





"...a gathering place for fellowship and education about the journey of healing."

Cancer does not discriminate regarding gender, age or financial status. We have all been impacted by this disease and know how it can change the lives of the patient, their loved ones and the people they spend time with each day. When we get the news of a life-changing diagnosis, we have a variety of responses ranging from shutting down completely, to suddenly needing control over everything in our life.

Every person responds differently and we often feel alone in our journey. Wellness House has become a lifeline to patients as they are introduced to other people with similar diagnoses, utilize the Wig & Hat Boutique during chemotherapy and receive counseling for themselves and their loved ones.

After years of planning and touring, we have found a new location for Wellness House that will enable us to serve more individuals, families and community groups. We are asking you to help provide the Yakima Valley with a larger Wellness House, in a building that feels like a home, welcomes you as a friend and is surrounded by beautiful grounds.

Will you be a part of making this dream a reality? Success can only be achieved through your generosity and thoughtfulness. Please give today!

Margaret S. Filkins **Executive Director**

Creating Communities of Hope and Support

MISSION Support cancer patients and others with a life-challenging illness

CORE VALUES

Service – We give of ourselves and our resources to enrich the lives of others

Compassionate Care — Empathy with each person's unique situation, feelings, and needs in a safe, nurturing environment **Respect** – Honest communication, listening with an open mind and without judgment, accepting each person's perspective, always keeping personal infomation confidential

WELLNESS HOUSE, PAST AND PRESENT:

For 32 years, Wellness House has been a cornerstone of Yakima County, the ONLY such agency in the Yakima Valley solely dedicated to providing the non-medical support desperately needed by patients, loved ones and caregivers following a life-changing medical diagnosis.

In 1988, Yakima resident, Mazie Meade, decided that the Yakima Valley needed a place for fellow cancer patients to meet, share their stories and exchange information. In the last three decades, Wellness House has grown from meeting in Mazie's home with a few books and printed materials, to our current location in a small building on the Yakima Medical Center Campus.

In 2019, Wellness House welcomed more than 5,000 visits and calls from members of the community and provided more than 8,500 service hours – all at no cost to clients of all economic backgrounds. Wellness House does not receive federal funding, state grants or insurance reimbursements. All services are underwritten by the generosity of community members.

Over the past five years, Wellness House has experienced a 10% increase in community inquiries for assistance, and 96% of the participants reported improved quality of life as a result of Wellness House programs.

With limited staff and hundreds of volunteers, Wellness House has become a unique resource.

Current Services

- Counseling, in both individual and group sessions
- Wig and Hat Boutique
- Breast Prosthetics
- Resource Library of books and information about cancer in all its forms, treatment options, coping skills and stories of hope and inspiration









CURRENT WELLNESS HOUSE



Current building has become too small

- Not all individuals and groups are able to access the services because of a lack of gathering spaces that are comfortable, of an adequate size and flexible
- Not all groups that support other life-challenging illnesses, such as Multiple Sclerosis, ALS and Parkinson's are able to be fully accommodated
- Enrollment in classes on diet, fitness, finances and lifestyle topics is available to the entire community but is limited by the available space
- Parents who must bring their children cannot focus on services because they must also watch their children

Location

- It is hard to find
- Parking is limited
- No direct handicapped drop-off zone or immediately adjacent handicapped parking

Privacy and confidentiality are compromised

- There is only one point of entry/exit; meaning all clients, even those not wishing to share a diagnosis publicly, often meet friends or acquaintances unexpectedly
- Accessing the Wig & Hat Boutique by individuals undergoing chemotherapy is in full view of entrance lobby and library
- Choosing a prosthesis after a mastectomy is far less private than it should be







FEATURE WELLNESS HOUSE

THE SOLUTION

In 2019, Wellness House purchased the former Chalet Dental Clinic building at 6006 Summitview Avenue after an extensive internal assessment of need and a review of several available properties. The new structure comes with existing distinct advantages:

