



Quebec
Cancer
Foundation

Always There to Care

2015 ANNUAL REPORT



Hélène Chartier
and her son Raphaël

Changing lives, one at time

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Our Mission

To provide practical and moral support to Quebecers with cancer and their loved ones by offering living environments and services that promote their well-being.

Our Values

- We **listen** to people with cancer and support them in a tangible way as they cope with the impact of the disease on their lives.
- Each person deserves our **respect** and has the right to deal with their disease as they see fit.
- Our action is based on **solidarity** with those we support and those who support us through their donations.
- We **excel** as a provider of support services and play a **leadership** role in this area.

Our Vision

That all Quebecers might come together to offer people with cancer and their loved ones the essential support they need to better cope with the disease in their daily lives.

- Our **commitment** is reflected every day in the relationships we build with the people we support and through our cooperation with healthcare teams and other partners in the community.
- Since the larger share of our services is funded through public donations, we manage these funds with **integrity**, fully aware of the trust our donors have placed in us.



Message from the President and the Director General

Support that never wavers

While great strides have been made in cancer care over the last decade, cancer remains a life-threatening illness that touches thousands of Quebecers every year. We all know someone who has been affected, whether it's a family member, a friend, a neighbour or a colleague.

Being diagnosed with cancer is always a shock for those directly affected and for their loved ones. The news triggers anxiety, fear and a whole set of questions. Normal life is put on hold, only to be replaced with countless medical appointments for treatment, which at times can be lengthy and difficult. Not only does cancer cause its share of worry; it also radically changes a person's daily life and leads to major stress.

This is where the Quebec Cancer Foundation steps in. Offering services that are complementary to standard medical care, the Foundation listens, comforts and supports people with cancer through services that promote their physical and psychological wellness. It also provides them with affordable lodging during their treatment period. For 35 years now, the Foundation has been a reassuring presence in Quebec, delivering programs and services during all stages of the illness.

This year, with the support of members of the public and business community, the Foundation has raised over \$4.4 million through donations and charitable activities. These funds will be used to continue assisting people whose lives have been turned upside down by cancer. We are grateful to be able to count on the generosity of so many caring people who are helping us change lives, one at a time.

In addition to our donors, we are fortunate to have a valuable team of volunteers who are hard at work across the province all year long. Every day, they give time and energy to people with cancer and their loved ones in a strong show of solidarity, compassion and dedication. As they accompany them in their journey, they are breaking down barriers of isolation and making a real difference in people's lives.

I would like to extend my warmest thanks to all of our supporters for their invaluable assistance. Their dedication instills courage and hope in Quebecers, helping them to better cope with cancer.

Martin Dupras
President of the Board

Ginette Charest
Director General

Message from our Spokesperson

Thank you for getting involved

For the last few years now, I've had the privilege of serving as the spokesperson for the Quebec Cancer Foundation. It's a role I thoroughly enjoy.

During this time, I've had the opportunity to meet so many dedicated employees, volunteers, community-minded individuals and caring men and women, whether I'm visiting one of the Foundation's five centres or participating in fundraisers and activities.

They all actively believe in the cause, but their main motivation is to show their support for Quebecers facing the challenges brought on by cancer. I have witnessed the tremendous impact of their actions and generosity. I have seen for myself the reassurance and hope they bring to thousands of men and women, year after year.

The contribution they make is real: they truly have the power to make a difference. Each time they support, welcome, reassure or come alongside those who reach out to the Foundation for help, they change a life.

Together, we are enhancing the quality of life of people with cancer and their loved ones. Together we can do great things and make tomorrow brighter. Every single action matters.

So many Quebecers feel better because of you. On their behalf and my own, thank you! Your dedication is nothing short of life changing.

Bruno Pelletier
Spokesperson for the
Quebec Cancer Foundation

Empowering Quebecers Facing Cancer

Since 1979, the Foundation has been providing ongoing support and reassurance to people with cancer and their loved ones.

Information Services

The Foundation provides people with cancer and their loved ones access to a large collection of reference materials on various cancer-related topics, such as treatments, anxiety management, general wellness and physical fitness. The Info-Cancer team is composed of qualified nurses and documentalists specialized in oncology, who are available to answer questions, refer people to the appropriate resources and recommend relevant, up-to-date material.

Physical Wellness Programs

Fatigue, nausea and pain are some of the possible side effects of cancer treatments. To help alleviate these symptoms and make life a bit easier for those facing cancer, our Foundation centres offer personalized exercise programs delivered by kinesiologists, a variety of physical activities and massage therapy provided by massage therapists specialized in oncology.

Psychological Support

News of a cancer diagnosis wreaks havoc in a person's life, produces many emotions and raises countless questions. The Foundation is there to listen, reassure and guide those who need it. Our telephone peer matching service, support groups and art therapy workshops are a few of the services we make available to help people better cope with the disease.

Lodging Centres

People with cancer and their loved ones living in Quebec can take advantage of the largest network of accommodation services in the province. During their cancer treatments, they can have access to safe, affordable and comfortable rooms in our facilities located near treatment centres in Montreal, Trois-Rivières, Gatineau and Sherbrooke.



The Impact of Each Donation

Together, let's change lives, one at a time

For over 35 years now, the Foundation has relied on the generosity of thousands of Quebecers who stand shoulder to shoulder with people affected by cancer. In 2015, we raised more than \$4.4 million through donations and charitable activities. With these funds, the Foundation will continue to reach out to all the men and women and their families who need our assistance.

We are grateful to have the backing of the people in Quebec and its business community. Each and every gift matters, since it has the power to enrich the life of someone living with cancer.

Thank you for your support!

