



Helping people we all know and love, right here in this community.



2004 Report to the Community

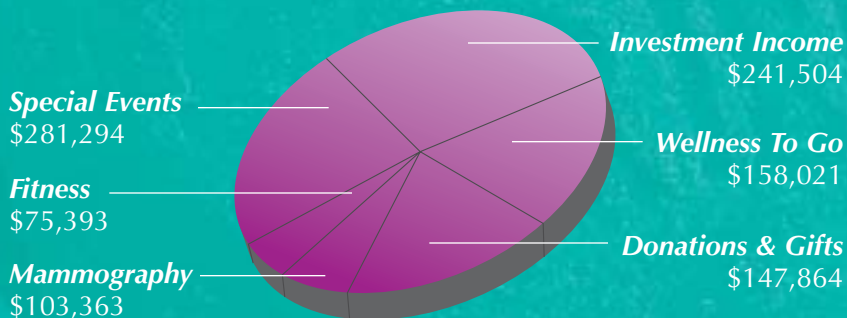
Thanks George, We'll Miss You



George Darner, resigned from the board after 37 years of service. At the age of 91, we think he deserves it. He's been one of our most faithful and dedicated members. We've established the George Darner Community Award in his honor.

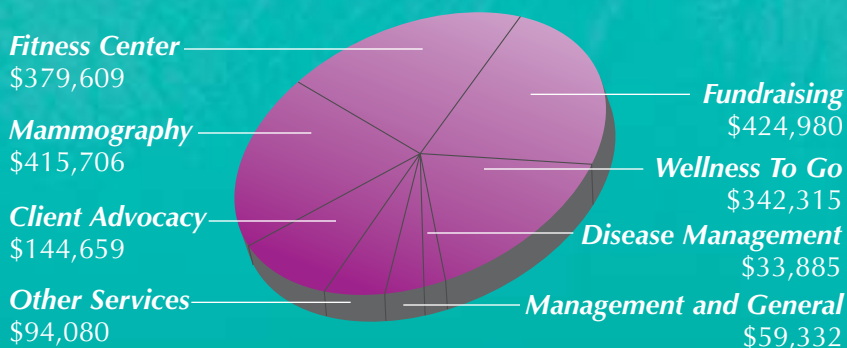
Financial Report

Revenue – \$1,007,379



There was also \$887,187 in Reserve Revenue.

Expenses – \$1,894,566



Our Mission

Wellness Connection is dedicated to saving lives, reducing health care costs, and improving quality of life by providing our community with early detection screenings, health education, healthy living services and disease management.

Our services are provided to you in a convenient manner by our highly qualified and caring staff.

We serve everyone regardless of their ability to pay.

Board of Trustees

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 George Darner

LIVING OUR VISION

In 2003 we embarked on a strategic visioning process. As a result, the agency, formerly known as The Dayton Area Heart & Cancer Association, underwent tremendous change: a new vision, new look, new name, new management and new location.

After this leap, 2004 was a year to get our feet on the ground and carry out our new vision of a healing organization for people with heart disease, cancer and other lifestyle illnesses.

We are better able to save lives and bring healing to people with heart disease, cancer and other chronic illnesses.

Highlights

- Increased the number of cholesterol screenings by 12 %
- Increased the number of mammograms by 16%
- Provided medications, lifestyle management, and linkage to community services to 142 people
- Established the Legacy of Wellness Society to secure our agency's future
- Brought screenings and wellness services to employees of 82 businesses, through Wellness To Go
- Served residents of 10 counties, including Montgomery, Greene, Preble, Darke, Miami, Shelby, Logan, Champaign, Warren and Hamilton.
- Launched two new fundraisers, one focusing on women and heart disease, and one on men's health
- Signed a charter for a new cancer program, called The Wellness Community

“Every day we see people getting healthier at Wellness Connection – losing weight, reducing their dependency on medications, lowering blood pressure and cholesterol, stabilizing their diabetes as well as just feeling better, and having more energy. It’s our clients, who seek knowledge about their health, through early detection screenings and take action with lifestyle changes, that inspire the dedicated staff at Wellness Connection.”



Jean E. Farkas,
President

“As Chairperson of the Board of Trustees, it’s been exciting to be part of an agency undergoing such transformation. One of the things I like about this organization is that all our funds stay in the local community helping people right here in the Miami Valley. We are helping people in our area every day get healthier through early detection and making wise lifestyle choices.”



