“Individually, we are one drop. Together, we are an ocean.”

— Ryunosuke Satoro
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Together…

Like our women, our Unite for HER donors come from all walks of life, each of you with your own story. Some of you give because someone you love was touched by Unite for HER—like Vail, whose mom proudly walked the runway at Bloom this past spring. Some of you come from within the medical community and see how impactful our programs are—like Julia, a surgeon, and Linna, an oncologist. A few found Unite for HER while searching for a way to honor the nurturing spirit of a loved one taken by breast cancer—like our dear friend, Louis. And so many of you, our beloved women, give your support because Unite for HER helped you find your own path to healing. What ties us all together is our shared dedication to bringing greater wellness to breast cancer patients by funding and delivering complementary therapies including acupuncture, massage, yoga, exercise, nutrition, and counseling.

You, our incredible donors, fill our hearts with the creative ways you support our women. You bring together your friends for Gather & Give dinners, organize music concerts and skating events, host galas, golf outings, gym and studio events. You do cartwheel-a-thons (truly a sight to see!), and participate in Students Unite for HER t-shirt sales and pink games. Your heartfelt donations range from corporate partnerships to a precious envelope containing two ten dollar bills, and every one of them is cherished. You inspire us by giving countless hours of your time to support our events and create your own. You make us smile with the new and wonderful ways you find to show our women how deeply they are loved—the videos, posts, and messages of support that you share on social media create a community of caring that is healing in and of itself.

Together, we experienced another year of growth. With you by our side, we were able to partner with 14 hospitals to bring direct services to more than 1,000 women with breast cancer. With your support, we were able to respond when our women told us that they needed help to cope with their changing body, infertility and stress by adding sexual health counseling to our wellness passport. And thanks to you, we were able to be there when Lori was most vulnerable, “transforming my mind and breathing new life back into my soul.”

We are honored that you have chosen to partner with us, and we are fueled by your commitment, love, sacrifices, and strength. Together, we will continue to bring our unique approach to healing to breast cancer patients right here in the Philadelphia region, and to educate people of all ages about the importance of healthy living choices. Thank you for your generous and compassionate support, and for all your contributions to our Unite for HER family.

Sincerely,

Sue Weldon
Founder & President

Maia Tolsdorf
Chair of the Board of Directors
Together We Grow

This year was marked by tremendous success that we humbly share with our donors, volunteers, and the women we serve. It was an accumulation of many small things that, together, set us on a trajectory to achieve aggressive fundraising and outreach goals for the 2015/16 fiscal year. By working with community leaders, healthcare providers, generous partners, and compassionate volunteers, UFH grew program outreach funding by 22% and income rose by over 40%. These increases can be attributed to a greater understanding within the breast cancer community of the valuable benefits UFH services provide to women in treatment, a rise in grant awards and event proceeds, and improved administrative efficiency. To support and cultivate the growth experienced in 2015/16, UFH added two new staff positions in development and strategic planning, and three professional advisors.

We also endeavor to unite and empower communities to care for those affected by breast cancer. A wonderful example of this effort has been the Students Unite for HER program. The teams and groups that participated this year amazed us with their creativity, enthusiasm, and devotion. Together, students across the Philadelphia area donned their pink t-shirts and raised nearly $85,000 to fund UFH wellness programs, an increase of 28% over the previous year. Another outward display of growth and support came when we moved our annual 5k run/walk to West Chester, more than doubling race attendance. The photos on these pages represent just a fraction of the thousands of people who further our mission each year, and we want to thank each and every one for their individual contribution. Together, we are creating new possibilities.

“Great things are done by a series of small things brought together.”
—Vincent Van Gogh

Hospital Partners

Abington–Jefferson Health
Aria–Jefferson Health
Bryn Mawr Hospital
Chestnut Hill Hospital
Einstein Medical Center Montgomery
Lankenau Medical Center
Paoli Hospital

Penn Medicine Abramson Cancer Center
Penn Medicine Chester County Hospital
Penn Medicine Radnor
Penn Medicine Valley Forge
Pennsylvania Hospital
Phoenixville Hospital
Riddle Hospital

How We Grew

+43% income
2 staff/3 professional advisors
+28% Student Unite for HER donations
Panera Bread

“Panera Bread is humbled and honored to partner with the passionate and dedicated team at Unite for HER. Our partnership is forged in an aligned mission of nutrition, wellness and supporting the communities we serve. Sue and the Unite for HER team continues to surpass our imagination with creative partnership events and promotional support. We consistently try to put them in the spotlight to assist in educating people of their mission, but somehow Unite for HER always makes Panera shine! This organization is truly a class act!”

