, radiation and recovery without you all!”

“Grateful, amazed, thankful. Very blessed by your kindness.”
UFH has been blessed again this year with generous donors, supporters and volunteers who help us spread light to the breast cancer community. Outreach initiatives designed to fulfill the UFH mission are made possible by dozens of local fundraising events led by caring individuals, loyal organizations, and innovative businesses. In 2014/15, contributions made from these functions increased by 300% from the previous year. Revenue from the Pink Invitational, UFH’s largest fundraising and outreach event, remained stable while plans are in place to grow the event attendance by nearly 20% in 2016. There is a full list of upcoming opportunities to engage and partner with UFH on the website, including marquee events such as Harvest, Bloom and the 5K run/walk. UFH welcomes new ideas for involving community groups and leaders who are eager to support women and families affected by breast cancer as we work together to ensure a better tomorrow.
OUTREACH HIGHLIGHTS

Students Unite for HER Program
27 schools participating

Wellness Education Talks
17,800 people

Breast Cancer Program Events
16 events

Outreach Services
$796,407

“Knowing is not enough; we must apply. Willing is not enough; we must do.”
– Johann Wolfgang von Goethe
2015 FISCAL YEAR

**2014/15 BOARD OF DIRECTORS**

Maia Tolsdorf — Chair/Executive, Finance and Development Committees
Karin Risi — Vice Chair/Executive Committee
Robert Griesemer — Treasurer/Finance Committee
Jan Nowell — Secretary
Robert Fried, MD — Member
Meghan Kelly — Member/Development Committee
Douglas Smith — Member/Finance Committee
Barbara J. Tachovsky, RN, MS, FACHE — Member/Development Committee
Chip Weldon — Member/Executive Committee

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Sue Falcone — Bookkeeper
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Gail Kelly — Business Manager
Susan Weldon — President

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Steve Pancott

“There is no greater joy nor greater reward than to make a fundamental difference in someone’s life.”

– Mary Rose McGeady
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$45,000 AND UP
Unite for Anne Event/In Memory of Anne Janiczek Nees

$25,000 AND UP
Jason & Sherri Eckhardt/Arm’s Away Golf Outing
CK Elite Sportswear
Mancino Manufacturing Co., Inc.
The Roemer Foundation

$20,000 AND UP
AJS Pancott Gymnastics NTC
Verizon
Chip & Sue Weldon/T. Rowe Price Match

$15,000 AND UP
Adler & Kelly Families
Green Tree Servicing LLC/Ditech NEGX

$10,000 AND UP
AJS Pancott Youth Board
Bayard Rustin High School
Bobbie Hillhouse
Main Line Health Systems
Northwest Designs, Inc.
Penn Medicine Abramson Cancer Center

$7,000 AND UP
Exelon Generation
Dr. Robert Fried
Louis Nees

$5,000 AND UP
Prestige Gymnastics
X-Cel Gymnastics Parent Organization
Upper Merion Dance & Gymnastics
West Chester University

$2,000 AND UP
American Gymnastics
Berks East
Cartwheels and More
Katie Cavuto
Charles F. Patton Middle School
Daughters of Penelope
E. N. Peirce Middle School
Robert & Carol Griesemer/Financial House
Gym Dandy's
J.R. Fugett Middle School
KB Gymnastics
Kidsport Gymnastics Academy
Lancaster Farm Fresh Cooperative
Owen J. Roberts High School
Pinnacle Gymnastics
Queen of Hearts
QVC, Inc.
Silvia’s Gymnastics
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Acura of Limerick
AmeriHealth Caritas
Aqua America, Inc.
Aria Health
Camp Woodward
CDMI
Chester Hill Hospital—Jefferson

$2,000 AND UP
Classic Diner
DiBiagio Family/SAP Match
Drexel Sports Medicine
William & Ann Eckerd
Eclat
Einstein Medical Center Montgomery
Erie Gymnastics-Team Lightning
John Hannifan
Heineken
Hilton Garden Inn
Home2 Suites Philadelphia
Jade Yoga Mats
King Laird P.C. Law Offices
Marriott Business Services
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PA State Board
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Phoenixville Hospital
Pinnacle Enterprises, Inc.
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RX Advance
Scott Honda
Skyline Gymnastics Team
Sovana Bistro
Steel City Blues Society
Sajid & Simin Syed
Tolsdorf Oil Lube Express
USA Gymnastics
USL
Wegmans
$1,000 AND UP
Ace Limousine
Advanced Chiropractic Wellness Centers, Inc.
Advanced Lock & Security, Inc.
All Pro Gymnastics & Cheer
All Stars Gymnastics
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College of the Holy Cross
Crown Trophy
CVS Caremark Charitable Trust
Dia Doce
Docksiders Gymnastics
Cathy Dondzila
Downingtown East High School
DSM Biomedical
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Ferguson
Forty 1 North
Free People—Center City Store
Galer Winery
Garret Valley High School
Good Shepherd Penn Partners
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Hatboro-Horsham High School
Hershey Aerials Gymnastics
Patty & Gary Holloway
The Inn at Perry Cabin
International Gymnastics Camp
Lee Janiczek
John Pancott Gymnastics
JRB Wealth Management
Katzman Family
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Todd Kushman
Lamb McErlane P.C.
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Rocky Point GMGC Booster Club
SawGrass—Florida
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Terrain
Sandra Thielz
Timothy Off Heating, AC & Plumbing
Tish Boutique
Tri-Star Gymnastics
The Wellnest
Wilson/Mazzocco Artisan Wineries
Scott Winter
Zavino

$500 AND UP

Aim High Studio
Anthropologie—Rittenhouse Square Store
APEX Gymnastics
Arcadia Gymnastics Center
Arianna’s Café
ASAP Girls Booster Club
Chanel Sheree Baxter
Kevin, Flower, Bella & Jack Beleniski
BlueGrace Logistics
Bobo’s Oat Bars
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Cherry Hill Gymnastics
Ches-Co Gymnastics
Chick-Fil-A at Lima
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Carolyn Chizmar
Coastal Classic Creations
Columbia Gymnastics
Control, Inc.
Kyle & Cameron Cotrufello
Cumberland Gymnastics
D’Ascenzo’s Gelato
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