23,953 individual donors and 2,355 monthly donors	\$1,612,614
In memoriam gifts	\$239,741
Bequests	\$798,335
Community-hosted events	\$454,369
Quebec business community	\$276,796
Foundation events and campaigns	\$681,669
Private foundations	\$291,100
Other	\$67,290

Measure the Impact of your Contributions

With \$15, you give understanding and advice
\$15 lets 3 people affected by cancer speak to a staff member of the Info-Cancer Hotline. **15 \$**

With \$30, you support wellness
\$30 lets 4 people affected by cancer participate in 1 art therapy workshop or 1 two-hour exercise session with a kinesiologist. **30 \$**

With \$50, you reduce stress and anxiety
\$50 lets 1 person affected by cancer receive a one-hour massage from a massage therapist specialized in oncology. **50 \$**

With \$100, you offer lodging
\$100 pays for a one-night stay near a cancer treatment facility (including meals, transportation and activities) for a person who needs to travel away from home for treatment. **100 \$**

Highlights of 2015

The Largest Network of Lodges in Quebec

95%* satisfaction rating

3,165 people lodged

130 beds in 4 lodging centres

20,608 nights



Origins of residents – Top 5

Abitibi-Témiscamingue	29.83%
Montérégie	15.85%
Lanaudière	11.75%
Centre-du-Québec	6.59%
Laurentides	6.59%

Types of cancer of residents – Top 5

Breast	21.02%
Lung	12.29%
Prostate	10.06%
Brain	7.57%
Colorectal	5.70%

Complementary Programs and Services

Complementary therapies are recognized by the scientific community for reducing stress and symptoms associated with cancer and its treatment.

17,000 individual sessions of physical wellness or psychological support.

12 Choices of different activities, including massage therapy, kinesiology and art therapy, offered across Quebec.

Experienced oncology nurses at the other end of the line

Over **1,200** calls per year

Free and confidential services

A large collection of reference materials made available everywhere in Quebec



Fundraising Activities

LE GRAND DEFOULEMENT CONTRE LE CANCER

2nd edition of the *Grand défolement contre le cancer*

\$130,322 raised

34%* more funds raised

57%* more events

*Compared to the first edition in 2014.

Annual fundraising events

5 benefit evenings in Quebec
More than **\$347,000** raised

Third-party activities

61 activities organized across Quebec by dedicated members of the community
\$454,369 turned over to the Foundation

Charity trip *Compostelle en tandem*



38 participants
\$110,814 raised



Lodging Services

In 2015, the Quebec Cancer Foundation welcomed 3,165 people to its lodging centres for a total of 20,608 nights. That's over 3,000 Quebecers who used our peaceful, safe and affordable facilities during their cancer treatments.

3,165
people

20,608
nights

130
beds

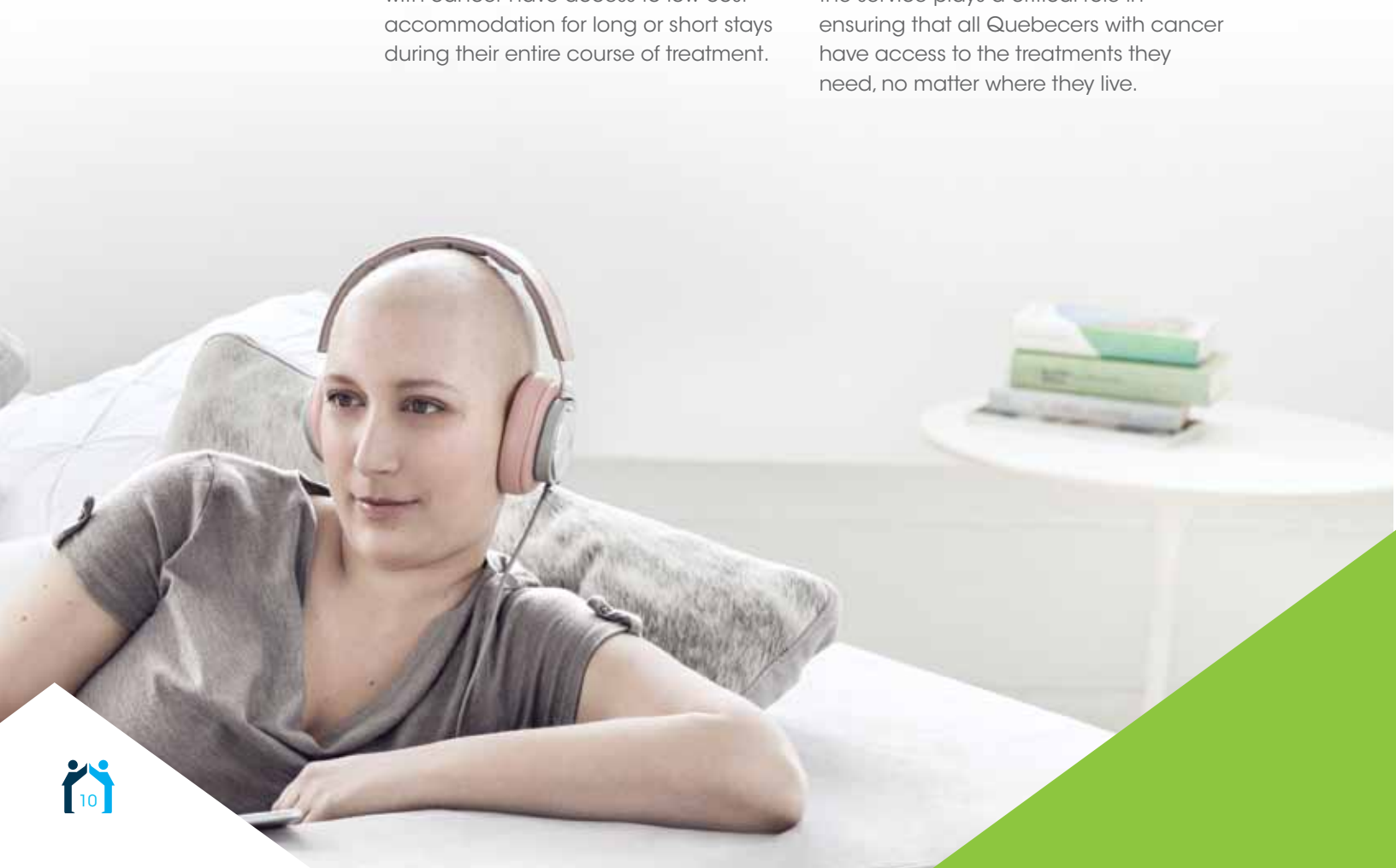
A network of lodging centres for better access to cancer care

