



2024 - 2025 ANNUAL REPORT



WICWC.ORG

WEST ISLAND CANCER WELLNESS CENTRE
CENTRE DE BIEN-ÊTRE DE L'OUEST-DE-L'ÎLE
POUR PERSONNES ATTEINTES DE CANCER

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About the WICWC

The West Island Cancer Wellness Centre (WICWC) is a registered charity dedicated to offering compassionate care and support to anyone experiencing cancer, either having it themselves or supporting someone with cancer. Our mission is to address the multifaceted needs of those living with cancer, encompassing the emotional, physical, spiritual, social, informational, practical, and systemic needs, collectively known as the 7 pillars of wellness.

Our programs and services are offered free of charge to our participants as a result of our fundraising efforts, and they aim to complement traditional medical approaches. Through our wellness programs, participants receive personalized support, acquire coping strategies, discover additional alternatives, and gain a deeper understanding of their specific condition. Our goal is to empower them to regain control of their lives, reduce isolation, and nurture hope, regardless of their disease's stage.



A Word from our Executive Director

Debbie Magwood, M.Ed., OPQ

Dear Friends, Supporters, and Members of the West Island Cancer Wellness Centre Community,

Reflecting on this past year, we were met with many challenges, but faced them with grace, dignity and perseverance. The West Island Cancer Wellness Centre stands as a beacon of hope, resilience, and unwavering support for those navigating the challenges of living with cancer.

This year has been a testament to the power of ingenuity as we had to pivot and find more effective and productive ways to fulfil our purpose. We have expanded our programs, automated and streamlined processes, all in the ultimate goal of maintaining a gold standard of care.

Every success we celebrate directly results from the dedication and generosity of our staff, volunteers, donors, and supporters. Your contributions have allowed us to provide whole-person Cancer Wellness care that addresses our members' physical, emotional, spiritual, systemic, informational, social, and practical needs. You have allowed us to offer a sanctuary where healing and hope flourish.

To our donors and volunteers, thank you! Your contribution fuels and inspires us. Without you, we could NOT do what we do.

To our participants and their families, you are the heart of our mission. Your strength, courage, and perseverance inspire us daily. Your stories of hope drive us to improve and innovate our services continually. We are committed to you and vow to continue fostering a community where every individual affected by cancer feels supported, valued, and empowered.

Thank you for being an integral part of our mission. Together, we are creating a brighter, more hopeful future for all those living with cancer.

With deepest appreciation and warmest regards,

Wellness Team

Staff

Debbie Magwood, M.Ed., OPQ
WICWC Founder & Executive Director

Alyssa Bracken
Marketing & Communications
Coordinator

Sandy Fitzpatrick, RN
Participant Care Coordinator

Tanya Forward
Development Assistant

Nadia Gerges
Programming Coordinator

Michelina Perrotta, CPA
Finance Coordinator

Melanie Richter, MBA, CFRE
Director of Fund Development

Amanda van Rootselaar
Receptionist/Program Assistant

Julie Szalai
Participant Relations Coordinator

Stacey Waks, MA, CCC
Support and Outreach Coordinator

Alisson Weiss
Events Coordinator



Board of Directors

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WICWC Founder & Executive Director

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Scotiabank
District Vice President, Montreal West

Alanna Roszkowski, Director

DLC, Chief Operating Officer

Fauzia Sikender, Director

Manager Placements, Awards, Events/Senior Manager Corporate Talent Air Canada

Laurie Traylen, Director

The Study, Director of Athletics (Retired)

Tony Zinno, Director

Zinno Zappitelli Architects, Architect

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Founder & Executive Director, WICWC

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Hematologist/Oncologist Lakeshore General Hospital

Lucy Gilbert, MD

Professor, Oncology; Obstetrics & Gynecology, McGill University Health Centre

Debbie Loyer, MDCM, FRCP

Pediatrician, Montreal Children's Hospital

Nada Nasreddine, CDE

Owner, Pharmaprix Beaconsfield & Kirkland

Marco Vernacchia

Pharmacist-Owner, Pharmaprix, Pointe Claire

Volunteers

Our amazing volunteers continue to be the heart of everything we do. We sincerely thank those who generously share their time and talents to support individuals living with cancer. Your commitment truly makes a difference. Thank you for being an integral part of our community and helping us make a lasting impact.



