

# Annual Report

2024-2025

Improving the  
Quality of Life &  
Outcomes of Those  
Living with Cancer.

  
InspireHealth  
Supportive Cancer Care



**"InspireHealth** has been a constant source of support, giving me tools, compassion, and connection during a time when I needed it most." - Isha



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# Chair & CEO Message

As we reflect on the past year, we are filled with gratitude and hope.

Gratitude for the dedication of our donors, sponsors, volunteers, staff, and clinicians whose generosity and commitment fuel our mission. Hope for the thousands of cancer patients and their loved ones who have found connection, knowledge, and strength through InspireHealth's programs and services.

This was a year of growth, innovation and community impact. We expanded our programming in exercise, nutrition and self-care with more offerings in-person at our Centres. At the heart of these programs lies compassion and empowerment, guiding individuals with the skills and tools they need to live as fully as possible.

We ran our signature two-day LIFE Program in Vancouver, Victoria, Kelowna and Kamloops. The LIFE Program provides patients and their loved ones with the essential foundations of health and well-being during cancer — from nutrition and exercise to sleep, stress management, and emotional support. Participants describe the LIFE Program as 'life-changing'.

We continued to expand our services throughout the province. In Kamloops, we deepened our partnerships with the Kamloops Cancer Supportive Care Society, the Royal Inland Hospital Foundation, local healthcare leaders and community organizations. Guided by these strong relationships, we are preparing to open an InspireHealth Centre in Kamloops, a significant milestone toward our vision of providing enhanced access to comprehensive supportive cancer care throughout British Columbia

We were proud to honour Dr. Simon Sutcliffe with the Outstanding Impact Award for his visionary leadership in supportive cancer care. His contributions as an oncologist, cancer care leader, and advisor over the years have provided invaluable counsel and support to our Board and staff.

# Chair & CEO Message

We are grateful for the dedicated service of our Past Chair, Faye Wightmann and for our newest Board member, Vanessa Gauthier. To our entire Board, we extend heartfelt thanks for your guidance and commitment to InspireHealth's growth and sustainability.

Once again, the community enthusiastically and generously participated in our signature events. A Night to Inspire Gala and Rain Walk raised vital funds and awareness for our programs. Special thanks to our Gala Co-Chairs, Nancy Mortifee and Carmen Batista, for their exceptional leadership and tireless dedication in making the gala a resounding success. Together with continued support from the Ministry of Health, these fundraising efforts ensure our services remain free of charge and accessible for patients and their families.

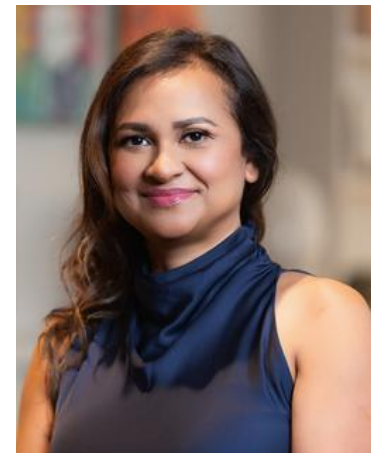
InspireHealth remains the only community-based organization in BC offering free, comprehensive supportive cancer care for patients with any type and stage of cancer from the moment of diagnosis, through treatment and beyond. Our mission has never been more important: to enhance the quality of life and outcomes of patients by supporting both their mind and body.

With your support, we will continue to expand our reach, strengthen our partnerships, and bring hope and healing to even more individuals across the province and beyond.

Thank you!



**Debora Crombie**  
**Board Chair**



**Loveena Chera**  
**CEO**

## Our Mission

We empower those affected by cancer by providing comprehensive support for the mind and body to enhance quality of life and well-being.

## Our Vision

Improving the life of every cancer patient through transformative health care that supports physical, mental and social well-being.