The Foundation's lodging centres help to reduce the financial burden associated with cancer. People living in outlying regions can be required to leave their homes for cancer treatments offered only in hospitals of major Quebec cities. The cost of food and board for many days – or even weeks – can add up quickly.

Thanks to the Foundation, people with cancer have access to low-cost accommodation for long or short stays during their entire course of treatment.

By having access to affordable lodging, they are then able to focus on their well-being and recovery rather than on the logistics and financial aspects of the disease.

With 130 beds, the lodging centres of the Foundation represent the largest network of facilities for people with cancer in Quebec. Available in Montreal, Trois-Rivières, Sherbrooke and Gatineau, the service plays a critical role in ensuring that all Quebecers with cancer have access to the treatments they need, no matter where they live.



A friendly environment and meeting place

The lodging centres are much more than just a place to stay. They provide a warm, friendly setting, where residents obtain support from caring Foundation staff and volunteers dedicated to making their stay as pleasant as possible.

Residents also have the chance to meet others facing a similar challenge. They develop special bonds, create friendships and build a network of mutual aid and support. They can also get to know each other during the many activities organized to brighten their stay: museum visits, movies, shopping,

city tours, community dinners, coffee get-togethers and more.

There are many spaces available where residents can relax but also meet and exchange with one another. Lounges, game rooms and outdoor terraces are a few examples of the warm and friendly common areas designed specifically with this purpose in mind.

"When I started my practice as an onco-gynecologist, I was sad to see some of my patients abandon their treatments, even at the risk of their own lives. They simply couldn't handle all the travelling, nor could they afford a hotel.

I couldn't stand idly by in the face of such a major injustice. As a physician, I wanted all Quebecers to have equal access to proper care. This was the driving force behind the creation of the Quebec Cancer Foundation in 1979."

Docteur Pierre Audet-Lapointe
Onco-gynecologist and Cofounder
of the Quebec Cancer Foundation

"As a volunteer, I have the opportunity to accompany residents on outings or just share a cup of coffee with them, chatting about this and that. It's been 20 years of meeting wonderful people.

I try to reassure them, since they obviously feel worried. I see for myself that the activities offered at the Foundation do them a world of good. All of these services help them focus on something other than their illness and this contributes to their healing."

Jacqueline di Stasio
Volunteer for the last 20 years



Psychological Support

A cancer diagnosis is a terrible shock for both those directly affected by the disease and their friends and family. The impact on their personal, family and professional lives is tremendous and destabilizing. People can sometimes lose their grounding and need to be supported or to confide in someone. The Quebec Cancer Foundation is there to help those who need it through services developed specifically to make them feel better.

Telephone peer support – Sharing with someone who knows

Since 1984, people with cancer and their loved ones have had access to a free, confidential telephone peer support service. Every year, some one hundred matches take place across Quebec.

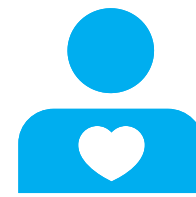
When you have cancer, it can be reassuring to speak with someone who has gone through a similar experience. Our volunteers are all trained in peer counselling and have undergone the cancer journey themselves. Who better to understand, guide and advise you?

The matching can be done anywhere along the way: at the time of diagnosis, during treatments or even when returning to work. It is also possible to be paired with someone with a similar background: a mother, a caregiver, male cancer patient, etc.

Art therapy – Expressing emotions creatively

Words are not always necessary to express emotions. Through shapes, colours and textures, you can uncover your feelings about the disease. Anger, sadness, fear and joy can be expressed on paper, canvas, wood or clay.

During the art therapy sessions offered at the Foundation's five centres, works of art, both big and small, are created every week. Each workshop is more than an art class: it's an opportunity for participants to share their feelings and receive support.



Physical Wellness Programs

Cancer treatments can be very hard on the body and cause many side effects that can compromise the quality of everyday life. At the Quebec Cancer Foundation, we offer physical wellness programs for people living with cancer in order to help them feel better every day and return to their regular activities as quickly as possible.

Massage therapy – Learning to live in the moment

The massages given by our massage therapists specialized in oncology offer great relief to people undergoing cancer treatments by helping them focus on the present moment. During a session, their stress, anxiety and pain gradually subside, giving way to a greater sense of serenity.

Through its positive impact on the mind and body, massage therapy reduces many of the symptoms caused by cancer and its treatment. These include nausea, pain, fatigue, anxiety, stress and depression. It also promotes relaxation, improves sleep quality and boosts the immune system, while significantly enhancing people's mood.

In 2015, the Foundation wanted to do even more to improve the physical wellness of people affected by cancer. This is why it launched a massage service for people receiving chemotherapy. Twenty-minute massages are now available, free of charge, at the following hospitals: Centre hospitalier régional de Trois-Rivières, Centre hospitalier universitaire de Sherbrooke, Centre hospitalier universitaire de Québec and Centre hospitalier de l'Université de Montréal.