W. Reed Madden, Chair,
Board of Trustees



VISION OF WELLNESS

Early Detection

Knowing you are at risk for heart disease, cancer or diabetes is the key to prevention and early treatment. Simple tests can save your life!

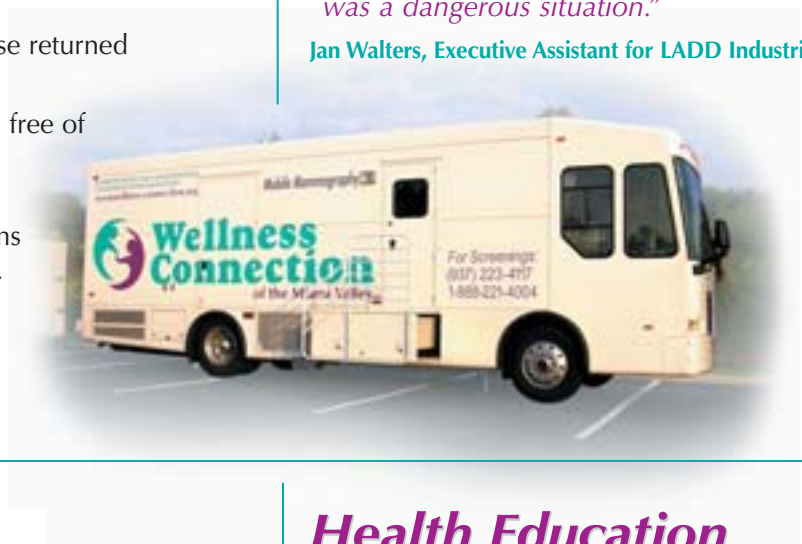
Screenings are held regularly at senior centers, community organizations, at the workplace through **Wellness To Go**, and on site at Elizabeth Place.

In the last year ...

- 4,055 received cholesterol screenings; 2,057 (or 47%) were above normal.
- 1,185 men received PSA tests for prostate cancer; 63 (or 5 %) were elevated.
- C-Reactive Protein, a test for inflammation which can be an indicator of heart disease, was conducted for 548 people; 98 (or 18%) were elevated.
- 277 colorectal kits were distributed; three of those returned were positive.
- 2,258 community blood pressures were checked free of charge; 1,185 (or 53%) were above normal.
- 1,422 mammograms were performed in the community with our mobile coach. Mammograms were provided free to women without insurance. There were 194 results requiring further action and 4 malignancies.

“As always, your service is efficient and professional. Because of these screenings one of our employees, who had the CRP (Cardiac Reactive Protein screening that tests for inflammation of the vessels that can be a possible indicator of heart disease), discovered that her reading was, according to her doctor, triple what it should be. She scheduled an appointment immediately and is now on a path to correct what potentially was a dangerous situation.”

Jan Walters, Executive Assistant for LADD Industries



Healthy Living Services

The fitness center at Wellness Connection provides a safe, caring, supportive environment for everyone, even those who have health issues or have been sedentary for years. The fitness center has a full range of exercise equipment, a walking track, and aerobics classes. Other services include nutritional counseling, health education classes, and holistic therapies such as healing touch, massage, and reflexology.

Members support each other and provide a sense of community which helps people on the road to healing.

Members made over 16,800 visits during the year. A total of 193 new members joined this year. Membership fees may be adjusted according to ability to pay – no one is turned away due to lack of income.



Health Education

Information is power! Health education classes were conducted regularly at the Wellness Connection, in community settings and in the workplace through Wellness To Go. Information helps people take charge of their health, communicate effectively with their physicians, and make wise choices. Over 55 health education lectures were held on topics such as Heart Health Risk Factors, Stress Management, Preventing Disease, Nutrition, Exercise, Talking to Your Doctor, Smoking Cessation, Weight Loss, Breast Health Awareness, Back Safety and more.

Serving Everyone Regardless of Ability to Pay

The Lifestyle Management Program provides prescription assistance to people who are willing to make healthier lifestyle choices: exercising regularly, eating right, stopping smoking, and attending health education. This program is free to people who are uninsured or under-insured.

