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Judith's story

Rethinking my youth through

my new carte cancer

In 2016, Judith Lafaille discovered she had an incurable brain tumor. An earth-shattering diagnosis for her who was only 24 years old. While she was completing a specialized post-graduate degree, she suddenly found herself in limbo: she did not have a job, was not receiving any financial support, and was seriously ill.

The physical decline was hard to contend with, maybe even more because Judith was in the prime of her life. She found herself successively mourning a series of small and not-so-small losses... "Accepting that you'll be infertile, being always limited to travel, or just to go out with some friends. Life projects are put on ice and dreams turn to be broken."

Judith received daily radiotherapy and oral chemotherapy for a short period, followed by a protocol of five oral chemotherapy treatments per month. During one year, she faced treatment side effects that triggered chronic anxiety and depression: water retention, hair loss, anxiety, tiredness, psychological changes, etc. The tumor was stabilized but Judith was exhausted.

Then one day, while she navigated the *Programme à Félix* Web page, a resource for youth aged from 15 to 39 years old living with cancer, she read about the Quebec Cancer Foundation and its complementary therapies and psychological support.

Every week for over a year, Judith took part in the Foundation's free art therapy workshops for young adults. These workshops provided her with an outlet for describing how she felt while also forging new friendships with other young people who were, like her, facing cancer. She lived sharing and relaxing moments, all while receiving support. "For me, art therapy was **truly a lifeline**; a smooth transition to **accepting what my new life would be**."

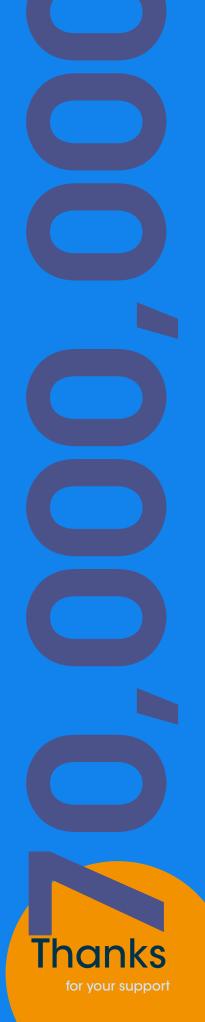
Judith discovered anew the joy of living, by letting go and appreciating the present moment through meditation and art. Despite her diagnosis, she was feeling an undeniable itch to begin making long-term plans. This led to her becoming a formidable ambassador for *La marche du Grand défoulement* in Montreal in September 2021, and the event's top fundraiser in Quebec, raising \$11,000 for the Foundation.

Today, Judith is doing well and constantly learning new ways of living with cancer while adapting to her daily oral chemotherapy treatments. She continues to support the Foundation and is planning for an exciting future. Thanks to the support received and relationships developed through the Foundation, Judith is now a host for la carte cancer, a podcast series at Radio-Canada that shed a humorous and unfiltered light on cancer and its various aspects. Judith is also a co-founder of la *Bande cancéreuse*, an Instagram account offering support to people with cancer through humor, one day at a time.

"Luckily, thanks to your donations, the Programme à Félix makes it possible to meet the needs adapted to my age group."

"No matter how old you are, receiving a cancer diagnosis is a shock."

Judith Lafaille, beneficiary and ambassador of the 2021 edition of *La marche du Grand défoulement* in Montreal



Your support



For over 42 years, the Quebec Cancer Foundation has been raising funds to support people living with cancer and their loved ones here in Quebec, by providing services focused on their daily needs and concerns. Thanks to the generosity of the public, the support of volunteers, and the dedication of our partners, over \$70 million has been allocated to the programs and services offered in Quebec's regions since 2010.

In 2021, the Foundation distinguished itself by having the largest accommodations network, with 6 Lodges across the province. We also continued to enhance our physical well-being and psychological support programs, both in person and online, knowing that they play a significant role in the daily lives of people with cancer and their loved ones.

With you at the heart of our actions, we can help more people everywhere in Quebec. We are still here, at the heart of the ordeal, to listen, inform, comfort, care, and shelter Quebecers whose lives have been turned upside down by cancer.

Being closer to even more people remains a priority for us. In this regard, the Quebec Cancer Foundation will continue to develop new and innovative programs and services to meet the growing needs of Quebecers facing cancer, and in vulnerable situations. All of this, thanks to you!

"The Quebec Cancer
Foundation and its
psychological support
services were truly a lifeline
for me; a smooth transition
to accepting what my new life
would be. When you give to
the Foundation, you're giving
hope and comfort to thousands
of people with cancer and their
families."