Kinesiology – The importance of a healthy lifestyle

The Quebec Cancer Foundation was the first organization to offer kinesiology services to people with cancer. Exercises tailored to their condition, practised under the supervision of a kinesiologist, and education on the importance of healthy living both significantly contribute to the healing process, which in turn helps people regain their health more rapidly.

The many benefits of physical activity are recognized by the medical community. They include an increased energy level, fewer treatment side effects, enhanced treatment efficiency, better management of stress and emotions, greater flexibility and more.

"During my ordeal with cancer, while working on the launch of my business, I used the various services offered by the Foundation. They did me a world of good. Massage therapy helped me take care of myself during my hectic weeks, while yoga taught me how to breathe, stay in shape and meet people with whom I could share my experience. The Foundation really has great resources to help people."

Marie-Claude
32 years old



Information Services

Finding out that you or a loved one has cancer raises a number of questions and the right answers are not always easy to find. The Info-Cancer team, composed of qualified nurses and documentalists specialized in oncology, take the time to respond to all inquiries. Available free of charge across Quebec, our information services are used by people with cancer, their loved ones and healthcare professionals.

Info-Cancer Hotline – Support just a phone call away

Nurses with many years of experience in oncology are there to answer your questions about the disease, the healthcare system, supporting a loved one with cancer, returning to work, complementary therapies and resources available in your area.

In 2015, the Info-Cancer Hotline responded to some 1,200 calls in Quebec.



The Info-Cancer Library – For everything you need to know about cancer

Online or by telephone, this service provides access to a wide range of reference materials on various topics related to cancer, whether it's regarding treatment options, anxiety management, general wellness or getting back in shape.

Experienced documentalists recommend relevant and up-to-date documents that can be consulted at our centre in Quebec City or loaned, free of charge, and mailed or emailed to you anywhere in Quebec.

Corporate Support Program – Because cancer strikes at work too

Cancer does not spare the workplace. When the disease strikes a colleague, supervisor or business owner, it greatly disrupts everyday work life. The Corporate Support Program accompanies managers, human resources personnel and employees through a variety of personalized tools: information brochure, conferences, coaching, legal advice and document loans.

" Cancer turns a person's life completely upside down. The men and women who contact me are looking for the right word or source of information to ease their anxiety. Some cry, others are angry or extremely confused. Still others may over intellectualize the situation as a way of keeping their head above water. All of them have their own unique manner of reacting to the crisis. My job is to listen carefully, and then offer them the help that will best meet their needs, based on what they are going through at that very moment. "

France Vachon
Documentalist
Info-Cancer

"Thank you so much for the books you loaned me. They made me feel good and helped me to better live one day at a time. Appreciating the good days gives me the strength to face the more difficult ones. Thanks again."

Mariette

"When faced with the hardship of cancer, it's great to be able to count on compassionate and caring people who encourage us to stay the course despite our fears and worries."

Thank you so much for the wonderful work you do and for seeing us not as people who are sick, but as people who are recovering."

Julie





Le grand mouillage



Spinning Boomerang avec DJ miss Charlie LIVE



Improvisations ayant pour thème Défolement



La Fondation fait le grand saut



Tam-Tam/TBWA se défole, le taureau aussi



Yoga sur le toit-terrace

Grand défolement contre le cancer

From June 1 to June 30, 2015, thousands of people across Quebec took part in the 2nd edition of the *Grand défolement contre le cancer* to "vent against cancer" and show their solidarity with people touched by the disease.

This year, organizers were extremely creative in the development of artistic, cultural, sporting and social activities of all kinds.

Participation on the rise

Given the success of the 1st edition, the event period was extended to the entire month of June this year. This led to a stellar 57% increase in the number of activities, for a total of 91 events in Quebec. The number of participants to register online also rose by 50%.

As a result, the *Grand défolement* raised the grand sum of \$130,322. We are extremely proud of this fundraising initiative, which helps us provide even more support to people with cancer, while also promoting our services among the general public.

Our spokesperson backed by 7 Jours ambassadors

Following a partnership with the magazine 7 Jours, a number of public figures joined the Grand défolement as ambassadors. They rallied to the cause and lent a hand to our spokesperson to increase the Foundation's visibility and, in turn, raise public awareness about the reality and needs of people with cancer. Patricia Paquin, Pascale Wilhelmy and Josée Lavigneur worked with Bruno Pelletier on supporting the promotional campaign, giving newspaper and radio interviews and participating in television shows.

In addition, they each oversaw a specific category of events: Bruno Pelletier, artistic; Patricia Paquin, friends and family; Pascale Wilhelmy, cultural; and Josée Lavigneur, sports. The ambassadors and Bruno also voted for their favourite activity in their respective category and then joined that event. Their presence was much appreciated by participants and led to connections and exchanges.



Essentrics contre le cancer!



Venez transpirer pour la vie

Thank you for going above and beyond!