— Theresa Rivello, Regional Marketing Manager

Penn Medicine Chester County Hospital

“I have worked with Unite for HER for several years and they have touched hundreds of women that I have helped throughout their cancer journeys. Unite for HER provides resources, comfort, and a community to women that are going through a difficult time in ways that we would not be able to provide. I am so grateful and happy to work with such a wonderful organization.”

— Cynthia Brown, Breast Care Nurse Navigator

Acure Organics

“We are truly so proud to be a partner of Unite for HER as they offer support to women of all ages who seek to empower themselves through education and alternative therapies. Founded with similar principals and philosophies, ACURE is passionate about providing safe and effective products that steer people away from toxic chemicals and potentially harmful ingredients. The partnership is simply a natural extension of what we stand for and we are so honored to support Unite for HER.”

— Kristen Underwood, Vice President of Marketing
Together We Heal

The UFH approach to wellness is uniquely defined by its intention to care for the whole person, encompassing physical, emotional, and financial needs. Working together with our wellness partners, we consider the health and well-being of the women we serve as our highest priority. The healing modalities offered through hospital Wellness Day events and the Path to Healing Grant include acupuncture, massage therapy, yoga/meditation, exercise therapy, nutrition services, Reiki, and professional counseling. These complementary therapies have been proven to alleviate debilitating side effects such as pain, anxiety, nausea, fatigue and neuropathy, and reduce the amount of prescription drugs needed to manage them. With your support, last year we delivered this fully-funded, innovative, and proactive healing plan to nearly 1,000 women affected by breast cancer.

The participant testimonies in this report are just a few stories we are sharing on behalf of all the women who received UFH wellness services in the last 12 months. Over 99% of women who attended a Wellness Day used at least one modality to further their recovery. By giving each patient a full year to utilize $2,000 worth of treatments, we are empowering them to take control and pursue the therapies they feel will offer the greatest benefit. Women who have received a breast cancer diagnosis and medical treatment often experience challenges to their self-esteem and important relationships. To address their changing needs, we expanded the scope of professional counseling services this year to include experts in the areas of sexual health, body image, and intimacy. These additional resources have proven helpful to many women as they move into survivorship. Together, we are improving lives.

Karen’s Journey

“I am very thankful to Unite for HER for so many reasons. As a single mom of three children under the age of 10 when diagnosed, I was devastated. In my darkest days, UFH made me feel understood, appreciated and cared about. UFH provided valuable education about the illness and potential side effects, and the complementary therapies helped tremendously. I chose Reiki and acupuncture, and it made such a difference in the quality of my life.”

Wellness Programs

16 hospital events + 1,000 women served
1,786 acupuncture + 1,843 massage treatments
1,055 nutrition consultations + CSA shares
Julianna’s Hope

“What a remarkable day spent getting information on how to heal my body and soul as I struggle both mentally and physically through the early stages of my journey! Though all of the information that I received was so very much helpful and needed, I also for the first time ever had the opportunity to be around other women that were just like me. As women, as nurturers by nature, as moms, as career women—during this journey we lose a piece of ourselves and we were all there trying to find and get it back. We were taking in information in order to get control of our lives. While I stood in line, a woman came up to me and as we chatted, I found out that this was her third time in this rodeo called cancer. She had a positive way about her and her last words to me in line were, 'If I could do it, you could do it. I'll pray for you.' It sounds like the same mantra that I heard from friends, but felt different to me coming from someone that knew exactly what I was feeling. She was completely right! I will do it. I know I will.”