Reception Support

Celine Audet

Barbara Luthi

Anika Kumar

Jennifer Byrns

Linda vanBoncoeur

Vydeki Sandralingam

Marie-Andrée Crepeau

Eileen Holden

Olga Novikov

Kim Denver

Devki Vaida

Johanne Pelletier

Wellness Administrators

Megan Hayes

Jennifer Byrns

Jocelyn Sklivas

Carolyn Cunnison

Susan Phillips

Wellness Guides

Tanya Brasseur

Kayla Durante

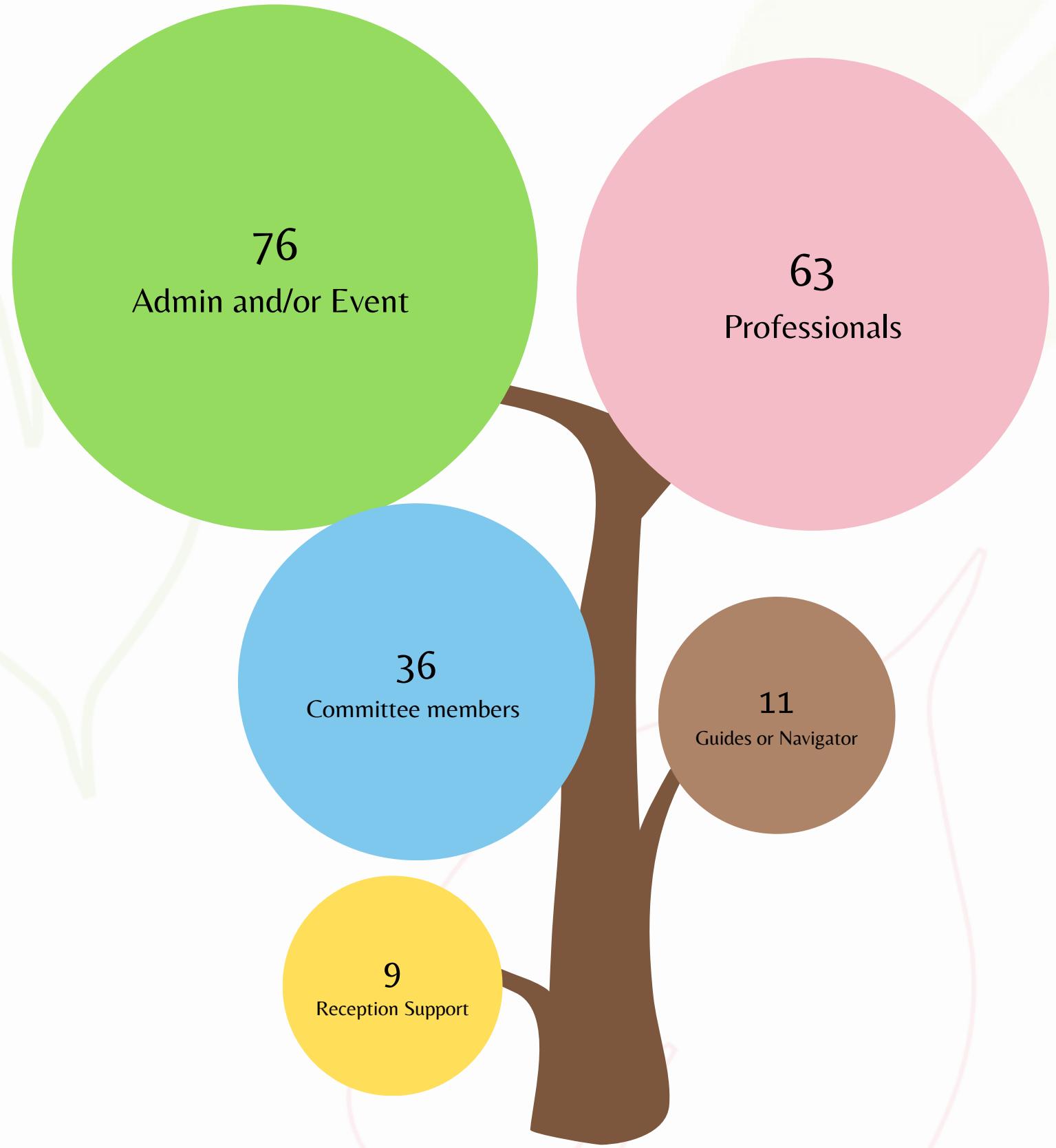
Kathy Kovacs

Sylvia Papazian

Helen Seremetis

Liane Laberge

Volunteers



Wellness Professionals

We express profound appreciation to our volunteer professionals who dedicate their time and expertise to help our participants live well with cancer.