Judith Lafaille, beneficiary

Throughout Quebec

Despite the countless obstacles and challenges that marked 2021, cancer never even took a break. Furthermore, our Info-cancer Hotline received a record number of calls regarding mental health. Thanks to you, we never stopped being present and accessible for all Quebecers facing cancer and their loved ones.



+3,100

interventions through Info-cancer Services

telephone peer matching

29,142

donors

\$6.3 million

Nearly **9,000** participations in complementary therapies



Lodges, the largest accommodation network in the province

Close to **20,000** overnight stays in our 6 Lodges







Nearly 1,730,000 social media coverage

Close to 100 experienced oncology professionals and employees

> Over 19,000 Info-cancer Library documents consulted

250,000

Web visitors to cancerquebec.ca and cancer 15-39.com

+ 305,000

Web sessions on cancerquebec.ca and cancer 15-39.com

oncology resources available via our Resources directory

> programs and services offered

media mentions

new partnerships

Together, we are supporting more people across Quebec



2021 proved to be another challenging year for all Quebecers and the rest of the world. At the Foundation, we overcame these challenges by moving forward with our strategic plan, **Being Closer to the People**.

Patience, resilience, and courage were the key words of 2021, a year still largely marked by the pandemic. These defining words also happen to be characteristics and capabilities that persons with cancer and their loves become highly familiar with as they make their way through a minefield strewn with instances of physical, mental and emotional fatigue. At the Foundation, we noticed this fatigue and reacted.

We faced these circumstances by being proactive, which entailed changes that would allow us to better hear, inform, comfort, support, and provide accommodation to yet more Quebecers living with cancer.

2021 was the stage for several novel initiatives impacting the physical and psychological well-being of people impacted by cancer: the roll-out of new service platforms, an optimized management approach, and the mobilization of our team. The year was also marked by the unwavering support and commitment of our Board of Directors. This new team, steeped in gender equity, ethnic and cultural diversity, and varied profiles, arouse a wave of innovation in our recent decision-making and actions.

In addition, our initiatives with new partners have also helped make a significant difference in how people with cancer can benefit from an improved quality of life. We have also increasingly spoken up on behalf of Quebecers with cancer on their rights and access to healthcare, and raised awareness to our programs and services with 350 media mentions at a national level, among others.

Case in point, our Info-cancer Services were once again in great demand, with over 3,165 requests for support. To achieve our objective of being more accessible, we recruited yet more resources to man our telephone peer matching service, which has experienced a 14% surge in demand. Lastly, we witnessed an increase of 66% in the demand for our psychological support services.

Given the strong interest in our virtual group workshops, we multiplied the complementary therapies offered online. The number of virtual and in-person participations went from over 5,000 in 2020 to nearly 9,000 in 2021.

The demand for information and resources by patients, family members, and health care professionals remained high. The number of visitors to our online Resources directory more than doubled in a single year, which points to the relevance and ensure ongoing access to over 2,200 oncology resources across Quebec.

In order to improve access to healthcare services, we opened what is now the largest Lodge in our network, an 81-bed accommodation Centre in Quebec City. This resource is a ray of hope for the numerous people receiving cancer treatments who live in remote regions such as Saguenay and Côte-Nord.

This year was a remarkable one, also due to our incredible and strong partnerships. We reach and even surpass our objectives, thanks to the unwavering support of a growing number of donors, sponsors, and partners. And lest we forget, your ongoing support at fundraising activities such as *Cancerto* benefit events and *La marche du Grand défoulement* in every region of Quebec were key to raising record amounts.

On behalf of everyone living with cancer and their loved ones, thank you! With you at the heart of our actions, the Quebec Cancer Foundation continues to ensure that no Quebecer need ever face cancer alone.

Breaking news: in 2022, we will pursue this desire to improve the quality of life and access to healthcare for all Quebecers with cancer and their loved ones, by launching a \$1 million financial support program. This would not even be possible without your support.

We want to thank the members of the Board of Directors for their support and trust over the year, as well as the numerous Foundation employees and volunteers.

Dr. Philippe Sauthier, M.D.Chairman, Board of Directors

The Southier

Marco Décelles, CPA General Manager



Together, we are transforming lives

We continually have to find a way to maintain, adapt and enhance the services offered to the thousands of Quebecers who count on us every day.

To do so, the Quebec Cancer Foundation makes every effort to maximize all donations received. Each of our partners, employees, and stakeholders are encouraged to dedicate the most funds possible to providing direct services to those who need them the most.



Over the past 42 years, the Foundation has built a solid network across the territory and is considered an essential service for people impacted by cancer, thanks to your donations.