## Our Values

- We put the patient at our centre
- We value the connection between the mind, body and spirit
- We are hopeful and compassionate
- We embrace collaboration and inclusivity
- We are guided by evidence and wisdom



*92% of patients see high value in the services they receive from InspireHealth.*

# Our True North

## **InspireHealth enhances the quality of life of those living with cancer.**

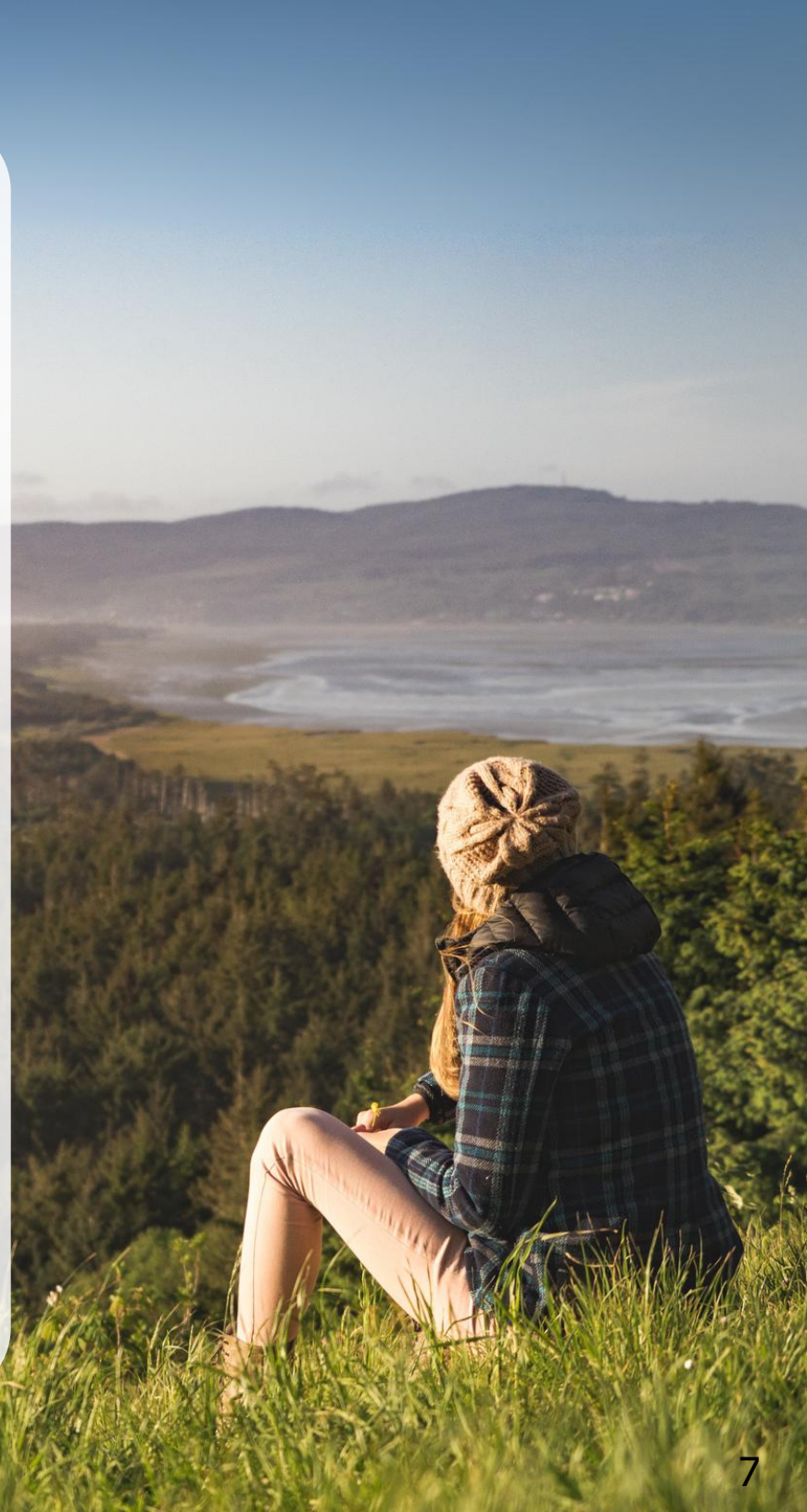
With compassion we focus on a patient's physical, emotional, and spiritual health by providing evidence-informed, person-centred care where the patient plays an active role in their care plan. Our clinical team provides integrative supportive care guided by the patient's values, priorities, and goals. We support patient choice and empowerment and promote self-care through knowledge and skills-building.