Talya Abran-Bromley
Christian Aubert
Monique Arseneault
Stefania Arrizza
Sylvie Bisson
Leonora Bassrei
Jena Bertagnolli
Susan Byrne
Susane Cintra Borja
Michelle Champagne
Sarah Charles
Patria Cesta-
Papathanasopoulos
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Karyn D'Amour
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Nevine Elchibini
Jasmine Ellemo
Debbie Esplin
Maria Esposito
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Giuliana Giannini

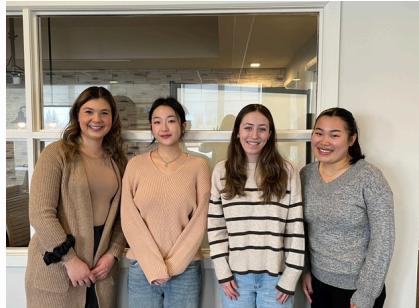
D Cheryl Harrel
Shelley Hall
Michel Harpin
Maryse Hudon
Karen Jesseau
Matteo Iacobelli
Laura Kestenberg
Dave Lewis
Paola Lebrun
Brigitte Levesque
Jo-Lynn Matar
Daphne McGuire
Cathy McGuire
Danielle Monton
Olga Munari
Susan Murphy
Kenzie Nickerson
Jaden Obisanya
Erin O'Loughlin
Gina Patricco
Lesley Pasquin
Joanne Pasquin
Ingrid Power

Raha Ramanarivo
Olivia Rippa
Julia Rodrigues
Natalia Rodriguez
Audrey Laugier Saint-
Antonin
Elicia Sevy-Hassan
Stephen Schettini
Laura Schembi
Fariba Salehi
May Stern
Vanessa Smrk
Samya Tatone
Jeannie Trubiano
Marianne Truong
Sandra Viscuso
Lila Weitz
Maged Youssef
Paola Lebrun

University Partnerships

We are very proud to partner with multiple universities, providing internships to their students at the Centre. These internships not only enable students to acquire valuable work experience but also allow us to leverage their time and talent. This year, we are fortunate to maintain existing partnerships.

McGill University (BNI) Nursing Students



Nursing students completed their final STAGE placement with a focus on the post-treatment challenges faced by individuals living with cancer. Their project explored the mental health needs of cancer survivors and provided recommendations to improve access to mental health support based on their research and community engagement.

Concordia University Arts Program



The students were in charge of planning an 8-week drawing technique class where they showcased their teaching and arts skills. Throughout their 8-week term they were assessed by a Teacher Assistant from the Arts Department.

Past Partnerships

- Concordia University: Drama Therapy, Music Therapy
- Dalhousie University: Social Work
- John Abbott College: Nursing, Social Work, Graphic Design
- McGill University: Kinesiology, Social Work, Medicine (residents)
- Queens University: Rehabilitation Therapy
- University of Montreal: Social Work, Nursing
- Yorkville University: Social Work

Programming

Supporter Initiative



This year, we placed a strong focus on recognizing and supporting those who stand beside individuals living with cancer through our new Supporter Initiative. As part of this effort, we transitioned from using the term caregiver to supporter, a change that better reflects the diverse ways people provide care and encouragement to their loved ones.

To honour their invaluable role and promote their well-being, we introduced a monthly workshop highlighting:

- Identifying the Supporter
- Self-Care Strategies
- Community and Support
- Explore Our Services

We also launched a Peer-to-Peer Support Group for Supporters, providing a welcoming space to share experiences, exchange information, and receive confidential support, reinforcing that supporters are essential to the well-being of others and equally deserving of care themselves.

Zoom into Wellness

Each year, we host our Zoom into Wellness sessions, free educational workshops open to the public, designed to inform, inspire, and promote wellness by sharing expert knowledge.

This year's sessions included:

- Dr. Joe Schwarcz: Humor, Magic, and Health
- Dr. Celena Scheede-Bergdahl: Demystifying the Exercise Prescription
- Nurses from Lakeshore and St. Mary's Hospital: Navigating the Complexities of Healthcare
- Pasquale Petrella and Chantale Massicotte: Pasquale's Cycling Adventure!



Wellness Assessment Navigation Tool

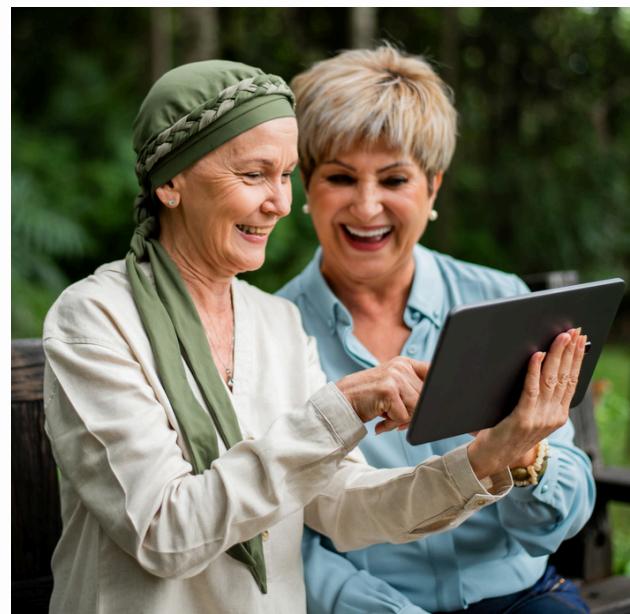
Participants greatly appreciate the Wellness Assessment Navigation Tool, which plays a key role in identifying the needs of new registrants and recommending appropriate programs. This ensures a personalized and supportive experience for each individual.