Accommodations		29.5 %
Individual donations		26.0%
Fundraising events	Where	20.0%
Other activities	does the	8.5%
Planned gifts	money come from?	5.1%
Corporate giving	come nom:	4.8%
In memoriam donations		3.5%
Foundations		2.6%

A word from our spokesperson

"While I like to think that my music warms the hearts of many, and I'm also truly pleased to continue lending my voice to the Foundation which, in its own way, warms the hearts and lives of a lot of Quebecers."

It was a year ago that I became the Quebec Cancer Foundation's volunteer spokesperson and had the opportunity to give a hand to the extraordinary team of people who bring the Foundation's mission to life: volunteers, donors, and employees.

In 2021, I had the pleasure of hosting and participating in events such as the *Cancerto* benefit evenings and *La marche du Grand défoulement*. I crossed paths with extraordinary people, humble and resilient, including Foundation beneficiaries, residents, parents of people undergoing treatments, and volunteers. Every one of these people who were helped by the Foundation's services has left a lasting impression.

Unfortunately, every 9 minutes, a Quebecer receives a cancer diagnosis. The disease impacts countless families, including mine. By working alongside the Foundation and having personally benefited from its services as a loved one, I know how helpful its support can be when cancer strikes. We are all touched and involved in one way or another. Together, through the Foundation and its services, we can support those who live with cancer and their loved ones everywhere in Quebec.

I will continue to lend my voice and share my experience so that the Foundation, like a beloved song, can make a difference and warm the hearts of all Quebecers when they need it the most.



Guylaine TanguayVolunteer spokesperson
of the Quebec Cancer Foundation





"Despite the pandemic, we can be proud of our successes and we can draw from these concrete actions to reach our ultimate goals. We are more determined than ever to establish sustainable changes in the lives of Quebecers impacted cancer."

Marco Décelles, General Manager

The Quebec Cancer Foundation's Board of Directors and General Manager, Marco Décelles, are moving forward with the implementation of an action plan to improve healthcare of patients and support for loved ones throughout the province.

Our lofty goals were and are still achievable, which explains our commitment to the regular short- and long-term evaluation of our progress (see the following page). We are observing the concrete strides made in 2021, thanks to our collaboration in 3 major areas:

AREA 1

Establishing ourselves as the leading organization providing support to people living with cancer across Quebec.

AREA 2

Developing our service offer to meet emerging needs.

AREA 3

Diversifying our sources of funding.

As a leader in the areas of support to people living with cancer and their loved ones, the Quebec Cancer Foundation always seeks to adapt its service offer to the most pressing needs of those receiving a cancer diagnosis while also offering its expertise to the healthcare network. "Our goal is to be the point of reference for yet more people in Quebec," emphasized Dr. Philippe Sauthier, Chairman of the Board of Directors.

Targets for 2021

PROVINCE-WIDE LEADERSHIP

AREA 1	Orientation 1 Becoming the unifying leader	Goal 1 Be involved in landmark opportunities for people impacted by cancer.	②
	among organizations dedicated to people affected by cancer.	Goal 2 Accelerate partnership agreements.	0
	Orientation 2	Goal 3 Increase the number of hospitals in which the Foundation wishes to be present.	! ☆
	Getting closer to people living with cancer.	Goal 4 Increase the Foundation's annual support (penetration rate) to 55,800 people with cancer and their loved ones.	0
	Orientation 3 Create a sense of pride in the Foundation's mission.	Goal 5 Develop a sense of belonging to the Foundation's large family.	②
	ENDICHING THE SERVICE OF	EEDING	

ENRICHING THE SERVICE OFFERING

Orientation 4 Offer services with a medical	Goal 6 Assess the relevance and feasibility of providing services integrating the medical dimension.	! ☆
dimension in complementarity with the network.	Goal 7 Strengthen the Foundation's collaboration opportunities in research projects linked to its mission.	0
Orientation 5 Adapting service offerings to the reality of survivorship.	Goal 8 Develop current services and propose new services adapted to this reality (acquire the means to define this reality).	! ☆
Orientation 6	Goal 9 Assess the feasibility of implementing an assisted daily living program.	0
Support people with cancer in every aspect of daily life.	Goal 10 Provide greater accessibility (diversity and digital component) to the Foundation's services.	0

DIVERSIFYING SOURCES OF FUNDING

AREA 3	Orientation 7 Increasing revenue from our Accommodation Center network.	Goal 11 Diversify our clientele.	!₩
	Orientation 8 Align sources and amounts of funding with emerging needs.	Goal 12 Increase funding to support the day-to-day operations of the Foundation.	0
		Goal 13 Increase the Foundation's unassigned contributions.	②