Jenny’s Strength

“When my twins were 7 months old, I was diagnosed with bilateral breast cancer, and it took me a year to really try to figure out how to come out of the fog that I felt like I was in with raising the twins and attending appointments for reconstruction, radiation, etc. When I applied for the Path to Healing Grant, I felt as if I could truly benefit from the therapies to help alleviate the pain I was having post-treatment and surgery. I really cannot thank Unite for HER enough for one of the GREATEST gifts that I could ever ask for... the chance to seek and find wellness in my life once again. I signed up at the YMCA and have been going to swim laps and do some light cardio. I feel good just by the mere fact that I’m getting back out there again to focus on two things that I have been truly missing—strength and endurance to make it through my day with the twins (now 4 yrs. old!). It is the first time I have worked on my wellness rather than my survival. You have given me the gift of quality of life that is difficult to explain...I am so, so grateful!”

Renee’s Assurance

“I was diagnosed with breast cancer twice in the course of 7 years, and it really threw me for a loop. I felt extremely blessed that I was invited to the Unite for HER day at Paoli Hospital, but at first I was reluctant to attend. I was sick and really didn't think hanging out with other cancer patients for the day was going to help my overall spirit. Boy, was I wrong! I was so glad that I attended because I was exposed to programs that I would not have known about otherwise. I benefited greatly from acupuncture sessions that helped get me through my 16 weeks of chemo. I also paid much closer attention to my nutrition and eating habits, and to this day I am extremely grateful for all the additional services that I had free access to as a Unite for HER participant. The Unite for HER program confirms that we ladies are in this fight together, and together, anything and everything is possible!”
Together We Transform

We are committed to bridging the gap between the medical and wellness communities for breast cancer patients in the communities we serve. While the medical community knows how to treat the cancer, the wellness community knows how to treat the woman. Through ongoing discussions with physicians, breast cancer navigators, and wellness professionals, we are seeking to close the gap by advocating for complementary therapies to be incorporated into each patient’s personal care plan. UFH envisions a future where insurance companies also recognize the critical role that these modalities play in the treatment of breast cancer so that all patients can experience more complete wellness. By working together, we can transform the landscape of breast cancer care.

UFH stands by its mission, and we are proud to serve amongst the finest physicians, hospitals, and treatment centers in the region. We will pursue two new hospital partnerships in 2016/17, allowing us to reach an additional 130 women diagnosed with breast cancer. We also plan to further invest in wellness education program development to promote learning and foster a culture of positive lifestyle choices. UFH is proud to partner with local businesses, organizations, and schools to provide presentations on the benefits of self-care, including proper nutrition, regular exercise, and limiting exposure to toxins. We are seeing a movement among people of all ages to be proactive about their health and wellness, and we intend to be a leading voice for change in the community. Together, we are shaping the future.

Penn Medicine Research Study

Last year, UFH continued working with Dr. Jun Mao and Penn Medicine Abramson Cancer Center on a study to research the effects of massage therapy treatments administered to breast cancer patients in hospital oncology suites. A recent findings report states that, “This integrative approach overcomes the patient-level barriers of cost, time, and travel, as well addressing the institutional-level barrier of space. Our study also found that oncology massage may have positive short-term reductions on symptoms and lead to increased relaxation.”

Our Goals for 2016/17

- +2 new hospital partners
- +10–15% women treated
- +20% wellness education events
## 2015/16 Fiscal Year

### Expenses

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<tr>
<th></th>
<th>2015/16</th>
<th>2014/15</th>
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<tbody>
<tr>
<td>Fundraising</td>
<td>$131,979</td>
<td>$77,899</td>
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<tr>
<td>Management &amp; General</td>
<td>51,069</td>
<td>52,101</td>
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<tr>
<td>Program Service/Outreach</td>
<td>970,397</td>
<td>796,407</td>
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<tr>
<td><strong>Total</strong></td>
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### Income

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<tr>
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<th>2014/15</th>
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<tbody>
<tr>
<td>Grants</td>
<td>$113,600</td>
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<tr>
<td>Contributions &amp; Donations</td>
<td>95,487</td>
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<td>Special Events</td>
<td>428,035</td>
<td>382,277</td>
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<td>Pink Invitational</td>
<td>607,979</td>
<td>381,104</td>
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<tr>
<td>In-kind Contributions</td>
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<tr>
<td>Interest Income</td>
<td>1,314</td>
<td>776</td>
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<tr>
<td><strong>Total</strong></td>
<td>$1,276,425</td>
<td>$889,875</td>
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### 2015/16 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
- Linna Li, MD, Member
- Douglas Smith, Member/Finance Committee
- Barbara J. Tachovsky, RN, MS, FACHE, Member/Development Committee
- Chip Weldon, Member/Executive Committee