Last year 20 people completed the lifestyle management requirements. Services provided include clinical and fitness assessments, dietary consultations, weekly exercise, and risk factor education. Participants made the following improvements in their health: 50% reduced blood pressure, 30% reduced medications, 30% lost weight, 30% changed diet habits, 15% lowered cholesterol.

Client advocacy consultations to link people to medical and community services were provided to an additional 122 people.

Emma Butler

Because her blood pressure was very high, Emma Butler's cardiologist and her family doctor urged her to participate in an exercise program at Wellness Connection. "The Lord sent me here," says Emma. The staff here has helped me so much and I've really enjoyed being among the other people who work out here." Emma's doctors were very happy to see that her blood pressure was lowered as a result the program.

Emma makes a habit of helping someone every day and knows she will be helped in return. "I want to thank everyone from Wellness Connection. I love you all."

Mary Buckner

Mary Buckner was diagnosed with osteoarthritis, chronic pulmonary disease and high blood pressure, all serious health concerns. At her doctor's urging she came to Wellness Connection and joined the Lifestyle Management Program. She lost weight, gained better control of her blood pressure and, best of all, she feels much better. "It was hard to begin coming in at first, then it wasn't so bad, and now I look forward to coming," she said. She even inspired her daughter to join her.

Managing Disease

People who have heart disease, cancer or other chronic diseases can reduce their risk of further disability or death by making wise choices. A healthy diet, regular exercise, and stress management are vitally important to recovery and maintaining health in the future. At Wellness Connection a highly qualified nurse and exercise physiologist provide consultation and support. Our staff works with physicians to provide the best care. Wellness Connection supports a group of graduates from the Ornish Program for Reversing Heart Disease and Conscious Living who meet weekly and the Noble Circle Program, a 10 week program and retreat for women with living with cancer.

SUPPORTING THE VISION

Wellness Connection depends on several revenue sources – gifts, donations, bequests, memorial gifts, United Way donations, grants, investments, and donated services. These generous gifts from the community are supplemented by fees for service from Wellness To Go, membership fees, and insurance reimbursement. It's still not enough to provide the wellness services needed in this community. In 2004 Wellness Connection embarked on an ambitious fund raising strategy that included two first-time events – *The Red Dress Gala* and *Ohio Cruising for a Cure*, a car, truck and motorcycle show. These events, along with our long-running, successful wine-tasting party, *Fleurs de Fete*, brought financial resources and community volunteers to Wellness Connection.

Special Events with a Mission

Red Dress Gala

The May 7, 2004, Red Dress Gala was a local event in partnership with the National Heart, Lung and Blood Institute's, *The Heart Truth*, a campaign that focuses awareness on women and heart disease. The black tie affair, held at the Schuster Performing Arts Center, featured a night of dinner, dancing, auctions and a fashion show, conducted by Elan. Over 50 local women modeled their own designer red dresses in tribute to those who courageously fight heart disease. Our special thanks to Honorary Chair, Dan Sadlier, and to Gala Co-Chairs, Marianne Moore and Jennifer Tobiansky.

“One in three women dies of heart disease.”

Our heart-felt thanks for Gala sponsors:

Dayton Heart Hospital (presenting sponsor), Fifth Third Bank, The Dayton Heart Center, AstraZeneca, Ernie Green Industries, Inc., Guidand Corporation, James Free Jewelers, Pfizer, Behr Dayton Thermal Products, Heidelberg Distributing Co., Ingram & Associates, Inc., Mills-Morgan, Zoe Dell Nutter, PC Solutions, Inc., Caryl Philips, Professional Emergency Specialists of Southern Ohio, Vectren, Your Health Matters, Central State University, Copeland Corporation, Dayton Cardiology Consultants, Glaxo Smithkline, Lexus of Dayton/John Higgins, Millennium, Inc., and University of Dayton.

Benefactor Sponsors include Tracy and Irvin Bieser, Jean and Paul Cook, Eileen and Pete Donahue, Alan and Sheila Duvall, Jean Farkas, Houser Asphalt and Concrete, Charles and Joan Knoll, Dr. and Mrs. Thomas Kupper, Ed and Diane Phillips, Linda Ramsey, Dr. and Mrs. Rolando Sineneng, Steve and Cathie Trimborn, and Dr. Hans and Cheryl L. Zwart.