Closer to Quebecers across the province



The largest Lodge of our accommodation network in Quebec

On November 15, 2021, we had the pleasure of welcoming the first guests to our sixth Lodge in the heart of Quebec City. Boasting 48 rooms and 81 beds, this Lodge is the largest facility in our network. It takes us one step closer to reaching our objective of being increasingly present across the province to support yet more Quebecers with cancer and their loved ones. Guests of our Lodges, who often live in remote regions, can benefit from affordable accommodations close to the hospital centers where they receive oncology treatments. Our approach to facilitating the lives of our beneficiaries and their loved ones is focused on humanism, mutual aid, support, complementary therapies, and psychological support.

48 rooms

81 beds

Successful partnerships for the well-being of people with cancer

Thanks to an approach focused on the overall well-being of all Quebecers facing cancer and fueled by our objective of providing them with much-needed support, we pursued building various partnerships across the province. This year, we were pleased to announce our partnership with Colorectal Cancer Canada, the Brain Tumour Foundation of Canada, and the Lymphedema Association of Québec.

Our new partnership with MOVE 50+ — a digital platform featuring videos of physical exercises for people aged 50 or more — also supports better health for people with cancer after having been evaluated by one of our kinesiologists.

Our partnership with OmbudService for Life and Health Insurance allowed optimization of the daily well-being and financial security of people with cancer and their loved ones. This free and bilingual service for settling personal insurance disputes will help the Foundation beneficiaries and their loved ones access assistance and obtain information on dispute resolution in insurance matters.



"Cancer and its various treatments are a source of stress. Physical activity is one way to release it. The exercises recommended by my kinesiologist allowed me to let go of this emotional load. Thanks to her advice and guidance, I regained my balance and gradually resumed my sports career."

Julia P., kinesiology services beneficiary

Service growth and accessibility of our services

While our desire to be increasingly accessible for Quebecers impacted by cancer has always been a key goal, the pandemic represented an opportunity to accelerate the digital shift of our services.

To meet the growing demand for our online art therapy workshops and kinesiology, yoga, and Qi Gong sessions, we increased the weekly frequency of these services. In 2021, we registered over 5,000 individual participations. We also counted close to 3,200 interventions via our Info-cancer Services. These constantly rising numbers attest to the popularity of and growing demand for the Foundation's services.

In light of this staggering interest and to increase our support, we offered online art therapy workshops to the loved ones also.

We enhanced our kinesiology services through new partnerships with Ékisanté, Kinik, and Pavillon Beauce-Etchemin to reach more Quebecers in their home regions.

1st collective virtual forum on the important role played by support in the trajectory of oncology

On June 16th, the Quebec Cancer Foundation joined forces with Leucan, the Canadian Cancer Society, the Cancer Research Society and PROCURE to present the first virtual forum *Unis pour les personnes atteintes du cancer et leurs proches* (Together in support of people with cancer and their loved ones). In attendance of Mr. Christian Dubé, Minister of Health and Social Services, this first-of-its-kind event was an unbelievable opportunity to highlight the importance of our organizations throughout the cancer trajectory. Hundreds of patients, families, healthcare providers, and health and social services managers participated virtually to discuss the need to further exchange and collaborate with the Government of Quebec to better support yet more Quebecers impacted by cancer.

Annie and Marie-Claude'story

Two mothers bound by friendship and cancer

In 2013, I became friends with Annie, one of my co-workers; we particularly enjoyed doing sports activities together. In 2020, while I was on maternity leave, Annie discovered she had cancer. I was devastated and couldn't stop wondering how this disease could strike my friend, an active woman so filled with life and so young.

A few months later, I found myself in her shoes: I was also diagnosed with cancer. Digesting all of the information associated with my diagnosis, caring for my baby while undergoing therapy, or even performing daily tasks was extremely challenging. I also received the news that I would no longer be able to have children; a second shock for me since I was only in my thirties. I felt like time had suddenly come to a standstill.

In a reversal of roles, Annie, who was recovering, was there to support me. Together we could speak of our deepest emotions and experiences about cancer and tried to change our minds as much as possible. At the onset of my therapy, I felt I could benefit from further support.

There was nothing easy about juggling cancer and motherhood.

I eventually found the support I was looking for in the various programs and services of the Quebec Cancer Foundation. I benefited from kinesiology and massage therapy sessions* at the Gatineau Regional Center. These resources, free of charge or at a reasonable cost, were ways of forgetting my cancer for a few hours — hours during which I felt just like "any other" woman or mother.