- Highly visible and easy to access
- Adequate square footage for present services and good space for future growth
- Ample parking
- Was once a private residence; thus, is inherently more welcoming than an institutional office structure
- Has multiple entrances and spaces
- Room for additional future growth

With a relatively modest renewal, updating, and renovation, the new Wellness House will provide:

- Additional meeting space for existing programs
- A flexible large meeting space and area for support for other support groups dedicated to helping individuals with other health-related life-challenging issues, such as Parkinson's, MS, ALS and more
- An expanded Wig & Hat Boutique with privacy to try on wigs & hats
- An accessible Cancer Care Boutique with a fitting room to try on post-mastectomy prostheses
- Larger, more welcoming reception area
- Demonstration kitchen
- Dedicated children's play room and activities area
- Expanded Library and Resource Room
- Ease of accessibility by personal and public transportation
- Private offices where counselors and advocates will meet with clients in distress

HOPE MOVES FORWARD



SUMMITVIEW AVE



THE HOPE MOVES FORWARD CAMPAIGN

Wellness House is seeking to raise \$1.9 million by August 2022 to accomplish the following:

- Replace the building's obsolete HVAC, electrical and plumbing systems
- Replace the roof and install solar panels
- Redesign interior spaces to create individual and group meeting spaces (including a kitchen where healthy cooking can be demonstrated)
- Create a Gathering Terrace and a Garden of Hope
- Improve handicapped accessibility & exterior grounds
- Annual fund replacement for three years
- New dedicated and private areas for counseling, the healing arts, Wig & Hat Boutique, other special services

Donor Appreciation

All donors will be recognized on a donor appreciation wall in the main reception area. In addition, rooms and areas may be named for donors.

(Please see the separate insert for current availability and suggested donation levels.)

- Reception Lobby
- Gathering Terrace
- Entry Portico
- Community Multi-Purpose Area
- Library Alcove
- Handicapped Access
- Garden of Hope
- Children's Playroom

- Demonstration Kitchen
- Men's Fireplace Grotto Room
- Sunroom
- Counseling Center
- Healing Arts Center
- Fireplace Meeting Room
- Multicultural Recognition & Board Room

Ways You Can Be a Part of the Vision

Gifts of Cash

Appreciated Securities and/or Real Estate

Pledges—which may be paid in regular installments over a maximum 3-year period

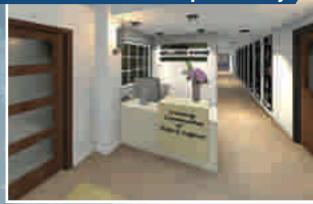
Budget

Completion of Purchase (\$800,000 less \$160,000 already paid) \$640,000 530,000 Renovation and Repairs Landscaping and Parking Lot Replacement 250,000 **Architectural Fees** 15,000 100,000 Campaign Consultants & Materials Annual Fund Replacement for Three Years 300,000 **Construction Costs Contingency** 80,000 \$1,900,000 TOTAL

















HOPE MOVES FORWARI

CAMPAIGN COMMITTEE



Richard Miller,



Cami Leonard



Marissa Dunn



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Liberty McLean



John A. Baule, Campaign Chair

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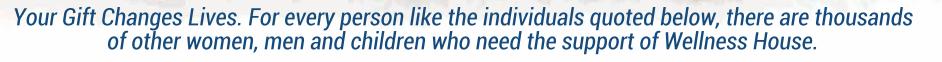
Noelle Cook

Marissa Dunn

Kerry Steele

Christina Williams

Joann Benson, Mazie Meade Guild Liaison



"This place is awe inspiring and I treasure it greatly" ~ Rose H. "Thank goodness for Wellness House. I received great comfort and I have been left with a feeling of inclusion, rather than isolation with my cancer." ~Sandy S.

"Cancer is like a tree, and its roots are everywhere" ~ Marie W.

OUR MISSION -

SUPPORT CANCER PATIENTS, AND OTHERS WITH A LIFE-CHALLENGING ILLNESS.

Wellness-House.org 10