We believe in health equity, social justice, and non-discrimination, and provide supportive care services throughout a patient's cancer journey regardless of demographic, socio-economic status, gender, ability, or origin.

We recognise the value of immediate, peer, and broader community relationships in a patient's recovery and provide support for those who care for the cancer patient.

Through collaboration and a shared purpose, we work with other healthcare providers and organizations to identify and fill gaps in a patient's cancer treatment and add value to the health system whereby patients benefit from 'the whole' rather than 'the parts'.

We provide leadership to broaden understanding of the benefits of supportive cancer care.





## Our priorities this year included:



Reach and serve those affected by cancer.



Provide timely and relevant programs & services.



Establish growth partnerships.



Demonstrate our impact.



Maintain financial stability.

# 2024-2025 Impact at a Glance

## Patient Growth

# 16%

increase in overall number of patients over the previous year, demonstrating the continued growth in demand for InspireHealth's services.

## Patients Seen Monthly

# 10%

increase in number of patients seen per month, highlighting growing patient need for our services. We saw an average of 832 patients per month.

## High-Level Engagement

# 45,000+

total patient and caregiver visits, a 7% annual increase, reflecting InspireHealth's commitment to supporting our community in a comprehensive way.

## Patients & Caregivers

# 3,239

patients and their loved ones were seen ensuring that families affected by cancer received the support they needed.

## Patient Trust

# 9 in 10

InspireHealth patients are highly likely to recommend our services to others, emphasizing the positive impact the organization has on patients' lives.

## Funding Success

Through dedicated efforts, we finished the year with revenue of

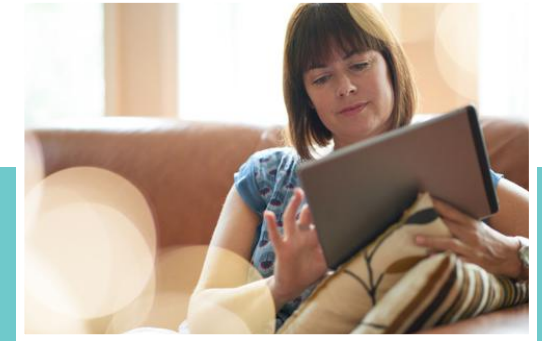
# \$3.25 M

a testament to the trust and support of our donors and partners who share our vision.

# Patient Demographics

Cancer incidence in BC is growing with over 34,000 new cancer diagnoses every year. This can be attributed to the increase in population and our aging population.

We are also seeing an increase in diagnoses in younger adults. In addition, approximately two-thirds of British Columbians diagnosed are now surviving five years or more, increasing the need for comprehensive survivorship support to improve outcomes and prevent cancer recurrence.



We support patients with **any type and stage of cancer, from the moment of diagnosis, through treatment, and beyond.** All programs and services are **free.**

**66%**

of our patients are aged 55 or older.

**59**

is the average age of our patients and we see patients across all adult age groups.

**60%**

of our patients are in Stage 1 or 2, however we see patients with all stages of cancer.

**Breast, Prostate, Colorectal & Lung**

are the most common cancers seen by our clinical team.

# Transforming Lives Across Our Communities

InspireHealth provides essential support for patients and their loved ones through our programs and services that are delivered in-person in Vancouver, Victoria, and Kelowna, through community outreach in Kamloops, and virtually across the province and beyond.



InspireHealth is supporting patients in over

**200**

communities across BC and beyond.



**59%**

59% of InspireHealth patients reside outside of our city centres in Vancouver, Victoria, and Kelowna.



**29%**

29% of InspireHealth patients currently live more than 40km outside of our city centres in Vancouver, Victoria, and Kelowna

Our patients' regional distribution closely represents the province's population distribution.