### Advisors

- Julie Ackerman, LMT, CLT
- Thomas Burgoon, MD
- Lauren Cates, NCTMB
- Katie Cavuto, MS, RD
- Eileen S. Curry, MSN, RN, CCRN, Reiki Master, CH
- Alison Donley, E-RYT 500
- Jolene Hart, CHC, AADP
- Patricia Lachman, Reiki Master, CH
- Andrew C. Laird
- Thomas A. Lynam, III
- Danielle Messina
- Kate O’Connor, LSW
- Louise Pancott
- Steve Pancott
- Julia C. Tchou, MD, PhD

### Staff

- Susan Weldon, President
- Cameron Cotrufello, Special Events Manager
- Sue Falcone, Accounts Payable/Receiveable
- Julie Hillhouse, Communications Director
- Vail Jacoby, Development Associate
- Gail Kelly, Wellness Day Program Director

### July 1, 2015 – June 30, 2016

- **Total Income:** $1,276,425
- **Total Expenses:** $1,153,445
- **Fundraising:** $131,979
- **Contributions & Donations:** $95,487
- **In-kind Contributions:** $30,010
- **Special Events:** $428,035
- **Interest Income:** $1,314
- **Management & General:** $51,069
- **Program Service/Outreach:** $970,397
Unite for HER acknowledges the generosity of all donors who made gifts between July 1, 2015 and June 30, 2016. Space does not allow us to list all the names of those who contributed to our efforts, but we appreciate them all.

Donors

**$80,000 and up**
The Roemer Foundation

**$25,000 and up**
Acure Organics
AJ S Pancott Gymnastics NTC
Anne Janiczek Nees Fund
ARM’s Away Golf Outing — Jason & Sherri Eckhardt
GK Elite Sportswear
Gymnastics Express
Mancino Manufacturing Co., Inc.

**$20,000 and up**
Chip & Sue Weldon/T. Rowe Price

**$15,000 and up**
Adler & Kelly Families
Ditech Financial LLC
Farrell Brothers (Sovana Bistro and The Classic Diner)
In Memory of Katie Sedlak
Panera Bread
Josephine M. Rudine & Family

**$10,000 and up**
Ches-Co Gymnastics
Chester County Fund for Women & Girls
Main Line Health
Northwest Designs Ink
Penn Medicine Abramson Cancer Center
Prestige Gymnastics
Karri Risi & Sean McHale
South Shore Gymnastics Academy
Roth’s Crosspoint Gymnastics
Rothman Institute

**$7,000 and up**
AJ S Pancott Gymnastics Youth Board
Avon Grove High School
Bayard Rustin High School
Bishop Shanahan High School
Coldwell Banker Preferred Cares
Hatboro-Horsham 5K Walk—Mallozzi Sisters
Legends Gymnastics

Montgomery County Gymnastics
Peirce Middle School
Unionville High School
Upper Merion Dance & Gymnastics

**$5,000 and up**
Abington Jefferson Health
Adelphi University Softball
Altius Gymnastics, WI
Casali di Bibbiano (Teca)
Conestoga High School
Exelon Generation
The Fried Family
Raymond & Caroline Green
Gym Dandys
Gymnastic Training Center of Simsbury
Hershey Aerials Gymnastics
KidSport Gymnastics Academy
Law Offices of McDonnell & Associates
Elizabeth Moran
Louis Nees
Philadelphia Macaroni Company
Phoenixville Community Health Foundation
Play it Forward with Rebecca
Skate for Kate—Kristen Beatty
Villari, Lentz & Lynam, LLC
Whole Foods Market

**$3,000 and up**
Aberdeen Asset Management
Steve Abreu
American Gymnastics CT
Aqua Charitable Trust
B. Reed Henderson High School
Bay Aerials Gymnastics, CA
Boyd’s Department Store
Care Fund at USLI
Katie Cavuto, Healthy Bites
Einstein Medical Center Montgomery
Friends of Carol Ernst
Fuggett Middle School
Garnet Valley High School
Go for the Gold
Robert & Carol Griesemer/Financial House
J Gallagher Septic & Wastewater Control
John Hannifan Painting
Colin Kelton
Nashville Unites for HER
NYC Elite Gymnastics II
Raymond Vineyards
Scott Honda of West Chester