\$10,000 and over

La chevauchée pour la vie | Ginette Messier
Mud Hero Montréal | Alyssia Dussiaume
Un 100 pour la bonne cause! | Mathieu L. Moreau

\$5,000 to \$9,999

Le Circuit Nordik | Réservatiöns Nordik
Venez transpirer pour la vie! | Isabelle O'Brien

\$2,000 to \$4,999

De Compostelle à Val Notre-Dame | Jacques Larocque
Frappe et court: les élus se défolement | Joan Lefebvre
La marche bienveillante | Sylvie Alice Royer
Les voix à l'unisson contre le vilain crabe | Françoise Boudrias
L'estivale | Bertrand Daigneault
On marche en famille avec " buddy " ! | Lyse Blais
Sauter pour la cause! | Adrienne Richard
S'entraîner pour vaincre le cancer | Benoit Ladouceur
Karaoke Evening | Vicky Lemieux
Tour du Lac Brome Merrell | Marie-Josée Tardif

\$1,000 to \$1,999

Artistes pour l'espoir | Catherine Desrosiers
Défi Podomètre 100 000 Pas | Pier Olivier Therrien
Du Sacré-Coeur Austère contre le cancer | Charles Morin
Grand Prix Défolement - Top Karting | Gaston Philippe
J'tire du laser contre le cancer! | Clément Bourbon
La Fondation fait le grand saut | Nathalie Boudreau
La grande marche Uniprix | Anne-Marie Langlais
Le défi 100 000 marches HPJ | Pascal Jarry
Nos athlètes du Village Riviera | Shawn Scott-Brazeau
Olympiade familiale Ranch Bo Soleil | Dominique Piché
Pousse tes limites chez Crossfit Tora! | David Jones
Randonnée de vélo Claude Verreault | Claude Bouchard
Tam-Tam\TBWA se défole, le taureau aussi | Mélanie Beaudoin
Vivre en elles | Véronique Gagné

500 \$ à 999 \$

2 minutes pour la vie | D'Ayer's Cliff
Artiste pour la vie | Eva Maude Lavallée
Base Boot CAMP - Mont Hatley | Marie-Josée Tardif
Défole ton swing! | Sofia Marques Manata
Des bulles! | Annie Goudreau
Éclate-toi en vélo | Marie-Josée Tardif
Essentrics contre le cancer! | Diane Leroux
« Foule » défolement! | Lyne Goulet
Hop la vie at Mud Hero in Ottawa | Natalie Rousseau
Improvisations on venting | Vincent Lavallée-Lafrenière
Je me dépasse - Prise 2 | Nicole Bergeron
La course des chevaliers pour la vie | Marc Landry
La zumba folie | Chantale Beaulne
Le combat des artisans de Sainte-Marcelline | Michel Bourgeois
Les bas couleürés IMPJSJ au Mud Hero | Émilie Désilets
On lâche notre fou pour une bonne cause! | Manon Jarvis
On saute pour la cause | Annie Clément
Soirée de filles - Ce soir on danse FLUO | Valérie Racette
Spinning boomerang with DJ Miss Charlie LIVE | Mélanie Pagé
Spin ta santé! 2^e Édition | Sophie Vermette
Zumbathon | Sylvie Nault

\$500 to \$999

Bal en BLEU | Marie-Eve Grondin
Climb for the cause! | François Ferland
Créer des bijoux, ça défole! | Marie-Noëlle Bellegarde-Turgeon
Danse à 10 | A2
Défi Paulois | Geneviève Babin
Défolement Baseball 50/50 | Hélène Dupuis
Défolement « bénéfique et convivial » | Diane Plante
Défolement Concert Sonart 2015! | Vincent Boudreau
Défolement Crossfit 24 heures | Annie Julien
Défolement « plaisir en bouche » | Diane Plante
Défole-toi à l'AccroParc | Myriam Thiffault
Défole-toi-Don chez Rafting Momentum | Philippe Ouellette
Dépasse tes limites pour la cause | Pierre-Luc Perreault
Devenez mannequin, l'instant d'une photo | Marina Dufour
FESTIF LATINO | Julie Lebrun

Fête des voisins défolement | Municipalité de Mandeville
Fleurs de macadam | Michèle Cusson
Garage sale | France Locas
Golfoulement | Marie-Josée Tardif
Je peins... je me défole pour la cause! | Patricia Berrouard
Karmas yoga de juin des 5 studios
ÔmYoga | Véronique Valin
Kick le cancer! 2^e édition | Marie-Pierre Gamache
Le grand cri | Lysa Fournier
Le grand mouillage de merveilles de sable | Festival Merveilles de sable
Les années disco au Beaugarte! | France Locas
Le saut go SkyDive! | Daniel Sévigny
Marche dans les rues du village | Clarence Savoie
Méditation et bols chantants | Marie-Josée Dauphinais
On se défole en riant! | Linda Leclerc
Party, picnic, lawn bowling, etc. | Karine Lamarre
RBC half marathon of Sherbrooke | Marie-Josée Tardif
Soccer Outaouais | Marc St-Amour
Un coup de poing pour un coup de pouce | Rubie Doucet
Une note d'espoir | Martin Miljour
Spin contre le cancer | Marie-Hélène Larivière
Yoga & camp; Kayak, une évasion en eau douce | Marie-Josée Coulombe
Yoga on a rooftop terrace | France Locas
Zone forme Grand défolement | Zone forme
Zumba and kick boxing in the great outdoors | Claire Griswold





Cancerto in Gatineau



Momento in Montreal



Cancerto in Quebec City



Cancerto in Sherbrooke



Cancerto in Trois-Rivières

Our Hope-Raising Events

The Quebec Cancer Foundation organizes charitable events to raise funds that enable it to pursue its mission of helping people whose lives have been disrupted by cancer.

During these events held across the province, members of the public and business community in Quebec come together to deliver a message of hope to people facing the disease.

The benefit evenings of the Foundation

In fall 2015, the Foundation hosted five benefit evenings. The prestigious Cancerto/Momento series attracted over a thousand guests and raised more than \$347,000 in support of people with cancer and their loved ones.

These evenings are made possible by the generous participation of artists, ambassadors and partners. We wish to acknowledge their invaluable contribution to the resounding success of these events.

Thank you!