# Supporting Underserved Communities

Our centralized hybrid model of care allows us to remove both geographic and financial barriers to access, **bringing essential supportive care services to rural & remote communities and vulnerable populations** in all corners of the province.

## Kamloops

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We offered our quarterly in-person 2-day LIFE Program alongside all virtual programs and services, supporting 140 people affected by cancer with over 1,900 one-on-one appointments and classes.

Our leadership team presented at conferences, connected with local health and community leaders, and explored new centre locations. We continued to collaborate with key community partners including the Kamloops Cancer Supportive Care Society, Royal Inland Hospital Foundation, Royal Inland Hospital Cancer Clinic, Thompson Region Division of Family Practice, Thompson Rivers University, and the Le7 te Melamen Health Society.

Guided by these strong relationships and growing community need, we are working toward opening an InspireHealth Centre in Kamloops in the year ahead to bring more comprehensive in-person services to the region.



## Rural & Remote

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We provide essential support and navigation for patients through our hybrid model of care, removing both geographic and financial barriers to access and bringing much needed supportive care services to rural & remote communities and vulnerable populations in all corners of the province.

## Other Underserved Communities

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We continue to collaborate with other communities to assess the need for expansion of InspireHealth supportive cancer care services.



# Marni's Story

Marni, a mom, wife, and social worker, had always led an active life. But in November 2023, a rare stage 3 breast cancer diagnosis changed everything. Her days became a blur of medical tests, procedures, and treatment, leaving her feeling isolated, overwhelmed, and scared.

A childhood friend, a physician, introduced her to InspireHealth, and she immediately signed up. Through virtual educational and supportive sessions, she found connection, insight, and community.

She also met one-on-one with InspireHealth's team including registered dietitians, clinical counsellors, clinical exercise therapists, and supportive care physicians—and joined multi-session programs that provided ongoing guidance, helping her feel more supported and informed throughout her cancer journey.

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**"InspireHealth has given me support, hope, knowledge, connection, strength, acceptance, and much-needed structure and purpose in ways I never could have imagined. Their impact on my cancer journey is profound, and I will always be grateful."**



# Comprehensive Programs & Services

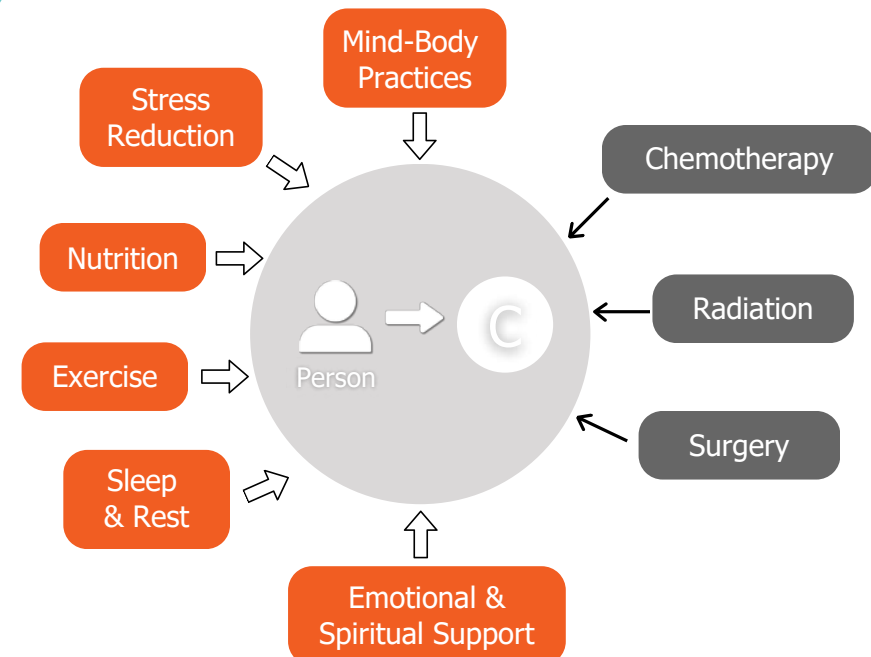
Research shows that supportive care, such as exercise & nutritional therapy, counselling & mental health services, and a community of support, improve cancer outcomes.