- 74% of persons diagnosed and their supporters complete the assessment.
- 100% of those individuals return to the center more than twice.

The tool also encourages participants to engage with our 7 Pillars of Wellness, using their assessment results to request programs that align with their unique needs and priorities.

Top Wellness Priorities Identified from Assessments:

- Emotional: 37.4%
- Physical: 34.8%
- Practical: 9.5%
- Social: 8.5%
- Informational: 8.2%
- Systemic: 1.6%



More About The 7 Pillars of Wellness



Cancer wellness is defined as a whole-person approach to support living well with cancer, at any stage of the cancer trajectory of care. Each person living with cancer is guided to address all their needs within all seven pillars.



Physical

Physical needs, including physical comfort, physio oncology evaluation, pain relief, symptom management, nutrition, and activities.



Emotional

Emotional needs, encompassing emotional wellbeing, counseling, sound healing, meditation, and energy programs.



Spiritual

Spiritual needs, which involve fostering hope, a sense of belonging, and finding meaning and purpose in life, along with activities such as Tai Chi, journaling, and assorted workshops.



Social

Social needs, including interests such as photography and oil painting, family relationships, community involvement, and connecting with others in diverse support groups.



Informational

Informational needs, encompassing access to resources, referrals to external organizations for services at home, guidance on what to expect in cancer care, palliative care, or end-of-life situations, and information on various relevant topics.



Practical

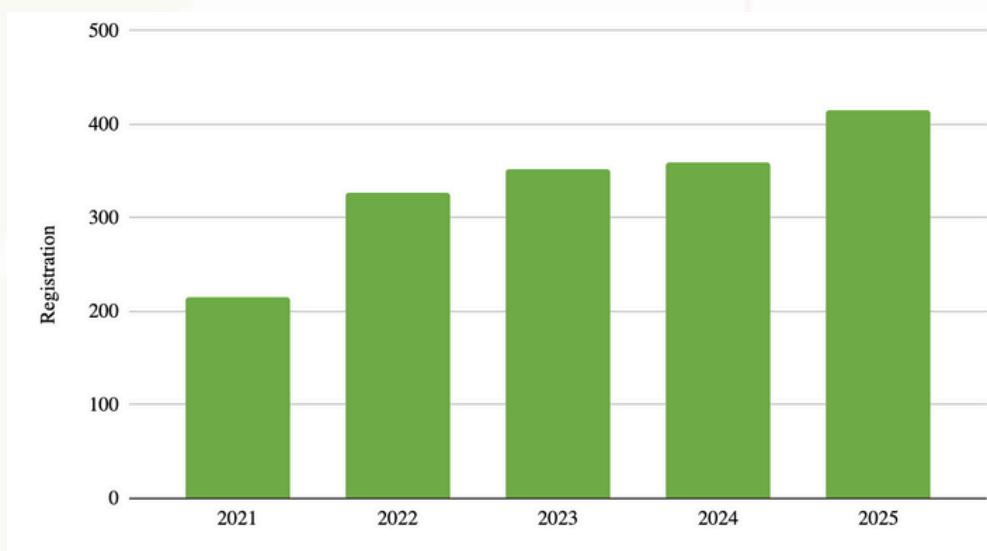
Practical needs, such as specialized occupational therapy for oncology evaluation to aid in daily living, including homemaking services and financial assistance.