Massage therapy eased my physical pain but also helped to release my emotions, dissipate my anxiety, and gave my body much-needed relief from cancer and its treatments. I excitedly shared this discovery with Annie, so that she could also benefit from this gentle caress for the body but also the mind and soul. On the massage table, we found a sort of goodness that enveloped our bodies, wrapping us in layers of love and healing. These sessions were extremely beneficial during those trying times.



A few months later, the Foundation organized its annual province-wide event: La marche du Grand défoulement of 2021. We were determined to participate in this movement of solidarity that enables the Foundation to keep offering its valuable services. Taking part in this event was a way of remembering the progress we had made and celebrating the end of our therapy and the resumption of other physical activities with our loved ones. We wanted to celebrate health! It was the perfect occasion to raise funds for the Foundation that had given us so much. Annie and I still feel compelled to roll up our sleeves and help the thousands of Quebecers facing cancer benefit from the services and psychological support of the Foundation and the kindness of its team.

Together, we went through our treatments and dealt with this challenge. Our friendship is now bound by the inexplicable respect for each other and each person who has or has had cancer. This is why we supported the Foundation and continue to do so today; it is a way of paying it forward so that others also can benefit from its positive impact.

Marie-Claude, Foundation beneficiary and participant in *La marche du Grand défoulement*







Presented by

this fundraising event.





Grand défoulement à ma façon

Grand défoulement à ma façon is a unique opportunity for Quebecers from every region of the province to organize a customized and philanthropic activity in line with their interests. Once again, our committed community has risen to the challenge and been creative despite the pandemic context!

OUTAOUAIS

Un p'tit air d'accordéon \$20,000 Les Olympiques contre le cancer \$1,000

MONTRÉAL

Magasinage V.I.P – Le basement \$4,000 Loto-o-suivant \$10,000

QUÉBEC

Chanteurs de Bonheur pour le temps des fêtes \$5,349 Fond Gervais Bouchard \$3,900

MAURICIE

La course contre le cancer \$13,426 Groupe Somavrac \$5,000

ESTRIE

1^{re} édition du Déjeuner du Directeur de la MRC du Val-Saint-François \$2,970 Tournoi de golf amical au profit de la FQC-Estrie \$3,650













Thanks to all those who are stepping up to support Quebecers touched by cancer

Défoulements in every corner of Quebec

\$50,000 OR MORE

La marche de Gatineau et de l'Abitibi-Témiscamingue

La marche de Montréal

La marche de Québec

La marche de Trois-Rivières

\$25,000 TO \$49,999

La marche de Granby

Les 24 heures du Lac Archibald

\$10,000 TO \$24,499

Auto pour la vie

Défi Félix Deslauriers-Hallée

La course contre le cancer 2021

La marche de Laval

Loto-o-suivant

Mission Tournesol

Un p'tit air d'accordéon

Vélo Cancer

Yoga-concert contre le cancer d'OB Yoga

\$5,000 TO \$9,999

Défi sportif CGI

Chanteurs de Bonheur pour le temps des fêtes

Marche de soutien – Marie-Hélène Asselin

Skiez pour la bonne cause

Groupe Somavrac

\$10,000 TO \$24,499

1^{re} édition du Déjeuner du Directeur de la MRC du Val Saint-François

Café Grill Sodexo

Collecte des Pompiers Ste-Brigitte-de-Laval

Course Bill Marshall – Club de voile Senneville

Fond Gervais Bouchard

Foodtruck La Braoule

Groupe de soutien pour Francine Lemay

Je roule pour toi

La Beauté n'a pas d'âge

La marche de Rimouski

Les Olympiques contre le cancer

Les 40 de l'espoir

Magasinage V.I.P - Le basement

Tournoi de golf amical au profit de la FQC-Estrie

\$500 TO \$999

Vente de garage – Résidence Les Jardins Gordon

Les Défis de Béat

Vente de garage équestre Pépinière

Projet Immunoclip

On t'aime Ben...

Marche employés XTL

Cantine-dépanneur Hôtellerie de l'Estrie

Garderie Chez Clo

Paniers cadeaux Hôtellerie de l'Estrie

Emballage de cadeaux – Boutique Brault et Bouthillier

While it is difficult to provide an exhaustive list, it is important for the Foundation to recognize the true value of our donors. If an error has unfortunately slipped our notice, please notify Donor Services at 1-877-336-4443 or don@fqc.qc.ca.