Jeffrey & Maureen Shapiro
Albert & Jennifer Simmons
Stetson Middle School
Strath Haven High School
Swarovski
Team Photo
Tuttle Marketing Services
West Chester University
Win-Win Gymnastics

**$2,000 and up**
422 Space Mall
ACAC Fitness & Wellness Centers
Acura of Limerick
Amani’s BYOB
Aria–Jefferson Health
Baia Restaurant
Blackfish
BMW of Devon
Bryn Mawr Dermatology
Cancer Treatment Centers of America
Parker & Mary Carroll
Casper Mattresses
Laura Chadwick
Charles F. Patton Middle School
CGI Technologies & Solutions
Cork and Cap/The Baker’s Table
The Crazy Sofa
CrossFit Apex Event
Crown Trophy
William & Ann Eckerd
Four Dogs/Marshalcon Inn
Friends of Nina Minale
The Grateful Plate
GymOlympic Sports Academy
Hamline University
Harvest Seasonal Grill & Wine Bar
Hatboro-Horsham High School
Heineken USA
The Hillhouse Family
II Granaiio/Antica
IMS Health
The Inn at Grace Winery
Jersey Shore Gymnastics Academy
John Pancott Gymnastics
Matt & Meghan Kelly
King Laird P.C.
Lancaster Farm Fresh Cooperative
Debbie Longhi
The Malvern School
Robert & Rebecca Mancino

Thomas Marano
Mid-Coast Gymnastics
Nova Care Rehabilitation Sports Medicine
Ocean Tumblers
Optimity Advisors
Penn Therapy & Fitness at Valley Forge—Good Shepherd Penn Partners
PerformRx
George Petrovas
Philadelphia Freedom Valley YMCA
VOC, Inc.
Keith Rudolf
RxAdvance
David Solomon
SpecialtyRx Consultants LLC
Terrain
Tolsdorf Oil Lube Express
USA Gymnastics
Vanguard Charitable Endowment
Wegmans
Westtown School
Woodward Camp
Zavino

**$1,000 and up**
Ace Limousine
Richard Algoo
All Pro Gymnastics & Cheer
All Star Gymnastics
American Mushroom Institute
Applecross Country Club
Stephanie Austin
Axalta Coating Systems, LLC
Josh Barrickman
Gregory & Suzanne Barton
Beneficial Bank
Bensalem Township School District
John & Nancy Boscarelli
Brinker Simpson & Co., LLC
Brown Forman
Butler Hy-Flyers
John Butts
The Capital Grille
Carolyn Grif}
Carolyn Grif
D’Ascenzo’s Gelato
Rose Marie Deffenbach
The DeLone Family
Kim & Dave DiBiaggio
James & Linda DiGiuseppe
Downingtown East High School
Eagles Home Association
Eclat Chocolate
Elliott-Lewis Convention Services
Ferguson
For Pete’s Sake Cancer Respite Foundation
Force Sports Academy
Forty 1 North
GM Rocky Point
GP Martini Roofing Company
Great Valley High School
Rosemarie & Anne Morrissey-Greco
Gary & Patricia Holloway
Horizon Services, Inc.
International Gymnastics Camp
George & Barbara Karr
Keystone Family Health Plan
LaCroix at The Rittenhouse
Lakettes Gymnastics
LaSalle College High School
Leaps-N-Bounders Gymnastics
Roy Leitstein
Manatawny Still Works
Robert & Laura Manning
Marriott Business Services
The Master’s Baker
Matthew McGovern & Julia Tchou
Taryl McKee
Medical Acupuncture of Chester County
Laura Melly
Ronald Meyer
Keith & Aix Morgan
Richard Murray & Patricia Bailey/
Merck Foundation
Nastics, Inc.
North/South
Northeast Gymnastic Academy
Octorara High School
Off Limits Gymnastics
Owen J Roberts High School
Palmaz Vineyards
Paoli Hospital Medical Staff
Penns Woods Winery
Pepperoncini
Phoenixville Foundry
Pi Delta Chi Sorority
Portabello’s of Kennett Square
Power & Grace Gymnastics
Deborah Raitton
John & Michelle Robinson
Roots Café/Sprout Music Collective
Allyson & Steve Ross
Roxborough Manayunk Lioness Club
SEI
Skyview Gymnastics
Karen Sirlin
Spirit Gymnastics
St. Norbert School
The Sunflower Stop
SUNY Oneonta
Barbara Tachovsky
Mesfin Tegenu & Nina Minale
Sandra Thielz
Timothy Off Heating, AC & Plumbing
Top Flight USAG
Tri-Star Gymnastics
University of Pittsburgh Gymnastics
Victory Brewing Company
West Chester East High School
West Chester Sport & Social Club
West Chester University Gymnastics
Wilson Artisan Wineries
X-Cel Gymnastics