Systemic

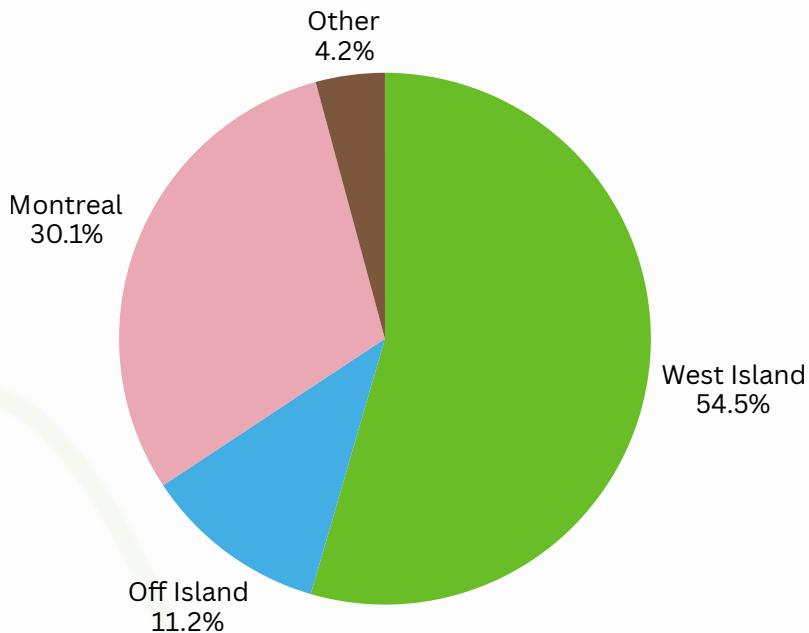
Systemic needs, such as navigating systems like the medical system.

Registrations

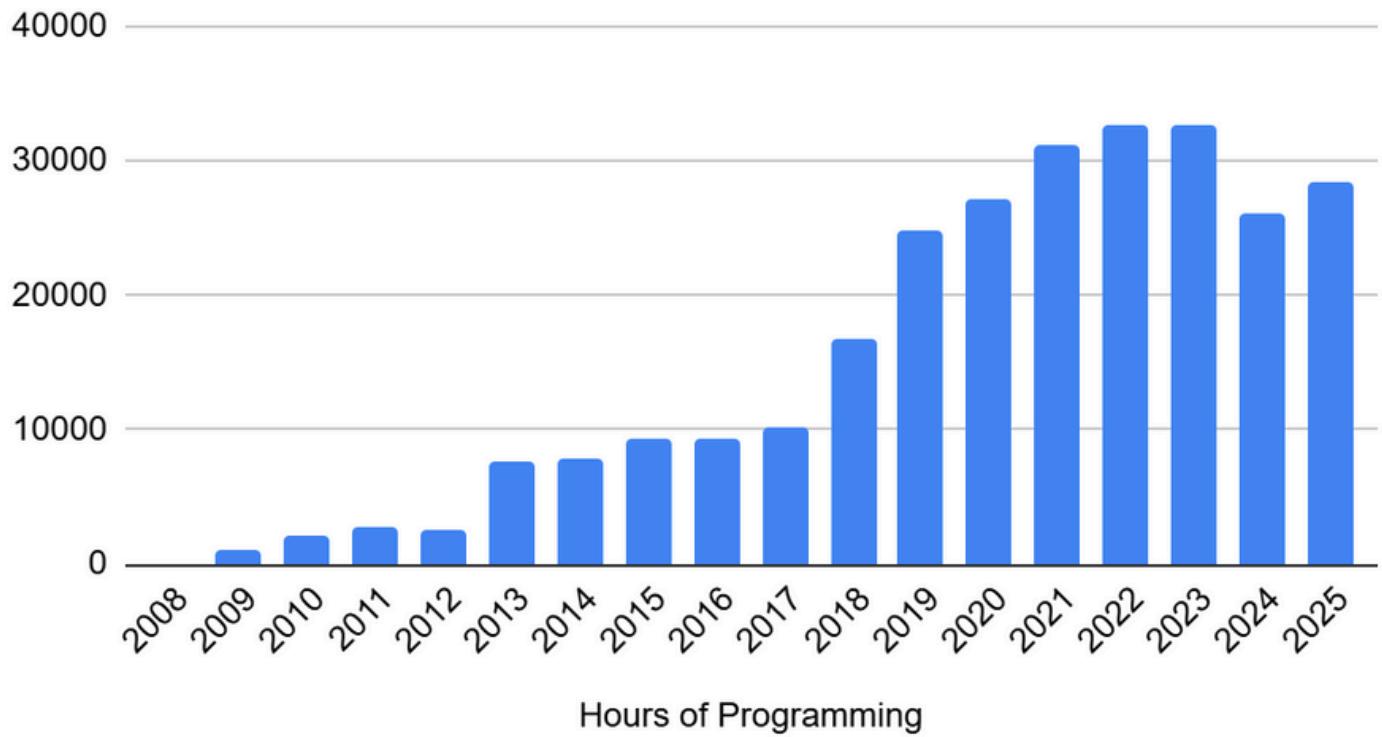


There has been a continued increase in registrations, reflecting not only a rise in overall community well-being but also a growing awareness of the Centre. This steady growth shows that more individuals feel comfortable seeking support and engaging with our programs since COVID.