***“Heart disease doesn't care what you wear!
It's the number one killer of women.”***



Young's Jersey Dairy MC100 I Scream Bike Ride

Wellness Connection is one of four local charities benefiting from this popular bicycle event. Over 200 enthusiast cyclists rode this route through some of Ohio's most beautiful and historical counties.



Ohio Cruising for a Cure

This car, truck, and motorcycle show was held September 25 and 26, 2004, at the Dayton Airport Expo. In addition to an array of incredible antique vehicles and a host of fun events, free cholesterol and prostate cancer blood tests were offered to focus on men's health. In 2006 this event is slated to become The Tri-State Motorfest and will be held at the Roberts Center in Wilmington, Ohio.

Hard-working members of the committee include: Ken Brightman, Darin Cronebach, John Dixon, John Engle, Pat Donnellan, Chris Elrod, Bill Fricker, Ray Golembieski, Brent Mayfield, JP Parmley and Corie Schweser. Many thanks to the Ohio Cruising for a Cure Committee and over 200 volunteers who helped make this event successful.

The Car Show Saved My Life

Roger Zappa, a three-year esophageal cancer survivor, really didn't want to get his blood test for prostate cancer at Wellness Connection's Ohio Cruising for a Cure. After all, he had been tested two years ago and he had no troubling symptoms. It was the end of the day and the screening was about to wrap up when his wife, Darva, convinced him to get the blood test. "I just wanted him to take advantage of the screening since it was free," she said.

A few days later he got a call from Wellness Connection that his PSA was high. He immediately went to his family doctor and is now being treated for prostate cancer. Darva and Roger are very grateful that he got tested.

(Zappa Picture)

Fleurs de Fete

This fourteenth annual wine and food extravaganza, held at Carillon Park on May 23, 2004, was the most successful to date. Over 1,500 people sampled the fine wines and gourmet food. Guests had a fabulous time!!

Our thanks to long-time sponsor, Miller Valentine, for their continued support, as well as Arrow Wine, Keith & Pam Browning, Chippewa Spring Water, Home City Ice, R & AK Supply, Dayton area wine distributors, RIS Paper, Scott Hull Associates, Progressive Printers, and to Visual Marketing Associates for creating the signature poster and other promotional materials. We also take this time to thank all the restaurants for the spectacular display of cuisine: Bullwinkle's Top Hat Bistro, Carver's Restaurant, Central Perc European CafŽ, Cindy's Wine Cellar, Dorothy Lane Market, Dublin Pub, Giovanni's, Jerardi's Little Store, Joker's Comedy Club, Marriott, Oakwood Club, Pacchia, Scor, Thai Nine, The Wellington Grille, Truffles CafŽ & Catering, Tuscany Grille, and Winds CafŽ. A very special thanks to our



committee members: Teri Davis, Mike Davisson, John DeGruchy, Mike Frank, Mif Frank, Beth Freyvogel, Dennis Hall, Carolyn Hetherington, Cynthia Hill, Maureen Hunley, Julia Miller, Cory Nordhof, and Amy Tierney.

A VISION FOR THE FUTURE

In November, 2004, we signed a charter to bring a new program to Dayton – The Wellness Community. The Wellness Community is a program with over 22 organizations nationally and internationally. The Wellness Community offers professionally-led emotional support, education, and hope to people with cancer and their families. Fundraising will begin in 2005 to implement this much-needed program.

In the coming year we will guide individuals on their path to wellness and assist businesses and community organizations in bringing wellness to their employees and constituencies.

We will continue to implement fundraising strategies and offer the Legacy of Wellness Society to secure our services in the future.



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The Wellness Connection of the Miami Valley (formerly known as the Dayton Area Heart & Cancer Association) is a tax-exempt, charitable organization under Section 170 of the Internal Revenue Code. Donations to the organization are tax-deductible contributions under Section 501 (c) (3) of the Code. Always consult a tax advisor or accountant.

The Wellness connection of the Miami Valley meets the charity standards of the Better Business Bureau of Dayton/Miami Valley, Inc. as of the June, 2004 review. WC is a System Partner of the United Way of the Greater Dayton Area and a member of the Dayton Area chamber of Commerce and Better Business Bureau of Dayton/Miami Valley.