Gatineau

Presented by Familiprix Johanne Giguère with singer and Foundation spokesperson, Bruno Pelletier

Montreal

Momento evening with Laurie Dion, Honorary ambassador

Quebec City

Honorary co-presidents Benoît Caron, Jocelyn Gilbert and Robert Desrosiers, respectively general managers of the Caisses Desjardins of Lévis, Sainte-Foy and Limoilou, with the Orchestre du Septième Art

Sherbrooke

Honorary president Charles Powell, National Bank Financial with Sylvie Desgroseillers, Jici Lauzon, Studio 88 Swing and LaboKracBoom

Trois-Rivières

Honorary president Carole Chevalier with singer and Foundation spokesperson, Bruno Pelletier

A life-affirming pilgrimage

From September 14 to 27, 2015, some 40 pilgrims took part in a unique and unforgettable experience during the 6th edition of the charitable trip Compostelle en tandem in behalf of the Quebec Cancer Foundation.

The walkers travelled 100 to 200 km along the picturesque road from Conques to Moissac in France as an act of self-transcendence and to generate funds for people with cancer and their loved ones. Together, they raised \$110,814.

We would like to thank all participants for their generous involvement:

Donald Beaulieu | Lyne C. Belisle | Marie Bergevin Marie-Josée Bessette | Linda Bibeau | Gilles Breault Carole Brisson | Jean-François Cardin | Lise Carlos Isabelle Champagne-Lemerises | Raymond Cloutier Jocelyn Côté | Monique Côté Robitaille | Édith Demontigny | Michelle Dufour | Catherine Duplin Chantal Ebacher | Jacques Ferland | Ghislaine Fiset | Louise Forest | Mariette Fournier | Martine Grondine | Denise Guénette | Josée Hamel Carmen Leblanc | Guylaine Leduc | Yvon Livernoche | Suzanne Lupien | Serge Morin Ginette Noël | Josée Parent-Belleavance | Chantal Paul | Linda Paventi | Danielle Pelletier | Denise Perreault | Marie-Pierre Robitaille | Diane Simard Tremblay | Claude Trudel



OSEZ le Mont-Ste-Anne



12 rondes contre le cancer



Journée nationale des aînés



Souper spaghetti du club FADOQ Rawdon



SODEXO CHUS Fleurimont et Hôtel-Dieu

Across Quebec, People are Getting Involved

The Quebec Cancer Foundation is proud to have the support of committed individuals and corporations who organize fundraising events in support of people with cancer in their communities.

Across Quebec, these dedicated folks host community evenings, corporate activities and sporting events. Every year, thanks to their support, thousands of people are able to get the assistance they need to better cope with the disease. Their generosity really changes lives!

We wish to thank them for standing strong with us and helping us empower Quebecers with cancer.

\$20,000 and over

Courir pour la cause et encan | AMVOQ
Défi Félix-Deslauriers-Hallée | Organizing committee and Deslauriers-Hallée family Déjeuner du commandant | Sûreté du Québec
OSEZ le Mont-Ste-Anne | Quebec Cancer Foundation, Fondation des Musées de la civilisation, Club de ski alpin Rouge et Or and Mont-Ste-Anne Soirée Victoire | Danielle Simard

\$15,000 to \$19,999

APACE | Pfizer, Janssen and Celgene
Nordik Spa-Nature, Défendez-vous pour la cause | Martin Paquette

\$10,000 \$ to \$14,999

Nordik-Orchestra Masked Ball | Martin Paquette and Alex Van Diren
Michel Riel Walk | Michel et Pauline Riel, Johanne Michaud, Lise Michaud, Line Piché and Club d'âge d'or de Délage
Ski for a good cause | Cercle finance du Québec and CFA
Un 100 pour la cause | Esther Wanderlin and Mathieu Moreau

\$5,000 to \$9,999

24 heures du Lac Archibald | Philippe Canac Marquis
Boof camp | Daniel Blouin, Marie-Pier Cyr and Cedrick Desjardins
Car for life | ARPAQ
Colette Jubinville
Dance evening | André Chamberland
Golf Classic | Ghislaine Ritchie
Golf Tournament | Paul-Émile Ottawa

Journée nationale des aînés | FADOQ Outaouais, Lise Desaulniers
Mission Tournesol | Andrée Jollette Gaudet
SODEXO CHUS Fleurimont et Hôtel-Dieu

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12 rondes contre le cancer | Olivier Létourneau
Bowl-a-thon of retired school principals of Lanaudière | Rachel Desrochers
Country evening | Lorraine Blondin
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Gourmet golf tournament | Roger Marceau
Oblic contre le cancer | Chloé Sainte-Marie
Orchestre symphonique de Québec | Hélène Déry
Regional bowl-a-thon of Lanaudière | Pierre Trudeau
SFL golf tournament | Pierre Lafleur

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Bar la Babiche-pourboire 1 jour | Sylvie Marcoux
Basket draws | Anonyme
Benefit brunch of the St-Félix-de-Valois Knights of Columbus | Bernard Coutu et Patrice Ayotte
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Les Petits Explorateurs | Nathalie Lacroix
Spaghetti dinner of the FADOQ Rawdon club | Mariette Béliveau

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2015 Annual Campaign

There is no such thing as a small donation, since all gifts have the power to change lives, one at a time. Thanks to the generosity of its donors, the Quebec Cancer Foundation is able to reach out to people with cancer and their loved ones. Their support is priceless to thousands of people every year. We wish to take this opportunity to express our deepest gratitude to them.

THANK YOU so very much!

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While it is always a challenge to present an accurate list of donors, it is extremely important to us at the Foundation to take the time to recognize each and every one of our donors. If an error has inadvertently occurred in our listing, please let us know by contacting Magnolia Herrera at 1 877 336-4443 or at mherrera@fqc.qc.ca.