Location of Participants



Programming Hours



We have seen an increase in programming since 2024, with growth in both in-person and virtual sessions.



Outreach Efforts

We continued to strengthen our community and professional connections, building awareness of cancer wellness and the resources available through the Centre. Our outreach efforts focused on education, collaboration, and expanding our impact both locally and nationally.



Professional and Hospital Partnerships

- Hosted the MUHC Educational Symposium for the second year, welcoming medical residents for a day of learning about cancer wellness.
- Continued meeting with healthcare and mental health professionals from Lakeshore, CHUM, MUHC, Jewish General, Sacré-Coeur, and other institutions to strengthen partnerships and awareness.
- Expanded outreach efforts to French hospitals to build stronger bilingual connections.
- Hosted Myeloma Canada for their workshop and presented our Centre to attendees.

Community Engagement and Appreciation

- Delivered flowers and messages of gratitude to nurses at seven Montreal hospitals during Nurse Appreciation Week.
- Participated in the Annual West Island Community Services Appreciation Wine and Cheese event at the Teresa Dellar Palliative Care Residence.
- Hosted booths at local community fairs to raise awareness of our programs.

Educational and Awareness Initiatives

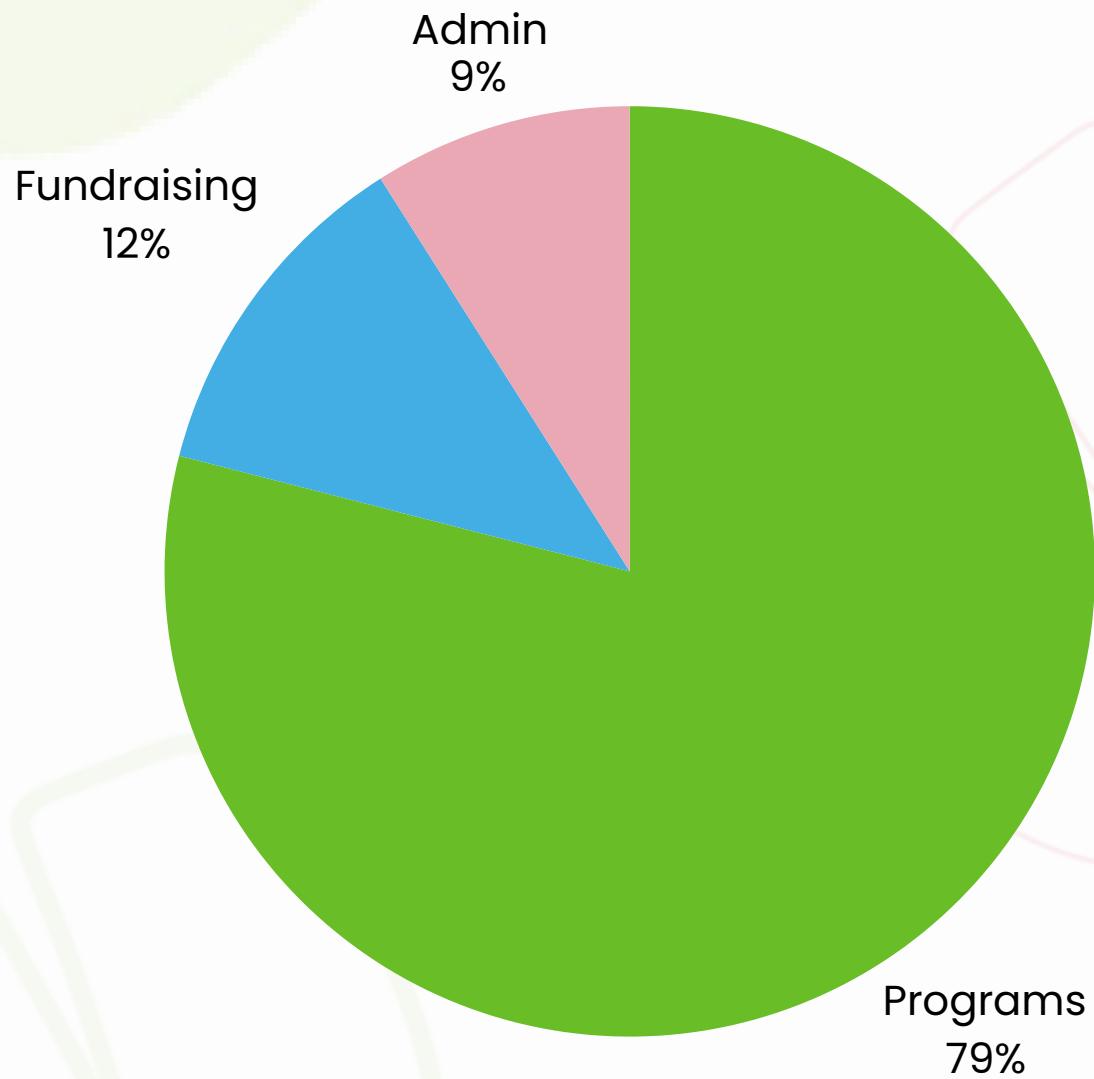
- Continued our quarterly newsletter highlighting cancer wellness, research, and referral information for professionals.
- Participated virtually in the Colorectal Cancer Community Conference to promote our services.
- Continued expanding our national reach, particularly in rural areas across Canada.