Corporate campaign

Cancerto

If the restrictions imposed by the pandemic have forced us to offer a new 100% online format in 2020, we have been delighted to come back and find the warmth of theaters for the *Cancerto* benefit events in 2021. Once again, the business community was present to bring its support to the Quebec Cancer Foundation. From October to December, music legends such as the Orchestre du Septième Art, Guylaine Tanguay, Mario Pelchat, Dan Bigras, and Eli Woods performed in Quebec City, Gatineau, Sherbrooke, and Montreal to offer enchanting and mobilizing shows and help yet more Quebecers impacted by cancer. Also available online, over 1,500 people attended the concerts, either in person or in the comfort of their own homes.

The last event of the Cancerto series was held in Montreal on December 7, 2021. With Foundation General Manager Marco Décelles at her side, Guylaine Tanguay, our spokesperson, unveiled the total amount raised during this province-wide corporate campaign: an impressive \$1,005,817.

These funds enable thousands of people rendered more vulnerable by cancer to access services and programs designed to improve their well-being.



"In my role as a physician, I regularly witness the invaluable support our nurses, psychologists, nutritionists, massage therapists, kinesiologists, art therapists, and other employees provide to patients and their loved ones."

Dr. Philippe Sauthier, Chairman of the Foundation Board of Directors and Head of the CHUM Obstetrics-Gynecology Department.

Bubbles for hope

On December 2, 2021, 70 guests from the Lanaudière business community attended the region's 5th prestige champagne tasting event, organized by campaign president Ms. Diane Moreau, Mr. John Stimpson from Cryos Technologies, Mr. Emmanuel Préville-Ratelle from the law firm of Ratelle Ratelle et Associés, and Mr. Evens Landreville-Nadeau from Transport Gaston Nadeau. Gathered around a feast of delicacies at the Musée d'art de Joliette, guests enjoyed an auction to raise funds for the Foundation. A total of \$51,575 was raised to help people impacted by cancer.



Le Grand fou rire

In 2021, the Quebec Cancer Foundation came up with a novel idea for a new event: *Le Grand fou rire*. On the occasion of Global Wellness Day, on June 12th, 4,025 participants across Quebec gathered virtually to stock up on happy hormones by laughing with the event's host, renowned Montreal drag queen Rita Baga, and Claude Couture, a Hasyayoga (laughter yoga) coach and facilitator of the Laughter Yoga workshops (*Rire, c'est la santé*) offered by the Foundation since a few years. The positive impacts of laughter on physical, emotional, and social health, especially for people with cancer, have been proven beyond a shadow of a doubt. *Le Grand fou rire* was an opportunity to share the benefits of this delirium of joy across the province while also supporting Quebecers with a cancer diagnosis.









Pfizer Canada promotes access and equity as regards healthcare

The Canadian division of the global biopharmaceutical company has been financially supporting the Foundation's Info-cancer Services for several years. Pfizer's contribution has allowed countless Quebecers impacted by cancer to benefit from telephone consultations with various professionals, such as psychologists and nutritionists. In 2021, hundreds of people attended at no cost an online conference given by Dr. Michel Pavic, an oncologist at the CHU de Sherbrooke, and kinesiologist Lysandre Lebel on the benefits of physical exercise for people with cancer, thanks to the company's constantly increasing financial support. Pfizer was a stellar corporate partner in 2021, with a contribution of \$40.000.

MERCK in support of peer matching

Since 2020, MERCK Canada has helped us operate and further enhance our telephone peer matching service. In 2021, the company's \$25,000 contribution enabled people facing cancer and their loved ones to talk to a responder who had lived a similar experience with cancer.



OB Yoga: Yoga concert against cancer

For a 9th consecutive year, Isabelle O'Brien, the founder of OB Yoga, partnered with the Foundation to organize the Yoga concert against cancer, an event featuring Guylaine Tanguay, Bruno Pelletier, Lulu Hughes, and other well-known Quebec performers. On June 27th, 90 people enjoyed a philanthropic musical evening, raising \$21,035 for free onco-yoga classes to relieve Quebecers facing cancer from stress, fatigue, and pain.



Dumoulin Compétition: La course contre le cancer

Race car drivers Jean-François and Louis-Philippe Dumoulin, ambassadors of *La marche du Grand défoulement* and Honorary presidents of the campaign in Mauricie, have been supporting the Foundation since 2016. In 2021, they pursued their efforts with their renowned « Course contre le cancer » (Race against cancer), an event raising \$13,426 for our organization.