$500 and up
9 Round Limerick Kick Event
Acro Pharmaceutical
Action Gymnastics
Aerials Gymnastics/The Start Foundation
APEX Gymnastics
Arcadia Gymnastics Center
Brett Aurand/Microsoft
Berlin Gymnastics Club
Bimbo Bakeries USA, Inc.
Beverly Breeding
Bright Stars Gymnastics
Bucks Gymnastics II
McKenzie Burkhardt
Burlap and Bean
Cape Coddr’s Against Cancer
Carouge Family Foundation
Natalie Caruso
Colorful Remedies LLC
Cooper University Health Care
Disney
Dom Camera & Company LLC
Columbia Gymnastics
Cumberland Gymnastics
EGS Gymnastics
John & Julie Eicker
Energy Gymnastics
Epic Gymnastics
Chris Erickson
Patrick Fleming
Flips Gymnastics
Global Impact
Gold Star Gymnastics
Greek Orthodox Ladies Philoptochos
Mimi Greenly
Harford Gymnastics
Hatboro Twisters
Michael J. Hazley, Inc.
Healing Concepts, LLC
Heron Home Health Care
High Performance Gymnastics
High Performance Tennis Academy
Hills Gymnastics
Immaculata University
In Memory of Eleanor Cotrufello
Jaco Juice & Taco, LLC
Theodore Jakubowski
Jewarts Gymnastics New Hope Foundation
Kaplan Fine Jewelry
Julie Keef
Alexandra Kelly
Julia Kennedy & Eugene Gordon
Keystone Foam Corporation
Kippettes Gymnastics
KMC Gymnastics
Kraf Management Company, Inc.
Karl Lamberth
Leslie Lavino
Leardi Family Dentistry
Ledson Hotel and Winery
Lee Levine
The Light Within Yoga Studio
The Lodge at Woodloch
Magee-Women’s Hospital of UPMC
MapR Technologies, Inc.
Maryland Gymnastics
Merion Golf Country Club
Robert A. Meyer
Mionetto
Thomas & Michele Murtaugh
Brendan Newman
Nittany Gymnastics Academy

Jim & Dinae Norris
The O’Connor Group
Ocean State School of Gymnastics
Octorora Elementary School
Omni Hotel Philadelphia
Mary Ann Olson
Oral & Maxillofacial Surgery Associates
Stephen & Louise Pancott
Papa Smith’s Limoncello
Paragon Gymnastics
Kalpana Patankar, MD
V. Erik Petersen, Esq.
Phoenix Rehabilitation & Health Services
PowerBeads by Jen
Pro-Signs
Raymond & Flanagan
Regus Fundraiser
Renaissance Gymnastics Academy
ReportSee
Kristin Risi
Rosemary Romett
Saint Francis Foundation
Concetta Schultz
Linda Simmons
Brian Slater
SmallGirl Development Inc.
Doug Smith
Danya Speller
Street Food Philadelphia
Team Lightning
Tia Tedder
Temple University Gymnastics Team
Kathy Tiritilli
Christopher & Maia Tolsdorf
Top Gun Gymnastics
Transformative Therapy
Ultimate Gymnastics
Hans & Mary van den Berg-Wolf
Vare Gymnastics
Tammy Virmi
Walsh Accounting Solutions
Berry Weiss
Julianne White
Women’s Power Networking
WSFS Bank
YMCA of Greater Brandywine
Yoder & Armstrong, Inc.
Alone we can do so little; together we can do so much."

— Helen Keller