Financials

WEST ISLAND CANCER WELLNESS CENTRE
STATEMENT OF FINANCIAL POSITION
AS AT MAY 31, 2025

	Note	2025	2024
ASSETS			
CURRENT			
Cash and cash equivalents		\$ 1,061,925	\$ 1,543,671
Marketable securities	(3)	3,274,587	2,666,336
Term deposits	(4)	600,000	
Accounts receivable		3,816	3,093
Interest receivable		31,241	
Inventory		667	2,218
Prepaid expenses		3,568	1,601
		4,975,804	4,216,919
CAPITAL ASSETS	(5)	2,023,948	2,116,149
		\$ 6,999,752	\$ 6,333,068
LIABILITIES			
CURRENT			
Accounts payable and accrued liabilities		\$ 48,715	\$ 38,328
Deferred revenue	(6)	45,689	41,393
		94,404	79,721
NET ASSETS			
Unrestricted fund		1,425,343	978,653
Capital assets fund		2,023,948	2,116,149
Sustainability fund	(7)	3,456,057	3,158,545
		6,905,348	6,253,347
		\$ 6,999,752	\$ 6,333,068

Fund Allocation



Fundraising

We do not receive funding from the government, Canadian Cancer Society, Centraide, or any hospital. Our free programs and services are made possible thanks to the generosity of our community and fundraising efforts. While signature events like the *Challenge of the Brave* and our *Annual Golf Tournament* remain key contributors, we also rely on individuals and groups who organize third-party fundraisers to support the West Island Cancer Wellness Centre.



Challenge of the Brave



The 4th Annual Challenge of the Brave, a peer-to-peer fundraiser, is inspired by the concept of the Amazing Race, with our own unique spins. Our version is not only incredibly enjoyable but also significantly impactful, as all proceeds directly benefit the Centre. We are thrilled to announce that the April 2025 event raised over \$110,000.

THANK YOU TO THE CHALLENGE OF THE BRAVE COMMITTEE MEMBERS

Special thanks to the City of Kirkland

Challenge of the Brave

LOCATIONS

John Abbott College

Noodle Empire Esports

Duke & Devines

Cedar Park Heights

Meades Park

Royal Westcourt Pickleball - Golf

West Island Mission

Pépinière Pierrefonds



Annual WICWC Golf Tournament



Our 13th Annual Golf Tournament at Summerlea Golf & Country Club raised over \$254,000. A sincere appreciation goes to our generous sponsors and committed committee members whose unwavering support brought this event to fruition.

GOLF EVENT ORGANIZING COMMITTEE

George Alexopoulos

David Bertrand

Michael Boychuk

Jay Deakin

Stacey Hoirch

John Kappos

Christopher Kovalchuk

Laurie Lincoln

Leslie Machan Jr.

David O'Hara

Alanna Roszkowski

Third Party Fundraisers



THANK YOU FOR CHOOSING THE WICWC

Each year, a diverse array of contributors, including individuals, families, sports teams, companies, and retail stores, organizes community fundraisers to support the West Island Cancer Wellness Centre. These events vary widely, from birthday parties encouraging donations in lieu of gifts to fashion shows.

Between June 1st, 2024 and May 31st, 2025, the community raised over \$59,000 for the Centre through third party events!

Third Party Hosts & Events



- Andrea Courey - Sound Healing
- Anne Louise Caron's Blanket Raffle
- Beaconsfield High School
- BMSP - Beaconsfield Men's Slo-Pitch
- Boutique Moda Elle Event
- Cormier & Gauthier - BBQ
- Dan Anton Steiner's Birthday Bowling Event
- DDO U18 Baseball
- Facebook Fundraisers
- Genie in a Bottle Project
- KOHL - Kirkland Oldtimers Hockey League Charity Tournament
- Nevine's Cookbook
- Crimson Cabaret Comedy Night
- Pasquale Cycles Canada
- PCOT - Pointe-Claire Oldtimers
- Scotiabank Hockey Tournament
- West Island Antique & Muscle Car Club - Car Show

Donor Recognition



Our existence relies on the generosity of our donors. The WICWC, along with our participants, extends heartfelt gratitude to each and every donor for their invaluable support.