Our team is comprised of supportive care **physicians, counsellors, dietitians** and **exercise therapists** along with **guest experts** and **experienced facilitators**.

Together, they provided individualized and group support through our virtual platform, and in-person through our Vancouver, Victoria, and Kelowna centres and outreach in communities such as Kamloops.

## Support for every stage of the cancer journey, including:

- Stress and mental health counselling
- Managing treatment side-effects
- Nutrition support
- Exercise therapy for better recovery
- Improving sleep and energy
- Managing work, life, and relationships



# Classes & Workshops



## Exercise & Movement Classes

From Strength & Stretch to Qigong, yoga, and walking groups, our programs are designed to support strength and mobility needs during and after treatment.

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## Nutrition & Cooking Workshops

Our weekly workshops and cooking demos support patients and their loved ones with practical nutrition guidance, connection, and inspiration.

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## Mind & Spirit Sessions

Inspired Conversations workshops and mindfulness practices, such as guided and gratitude meditation, support patients' mental and emotional well-being.

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## Cancer Education Programs

Our educational sessions cover important topics in cancer care such as lymphedema, sexual health, post-surgery rehabilitation and more.

**1,300**

classes and workshops offered over the year.

**40,000**

class and group interactions supporting patients and their loved ones

**5,600**

1:1 Patient appointments with our team of counsellors, exercise therapists, dietitians and physicians.

# New Exercise Education Sessions

## Exercise & Lymphatic Health

Explores the lymphatic system and reviews the current research on the role of exercise in promoting lymphatic health and its use in lymphedema management.

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## Exercise Foundations

Provides information on the foundations of exercise programming including exploring the benefits of exercise, training principles, exercise guidelines, and creating your own weekly exercise plan.

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## Fatigue Management

Discusses managing fatigue during and after cancer treatment, exploring different considerations when getting active while struggling with fatigue as well as ways to track and monitor fatigue to help take control of energy again.



In 2024-2025, we offered the BRCA Support BC education series for a second year and reintroduced Luk Tung Kuan to meet ongoing demand.

## BRCA Education Programs

InspireHealth in collaboration with BRCAinBC, BC Cancer, and other experts presented a series of education sessions for patients to learn about topics related to genetics and cancer.

## Luk Tung Kuan (LTK)

This in-person exercise class at the Vancouver Centre has provided patients with a new and accessible way to gently maintain physical activity, promoting both physical and mental well-being.



## InspireHealth LIFE Program

InspireHealth's signature comprehensive 2-day LIFE Program was offered in three centres, and Kamloops. The Program provides patients and their loved ones with the essential foundations of health and well-being during cancer.

Participants learn about stress reduction, sleep management, self-care, nutrition, exercise & movement, lymphatic and immune system support, and healthy communication.

*“9/10 LIFE Program participants showed an exceptional ‘likelihood to recommend’ the program.”*

## Multi-Week Programs

### Functional Movement

This new 4-class series in Vancouver, teaches safe techniques for everyday movements to support joint health and prevent injury. Originally offered on Fridays, a second Tuesday option was added due to high demand.

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### LIFE Beyond Cancer

This 4-week program explores how to live well after cancer treatment, providing skills-building, managing fear of recurrence, reducing stress, and opportunities to connect with others.

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### MBSR Program

We continued offering this essential 8-week program to provide patients with practical tools to reduce stress, improve mood and increase their sense of empowerment.

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### Stronger Together

This new 6-week series, helps patients new to exercise, returning, or navigating movement considerations, build strength and confidence through tailored exercises, education, and goal-setting.



## Ann's Story

"About 20 years ago, I was diagnosed with breast cancer. Since my initial diagnosis, I've undergone a dozen surgeries, chemotherapy and radiation, and years of hormone therapies. Seven years ago, I received another life-altering diagnosis: incurable, metastatic cancer, this time in my bones.

The treatments often felt worse than the disease itself, and I was never offered support for dealing with the side effects or the emotional and physical toll.