Governor Members



On December 7, 2021, seven people and organizations were awarded the prestigious title of Governor Member for 2021 during an online recognition evening: Mr. Donald Angers, Mr. Steve Bouthillette, Mr. Stéphane Dubé, Mr. Pierre Lamontagne, Mr. Robert Paré, Bistro Sodexo at the Hôtel-Dieu de Sherbrooke Hospital and Caisse Desjardins du Quartier Latin. The Foundation's new Governor Members were gifted with a piece of art created and generously offered by artist Bernard Séguin Poirier in recognition of their contribution to our organization and dedication to helping Quebecers living with cancer.



"My role is to transport people staying at the Montreal Lodge to their treatment center. Being a volunteer driver, I facilitate their trips back and forth and have the great opportunity to meet people. I truly feel blessed to make myself useful to a cause that is dear to me."

Lilly, volunteer driver

"Volunteering for the Quebec Cancer Foundation is both heart-warming and rewarding. Every activity or event is a precious moment for me to feel closer to this important cause. I have grown as a person by spending time with people who have taught me so much about the importance of sharing and living in the moment."

Rita, volunteer

"Being a volunteer for the telephone peer matching service is gratifying. It brings a feeling of belonging, as though I was part of a large family. Having faced cancer, I know what people go through, and I am happy to lend an ear or offer advice when needed. I also understand the importance of having someone you can confide in."

Martine, volunteer responder for the telephone peer matching service

Major gifts and planned giving program

Planned gifts

A SIMPLE GESTURE WITH A MAJOR IMPACT!

There are several options for those who would like to explore the possibility of planned giving: a bequest, a gift through a life insurance policy, a gift of securities or publicly traded shares, an endowment fund, and more. This type of giving procures significant tax benefits for you or your estate.

"Planned giving is a concrete alternative for people looking for a way to support a cause dear to them on a long-term basis. We would be happy to help you explore various options."

Ingrid Chauvin, Senior Advisor, Major and Planned Gifts
For further information or should you have any questions, please reach
out to us at donsplanifies@fqc.qc.ca.

52 donors

\$1.2 million (including + \$807,000

The Foundation is a proud partner of

VOLONTÉ DE FAIRE

of estate pledges)

Monthly donation program

Backup Force

Every 9 minutes, a Quebecer receives a cancer diagnosis. The statistics are alarming, and have led many to take action and join our Backup Force by committing to making a monthly donation to the Quebec Cancer Foundation.

With a MONTHLY DONATION, you can impact many people's lives without disbursing large amounts. You help us innovate and better meet the needs of the people we support.

Your \$10 monthly donation will allow 12 people impacted by cancer to participate in an art therapy workshop. Your \$15 monthly donation will provide 7 cancer patients to benefit from a one-hour table massage.

Your \$24 monthly donation will allow 4 people with cancer and a loved one to access a one-night accommodation near an oncology center (including meals and transportation).

3,305 monthly donors

+ \$542,000

THANK YOU!

Recurring donations throughout the year allow better planning and reduce our administrative costs.

Our team



Executive Management Committee

Pictures, from left to right

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Fannie Allard

Director, Financial Development

Luce Girard

Director, Mauricie Regional Centre and Lodge

Robert Labelle, CPA, MBA

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Director, Quebec City and Lévis Regional Centres and Info-cancer Services

Corinne Lorman

Director, Outaouais Regional Centre and Lodge

Jennifer-Kim Noël

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Nancy Turcotte

Director, Human Resources

NEWS

In 2021, the Quebec Cancer Foundation welcomed **7 new members and observer members to its Board of Directors:**

Julie Chamard, Sandra Etchenda, Gopinath Jeyabalaratnam, Fabien Major, Guerlane Noël, Sandy Sadler, and Loth Siemeni. Their varied expertise allows us to better meet the concrete needs of the people we support every day.

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Associate Professor Université de Montréal

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All Quebec Cancer Foundation Board members fulfill their duties on a voluntary basis. They receive no attendance fees or any other form of remuneration.

Thank to our business volunteers

Without the involvement of the Quebec business community, we could not have attained the level of excellence that we did over the years. **Their volunteer work is essential** and allows us to promote the Foundation throughout the province. Thank you for your commitment and your dedication!

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Thank to our donors

The Quebec Cancer Foundation can count on thousands of donors. Thanks to them, in 2021, those who turn to us in times of trouble can get the support that allows them to be stronger facing cancer. Many thanks to those women.and.men.who.have.supported.us in our mission for more than 40 years.

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Thank to our

sponsors

Thank you for being – like us – attentive to the needs of people living with cancer in 2021. Your contribution is invaluable as it helps us make a real difference in the lives of women and men dealing with this disease.