Recognition Evening

On October 14, 2015, the Quebec Cancer Foundation hosted its first recognition evening at Saint James's Club in Montreal.

Two founding doctors honoured

At the event, Board President Martin Dupras announced the creation of two \$10,000 endowment funds in honour of Dr. Pierre Audet-Lapointe and Dr. Michel Gélinas. These renowned specialists have each made an exceptional contribution to cancer care and, in 1979, founded our organization, which is now more important than ever.

For over 35 years, both doctors have been actively involved with the Foundation. They are pleased with the launch of the new funds, which will be dedicated, on a permanent basis, to the pursuit of the Foundation's mission.

"When I was a young doctor, I noticed a lack of patient services. I realized that many of them did not have the financial means to get the care they needed, since they could not afford to travel to major cities for their treatments. I earnestly hope that the income generated by these funds will help guarantee access to accommodation services for families experiencing the hardship of cancer, because the problem still exists in Quebec today," Dr. Gélinas explained.

Dr. Audet-Lapointe was also very happy with this initiative, since it will ensure the continuity of care for patients. "The same purpose that motivated me when I started, still drives me today. What I want

most is to see all Quebecers having the proper support and care. I would like this fund to be used to provide psychological support to those facing illness and to their loved ones so they can all better cope with cancer."

Shining the spotlight on the Foundation's major donors

During the recognition evening, the Foundation also acknowledged its major donors, who are members of the Philanthropists Circle or the Builders of Hope, the Foundation's two recognition circles.

Individuals, corporations, private foundations and organizations were officially admitted into the circles and received a certificate and a signed silkscreen reproduction of a work by artists Geneviève Jost and Gérard Dansereau.

The Quebec Cancer Foundation is deeply grateful for the support of these big-hearted donors who, for over 35 years, have helped our organization support people facing the hardship of cancer.

Donor Recognition Circles

For a second year, the Quebec Cancer Foundation is proud to recognize all of those who support its mission of helping Quebecers affected by the disease.

Philanthropists' Circle

The Philanthropists' Circle brings together more than 500 individuals, corporations and private foundations that have made significant donations over the years. Together, through their outstanding generosity, they are helping thousands of men and women better cope with cancer.

\$1,000,000 and over

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Builders of Hope are donors who have chosen to include the Foundation in their estate planning, through a bequest or other form of planned gift. They wish to see the mission of the Foundation continue for years to come so that people whose lives are disrupted by cancer may receive the help they need.

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Dorlès Mathieu	Jean Lortie	Lucien Bédard	Monique Huot	Thomas Lyonnais
Dorothy Derochie	Jean-Baptiste Hardy	Lucien Chartrand	Monique Legault	Victor Racine
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Fernand Giguère	Jeanne d'Arc	Madeleine Giguère	Pauline de Villers	Chamberland
Fleuriette Wingender	Vincent Desbiens	Madeleine Girard	Pauline Houle Bergeron	Yvette Bernier Larivée
Florentine Rhéaume		Madeleine Heriteau	Pierre Lavallée	Yvonne Gauthier

Planned Giving Pledges

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Gilles Lacourse	Marianne Laramée	Gérard Ringuette	Raynalde Bourgeois	
Jocelyn Riopel	Michel Gélinas	Normand Nadeau		

While it is always a challenge to present an accurate list of donors year after year, it is extremely important to us at the Foundation to take the time to recognize each and every one of our donors. If an error has inadvertently occurred in our listing, please let us know by contacting Sylvie Bouchard at 1 877 336-4443 or at sylvie.bouchard@fqc.qc.ca.

Volunteers

The Foundation is always appreciative of the generosity of its volunteers, whether they are active a few hours a month or week, on an occasional or regular basis. Their valued assistance helps the Foundation pursue its work of supporting Quebecers living with cancer.

Every year, these ambassadors lend a hand in a variety of ways by promoting our services, accompanying people with cancer and their loved ones or raising funds among the Quebec public and business community.

We extend our heartfelt thanks to them for standing by our side, giving hope and courage to those whose lives have been impacted by cancer.

2015 Corporate Volunteers

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- Frédéric Beauchemin, Scotia Bank
- Denis Boivin, FCPA, FCA
- Jacynthe Côté, Corporate Director, Suncor and TC Transcontinental
- Laurie Dion (young woman with brain cancer), Ambassador of Momento 2015
- Chantale Goyette, BNP Paribas
- Mylène Guertin
- Marie-Hélène Hivon, Intrafic
- Daniel Lebeuf, BMO Nesbitt Burns Inc.
- Robert Paré, Mazars Canada
- Ibtî Saadi, Restaurant Le Richmond
- Elizabeth Tanguay, Novartis Canada
- Nathalie Tousignant, MOAQ
- Francine Allard, Voyages Fascination Louisbourg

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- Michel Bédard, Hood Packaging
- Élisabeth Brière, Monty-Sylvestre
- France Campeau, National Bank Financial
- Lyne Champagne, National Bank Financial
- Guillaume Côté, Flexi-Médic
- Pierre Dubois, National Bank Financial
- Nathalie Duvivier Gautier, National Bank Financial
- Diane Fortier, Pfizer
- Simon Gareau, Raymond Chabot Grant Thornton
- Lydia Gevry, National Bank Financial
- Gabrielle Hommans, Restaurant Choux de bruxelles
- François Jacques, National Bank Financial
- Vanessa Lavoie, National Bank Financial
- François Lemieux
- Diane Lessard, National Bank Financial
- Charles Powell, National Bank Financial
- Josée Veilleux, National Bank Financial