Monthly Giving

Dedicated supporters of cancer wellness are passionate about enhancing the well-being of individuals facing cancer. We express our gratitude for your monthly contributions. Your ongoing support ensures that:

- All those living with cancer can benefit from free wellness programs.
- Our Big Yellow House remains a comforting refuge for cancer patients and their caregivers.
- Virtual classes are available to participants who may be too ill or distant to attend the Centre.
- No one has to face cancer in isolation, as we stand by their side every step of the way.

THANK YOU

Andre Chelini	Laurie McKinnon
Anne Clayden	Maggie Costa
Deirdre Lapointe	Nancy Stokes
Geneviève Mongeau	Natasha L. Gould
Isabelle Ayoub	Robert Gunther
Judith Andrews	Stacey Ann Hoirch
Kirk Llano	Virginia Myles

Legacy Promises

The following names are those who have pledged to protect the future of the WICWC by adding a donation in their Will. Your generosity and commitment to our cause are deeply appreciated. Thank you for your invaluable support, which will make a lasting impact on the WICWC.

THANK YOU

Sandy Fitzpatrick

Patricia Price

George Tooley

Danielle Duc

Laurene Cormier

Suzanne Sevigny

Shirley Magwood

Maggie Costa

Jasmine Ellemo

Anne Kealy & Paul Herrmann

Tony Zinno

Usher Boxer

Ian Townson & Virginia Shepley

Debbie Magwood

David and Beatrix Oram

Andre Chelini

Marylene Franco

Louise Houle

Peter Alves & Lois Maeder Alves

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Anonymous

Tamara Surtees

ANONYMOUS

Geneviève De Broux

Laurie & Scott Traylen

Huguette Constant

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Olga Munari

Paul Normandin PLN Services Immobiliers Inc and PLN Real Estate

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Pfizer Canada Inc.

R. Howard Webster Foundation

Scotiabank

The Tenaquip Foundation

West Island Community Shares

Our Donors

All Other Donors in Alphabetical Order

Every dollar donated is vital and met with heartfelt gratitude.

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AbbVie	Andre Chelini	Anne-Marie Brunelle
Adriana Ierfino	André Leduc	Annette Woolf
AGF Investments Inc	André Letourneau	Annie St-Jean
Akram Montajabiha	André Meloche	Anthony Chiotis
Alain Guay	Andrea Courey	Anthony Nelson
Alan Templeton	Andrea Feldman	Antonio Lombardi
Alan Thompson	Andrea Reilly	Antoine Dumas
Alanna Roszkowski	Andrew Teasell	Antoinette Tomasino-
Aldo Bravo	Angela Jones	Carrier
Alex Lifson	Angelina Marcovecchio	Arthur & Opie Graddon
Alexa Landreville	Angelo Di Fino	Arthur Shtrevensky
Alexis Marchand	Anita Iannuccilli	Assurance Manocchio &
Alfredo Zeppilli	Ann Raimondo Roach	Associés Inc
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Geneviève Mongeau	Howard Korzenstein	Jean Shepherd Lacombe
George Bennett	Ian Townson	Jean-Marie Bourassa
George Papachristos	IDC Worldsource	Jean-Pierre Bedirian
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	Irving Rother	Jelena Agla Pronina

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Jennifer Dionne	Julien Prenevost	Kyla Rhodes
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Jennifer Renglich	Karen Chammas	La porte Experts Conseils
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John Murphy	Kelly Roughton	Lawrence Wilk
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Joscelyne Banerjee	Kevin McVetty	Leigh Zinman
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Judith Andrews	Kosta Katsoulis	Les Habitations Sylvain
Judy Macdonald	KPMG	Ménard
Julia Legler	Kristina Macalanda	Lesley Pasquin

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Genatec has provided exceptional software for our Living Well with Cancer Network, offering tailored business management solutions designed to meet each organization's unique needs.



Google hosts the organization's email.



For over five years, Greenlite has generously covered our postage costs. As a leader in energy-efficient lighting, they promote a community committed to sustainability.



Lulu Software has been providing the WICWC with a PDF software program since 2016.



Luminet Solutions Inc. has provided telecommunications products and services across Montreal, Quebec, and Canada for over 15 years.



As a nonprofit, we receive free software from Microsoft.

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