Then, I found InspireHealth. Despite living as a cancer patient for 20 years, I was blown away by the depth and breadth of the program. **The evidence-based support InspireHealth provides—counselling, nutritional guidance, exercise programs—has given me tools to manage my life with cancer in ways I never imagined possible.** It wasn't just about treating the disease but about addressing every aspect of my well-being.

InspireHealth helped me realize that while cancer is a part of my reality, I can still take charge of how I approach it, and for that I'm grateful."

# Partnerships & Collaborations

Deepening healthcare and community relationships and expanding our impact.



## Strengthening Partnerships in the Cancer Care Space

InspireHealth collaborates with **BC Cancer, Canadian Cancer Society**, Regional Health Authorities, and healthcare organizations to identify gaps in care, enhance patient support, and improve quality of life and outcomes.

By fostering strong partnerships, we strengthen the broader health system, support innovation, and ensure patients receive timely, relevant care throughout their cancer journey.



## Enhancing Community Outreach & Engagement

InspireHealth continues to grow its reach and visibility through educational sessions, presence at major healthcare conferences like the St. Paul's Hospital CME Conference in Vancouver, and participation in fundraising and community events.

These efforts help increase awareness of InspireHealth and the benefits of supportive cancer care so more cancer patients and their loved ones can receive the support they need.



## Supporting Research & Evidence-based care

InspireHealth supports a range of research initiatives, such as BE-FIT, Anew, and Yoga for Young Adults—helping to ensure an evidence-informed approach to supportive cancer care.

Our clinicians provide subject matter expertise to research initiatives and collaborate with academic and healthcare partners to translate evidence into practice.

## **96% of healthcare providers are likely to recommend InspireHealth to others.**

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“My patients describe feeling a sense of empowerment from the support provided by InspireHealth, and they come away with increased knowledge about what they can control and how they can better manage through cancer.

**When patients can get nutritional, physical and mental health support through InspireHealth, it has a significant positive impact on their overall wellbeing.**

When patients have this knowledge and support in place, it allows for a more engaged discussion in my clinic. I can focus on their surgical management of their disease knowing they are getting comprehensive supportive care through InspireHealth.”

*- Dr. Michael Metcalfe, Urologist, Vancouver Island*

# Community Highlights



## Heroes Among Us

We recognize the exceptional dedication and contributions of our donors, volunteers and staff. Their commitment, compassion, generosity, and consistent support have been instrumental in advancing our mission and making a profound impact on our community.



InspireHealth's annual Rain Walk brought together the community to raise funds for programs and services that support the health, well-being, and quality of life of those affected by cancer. Events were held in Vancouver, Victoria, Kelowna, and virtually.

**With 323 participants, 1,029 generous donors, and an overwhelming outpouring of support, we raised \$110,000 to fund life-changing initiatives, including a \$10,000 matching gift provided by Linda Harrison and Konrad Mauch of the Cedar Spirit Charitable Fund.**



## A Night to Inspire Gala

On October 24<sup>th</sup>, 2024, A Night to Inspire brought together over 300 supporters for a magical evening at the Fairmont Pacific Rim Hotel. Hosted by CTV's Mi-Jung Lee and the legendary Fred Lee, the event overflowed with excitement, inspiration, and generosity. Attendees were treated to touching patient stories, insightful speeches from distinguished supporters, and uplifting music.

**The Gala raised \$750,000, plus a pledge of \$1,000,000 for a Kamloops expansion,** allowing us to continue providing FREE, comprehensive programs and services that make a significant and positive impact in the lives of cancer patients and their loved ones.





# 2024 Outstanding Impact Award

## Dr. Simon Sutcliffe

With a rich background as a clinical oncologist and leadership roles at major health institutions, Dr. Sutcliffe has been a pivotal force in advancing supportive cancer care. His visionary leadership and dedication in holistic approaches continues to inspire healthcare practitioners and uplift those navigating their cancer journeys.

Dr. Sutcliffe's commitment to InspireHealth is exemplified by his longstanding support for many key campaigns. As a current advisor to the organization, he has participated as a speaker at the A Night to Inspire Gala for several years, where he imparts his expertise to raise awareness of the organization's invaluable services and foster community support.