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- Pierre Lafleur, Services financiers SFL Outaouais
- Éric Barrette, Knights of Columbus, Council 5228
- Martin Paquette, Nordik Spa-Nature
- Alex Van Dieren, Orkestra
- André Gosselin
- Mélanie Gauthier, Buffet des Continents
- Guy Girard, Santé Universelle
- Steeve Bouthillette, RBC Wealth Management

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- Pierre Arrien, Association CFA Québec
- Roger Beaudry, Bernier Beaudry Corporate Lawyers
- Mario Bédard, Mallette
- Daniel Blouin, Author and guest speaker
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- Marie-Claude Chevrette, Écôneau
- Robert Desrosiers, Desjardins, Caisse de Limoilou
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- Marto Napoli, NRJ 98,9 host
- Patrice Paré, Ministère des finances du Québec
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- Clément Roberge, Cercle Finance du Québec
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- Shirley Roy, Shirley Roy événementielle
- Marie Carole Tétreault, Fasken Martineau
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- Lyne Bernier, Boromax
- Francine Bordeleau, Caisse Desjardins de La Tuque
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- Jacques Picard, Zoulcom
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- Chantal Veillette, Visavie
- François Vincent, Radiation Oncologist

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- Marc Descôteaux, Municipalité de Sainte-Monique
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- Lionel Fréchette,
- Municipalité de Sainte-Hélène-de-Chester
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- Daniel G. Noleff, Band Council of Wôlinak
- Martine Pépin, Chambre de Commerce et d'Industrie du coeur du Québec
- Jean Rousseau, Ville de Nicolet
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- Gaétan Morin, MRC Matawinie
- Colette Perrault, Agence de Voyages Évasion
- Tommy Robillard, Assurances Robillard et Associés
- Jean-Marie Roy
- Janie Tremblay, Lawyer



Partners and Sponsors

The Quebec Cancer Foundation is fortunate to have the backing of so many partners and sponsors, who join in and help our organization pursue its commitment of assisting people with cancer in their day-to-day lives.

We are indebted to them for their outstanding support.

2015 Annual Campaign

\$25,000 and over

Brault et Bouthillier
Fondation de la massothérapie
Groupe Atis inc.
TAM-TAM/TBWA

\$10,000 – \$24,999

BNP Paribas
Gestion Delta Sigma inc. Familiprix J. Giguère
Nordik Spa-Nature

\$5,000 – \$9,999

9130-7074 Québec inc, IMMEX Société Immobilière
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Famille Charles IGA Extra
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\$1,000 – \$4,999

1832 Asset Management L.P.
9058-6413 Québec inc. Centre financier SFL Cité de Montcalm
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Caisse Desjardins Lévis
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While it is always a challenge to present an accurate list of donors, it is extremely important to us at the Foundation to take the time to recognize each and every one of its sponsors and partners.

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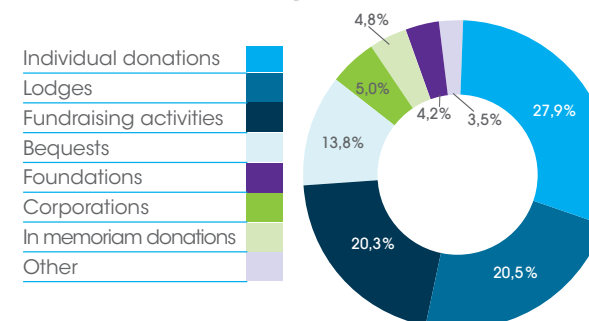
Financial Report

This information is derived from the Quebec Cancer Foundation 2015 financial statements audited by Raymond Chabot Grant Thornton, S.E.N.C.R.L.

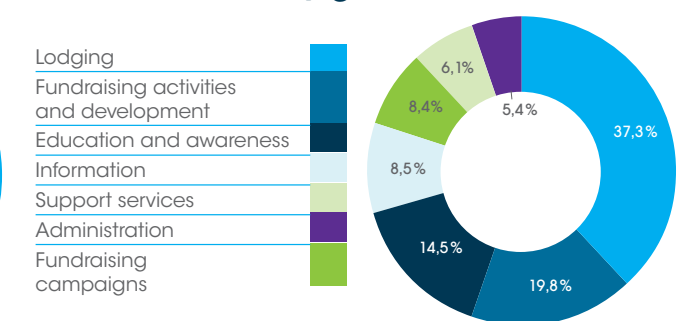
Results for the year ended December 31, 2015

	Funds \$	General capital funds \$	Total \$
Income			
Assets			
Donations and fundraising activities	4 421 914		4 421 914
income from services	1 168 101		1 168 101
Net investment income	41 473		41 473
Amortization of deferred contributions related to tangible assets		89 875	89 875
	1 209 574	89 875	1 299 449
	5 631 488	89 875	5 721 363
Expenditures			
Donations and fundraising activities	1 490 805		1 490 805
Service expenditures	3 469 300		3 469 300
Service development fees	342 156		342 156
Administrative fees	358 499		358 499
Amortization of tangible assets		212 903	212 903
Amortization of intangible assets		34 847	34 847
	4 169 955	247 750	4 417 705
	5 660 760	247 750	5 908 510
(Deficiency) of income over expenditures	(29 272)	(157 875)	(187 147)

Where the money comes from



Where the money goes



Our team

As on December 31, 2015

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ConFor financiers inc.

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All members of the Quebec Cancer Foundation Board of Directors fulfil their duties on a volunteer basis.

They receive no attendance fees or any other form of remuneration.

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Quebec Cancer Foundation

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Safran publicité & Marketing

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"I found great comfort in sharing with people going through a similar experience. The Foundation was like my second family."

Hélène Chartier



Quebec
Cancer
Foundation

Always There to Care