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Thank to our philanthropists and builders of hope

The Donor Recognition Circles were created to honor **those who diligently support** the Quebec Cancer Foundation so that people dealing with cancer can find a lighthouse in the storm.

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Composed of individuals, businesses, and private foundations that have performed significant actions over the years to support those diagnosed with cancer.

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This circle is made up of every donor who has chosen the Foundation in his or her estate planning, through a bequest or any other form of planned giving. In this way, these builders ensure that every Quebecers facing cancer can receive the best possible support.

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- Succession Jacynthe Bélanger
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- Succession Laurette Besner
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- Succession Jeanne d'Arc Bouchard
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- Succession Ida Tremblay
- Succession Louise Tremblay
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- · Succession Sylvie Trocmé
- Succession Carmen Turgeon Lapointe
- Succession Louise Vallières
- Succession Mary LaureVan Ysendyck Fraikin
- Succession Paul Venditti
- Succession Francine Vigneux
- Succession de Alan C. Webster
- Succession Bessie May Whitehead
- Succession Fleurette Wingender

Thank you!

Financial results

These data are drawn from the Quebec Cancer Foundation's 2021 financial statements, for the 12 month period ending on December 31, 2021, and audited by Mallette S.E.N.C.R.L.

	2021	2020
REVENUES		
Donations and fundraising activities	\$3,921,801	\$3,792,474
Revenues from services	1,862,758	1,587,163
Revenue from investments at fair value	69,090	61,560
Interest income	2,490	4,732
Amortization of deferred contributions related to capital assets	93,259	95,836
Rental income	20,226	20,226
Other income	366,466	265,594
Total	6,336,090	5,827,585
CHARGES		
Donations and fundraising	1,498,704	1,096,534
Service charges	3,793,236	3,393,435
Service development costs	437,294	341,004
Administration costs	134,364	131,090
Amortization of property, plant and equipment	222,961	221,418
Amortization of intangible assets	23,146	17,098
Total	6,109,705	5,200,579
EXCESS OF REVENUE OVER EXPENDITURES BEFORE OTHER ITEMS	226,385	627,006
OTHER ITEMS		
Change in fair value of investments	232,362	175,210
Canada Emergency Wage Subsidy (CEWS) and Temporary Wage Subsidy (TWS)	495,367	953,106
Total	727,729	1,128,316
EXCESS OF REVENUE OVER EXPENDITURES BEFORE EXCESS OF BEQUESTS AND INVESTMENT	054114	1.755.000
INCOME	954,114	1,755,322
EXCESS OF BEQUESTS AND PROCEEDS FROM INVESTMENTS ON THE NEEDS REQUIRED TO FINANCE PROGRAMS AND SERVICES	109,898	848,846
TOTAL EXCESS OF REVENUE OVER EXPENDITURES	\$1,064,012	\$2,604,168
TOTAL EXCECUTION OF REPUBLIC OF REPUBLICATION	V1,007,012	₹2,00 1 ,100



Lodge facilities and Regional Centers throughout Quebec

Estrie

3001, 12th Avenue North Sherbrooke (Quebec) J1H 5N4 Telephone: 819-822-2125 Fax: 819-822-1392 cancerquebec.she@fqc.qc.ca

Lévis

160, Wolfe Street Lévis (Quebec) G6V 3Z5 Telephone: 581-502-0184 Fax: 581-502-0185 cancerquebec.lev@fqc.qc.ca

Mauricie

3110, Louis-Pasteur Street Trois-Rivières (Quebec) G8Z 4E3 Telephone: 819-693-4242 Fax: 819-693-4243 cancerquebec.trv@fqc.qc.ca

Montreal

Head office and Norman Fortier Lodge 2075, de Champlain Street Montreal (Quebec) H2L 2T1 Telephone: 514-527-2194 Toll free: 1-877-336-4443 Fax: 514-527-1943 cancerquebec.mtl@fqc.qc.ca

Outaouais

Michael J. McGivney Pavilion 555, de l'Hôpital boulevard Gatineau (Quebec) J8V 3T4 Telephone: 819-561-2262 Fax: 819-561-1727 cancerquebec.gat@fqc.qc.ca

Quebec City

Regional Center and Info-cancer Services 2375, de Vitré Avenue Quebec (Quebec) G1J 5B3 Telephone: 418-657-5334 Toll free: 1-800-363-0063 Fax: 418-657-5921 cancerquebec.que@fqc.qc.ca



Always There to Care

Thanks to you, our loyal partners and allies, we have provided help and support to over half a million people over the past 42 years. Together, we can do still more for an even greater number of people throughout Quebec.

To donate



1-800-363-0063 cancerquebec.ca