His leadership cultivates a standard of excellence, while his generosity inspires all of us to aspire for greater contributions. Thank you, Dr. Simon, for the remarkable influence you have made on InspireHealth and the many lives touched by cancer.

# Campaigns & Partner-Led Fundraisers

## Seasonal Matching Campaigns

With the help of generous matching donors, we ran two successful campaigns that inspired giving and raised \$140,000 to keep our vital programs free and accessible.

Our Spring Campaign showcased the impactful work we do using the stories of patient and supporter ambassadors.

Our Winter Campaign included a generous matching gift in honour of Yvonne Wong

### **Better Not Bitter Summit 2024**

Bringing together a diverse community of leaders, entrepreneurs, advocates, and change-seekers, this powerful event was designed to inspire and empower individuals to turn challenges into opportunities for growth and change. The summit helped raise funds for InspireHealth.

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### **CHAINS ADDICTION Fundraiser**

Joe Bhango, CHAINS ADDICTION, and The Home Foundation hosted a sold-out tribute band performance, raising funds for InspireHealth, with the Home Foundation generously matching every dollar, doubling the impact

### **LUMP Foundation**

Through our partnership with the LUMP Foundation, 100% of pillow sales support InspireHealth. The LUMP pillow symbolizes courage, connection, and resilience.





# Leaving a Legacy

**Yvonne approached life with an infectious positivity that drew people in and left a lasting impact. Her smile, warmth, and determination were constants, even after her cancer diagnosis.**

**Yvonne's love for music, adventure, and culture shaped her life. She mastered violin and piano, explored Europe and Southeast Asia, and found joy in nature. But, above all, her children meant the most to her.**

**When Yvonne was diagnosed with Leiomyosarcoma, she sought support from InspireHealth. Although her family and friends were always by her side, she longed for connections with others who truly understood the emotional and physical challenges of a cancer diagnosis.**

**At InspireHealth, Yvonne found a compassionate community that gave her a space where she felt not only listened to, but understood. She developed close friendships through InspireHealth's exercise and nutrition classes, which gave her a stronger sense of community and strength during her cancer journey. The yoga and meditation classes offered her moments of calm amidst the chaos of treatment.**

**For Yvonne and her family, InspireHealth offered far more than just programs—it provided hope, connection, and a sanctuary of understanding.**

# InspireHealth Recognition

## Government House Reception in Honour of InspireHealth

In July, Her Honour the Honourable Janet Austin, Lieutenant Governor of British Columbia, hosted a reception at Government House to recognize InspireHealth's work in supportive cancer care.

The event welcomed 40 guests and featured remarks from Her Honour, InspireHealth's Chair and CEO, and Patient Ambassador Vanessa Gauthier. Guests had the opportunity to learn more about InspireHealth's impact and connect with fellow supporters committed to enhancing care for those affected by cancer



## 2024 Drishti Awards

InspireHealth was recognized for our contributions to health and wellness with the Indian Network Society Award at the Drishti Awards Gala. This award celebrates our unwavering dedication to supporting cancer patients and their families through compassionate, integrative care.



# Donor Appreciation

## Donor Appreciation Reception – Kelowna

In May, we hosted a small, meaningful reception including remarks from our CEO and a patient ambassador, who shared personal stories and highlighted the impact of InspireHealth's work. We are continuing to connect with attendees and expand our reach in the community.

## Pre-Gala VIP Event – Vancouver

In September, InspireHealth welcomed 100 guests to our donor appreciation event in Vancouver. Guests enjoyed an exclusive preview of our silent auction, and the event raised approximately \$20,000 in early donations and bids, helping to set the stage for a successful Gala.

# Financial Summary

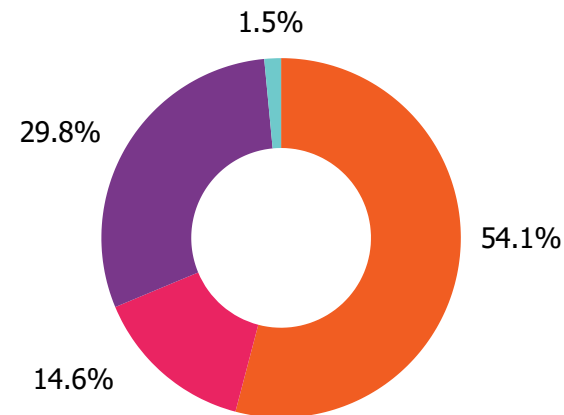
**Total revenue for the year was \$3.25M** with provincial government funding remaining consistent at \$1.76M, or 54.1% of total revenue. The remainder came from fundraised dollars with the most notable amount coming from our gala.



## Our Revenue

Through the support of donors and supporters, we achieved \$3.25 million, driven by the following channels:

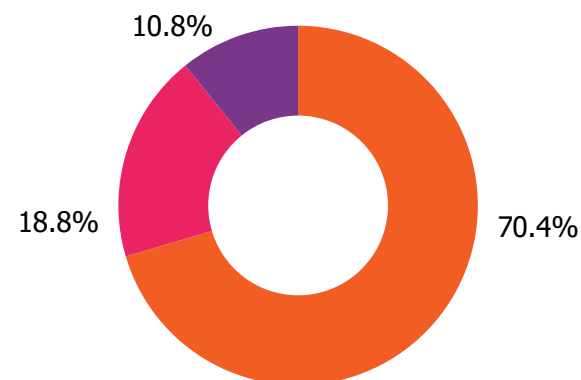
● Government Grants	\$1.761M
● Fundraising Events	\$0.970M
● Individual Donations	\$0.476M
● Investments & Other	\$0.049M



## Our Expenses

The \$3.42M in expenses was directed as follows:

● Our Mission	\$2.410M
● Fundraising	\$0.642M
● Admin	\$0.369M



# Celebrating Our Partners

Your unwavering support and dedication drives our mission forward, making a significant impact on the lives of those we serve.



**The Ritz Family  
Foundation**



Thank you to the  
Province of BC for their  
longstanding support of  
our programs.



# Thank You to Our Donors

**Your generosity makes the difference.**

Our sincerest thanks to the many generous donors who have supported us with \$1,000 or more in 2024-25.

Air North  
Alisa Kort  
Anna Nyarady  
Annar Managalji  
Anne Lee  
Anne Wolrige  
Anne-Marie Dekker  
Annika Ruberg  
Anoush Parsartip  
Anson Wong  
Anthony Salituro  
Arbutus Furniture & Closets  
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Canadian Online Giving Foundation  
Carmen Batista  
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Carolyn D Anglin  
Cavalier Jewelry  
Chains Addiction  
Charitable Impact Foundation  
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D2D Foundation  
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Fei Wong  
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Four Seasons Resort & Residences Whistler  
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Gift Funds Canada  
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Stuart Peacock  
Sundance Guest Ranch  
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The Ritz Family Foundation  
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Trail Appliances  
Vancouver Foundation  
Vanessa Gauthier  
Wickaninnish Inn  
William Roberts  
William Shearer  
Yvette Bell  
Yvette Gagnon  
ZLC Foundation

# Board of Directors 2024-25

Thank you to our talented Board for your dedication & commitment to InspireHealth.

**Debora Crombie**

Board Chair



**Dr. Stuart Peacock**

Vice Chair

**Eduarda McWhirter**

Treasurer



**Gail McBride**

Secretary

**Ted Bruce**

**Barb Estey**

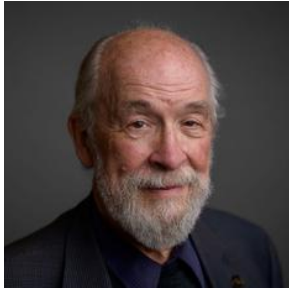
**Dr. Arun Garg**

**Vanessa Gauthier**

**Charles Hotel**

**Jenny Li**

**Dr. Robert Woollard**





**Charitable Registration Number: 108 103 920 RR0001**

**Vancouver**

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**Victoria**

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