

ANNUAL REPORT 2019



ABOVE+BEYOND
CANCER



A YEAR IN REVIEW

FOUNDER+CHAIR'S LETTER



I am proud of the leap forward our organization was able to make in 2019. We added new programs and activities, increased the number of people who attended our events, expanded our Board of Directors and had more donors than in any year in our history. These are all great accomplishments, but the key to me is that we were able to deliver our mission to more cancer survivors and caregivers.

In October, The New York Times published an article by Gretchen Reynolds entitled, “New Guidelines Say Exercise May Help Cancer Patients Live Longer, or Help You Avoid Getting Cancer in the First Place.” This article spotlighted two research studies that proved exercise, and high activity levels, can help prevent cancer recurrence and keep you from getting cancer in the first place. These studies outlined one of the key principles on which Above + Beyond Cancer was founded back in 2011 – get moving!

As we enter our 10th year as an organization, we are more committed than ever to our mission of elevating the lives of those touched by cancer, to create a healthier world. I am excited to think about our Above + Beyond Cancer Book being available in April, and our return to Africa for our Nairobi medical mission and summiting Mt. Kilimanjaro in June. This will be a big year for our organization and I am humbled to know that the strength we enjoy today is rooted in our hundreds of donors and volunteers – thank you all!

A handwritten signature in black ink that reads "Dick". The signature is written in a cursive, slightly slanted style.

DR. RICHARD DEMING

*Above + Beyond Cancer
Founder and Chair*



EXECUTIVE DIRECTOR'S LETTER

It is hard for me to believe that 2019 was my first full year as Executive Director of this great organization. The year began with Fur Ride on the Great Western Trail from The Chicken to the Iowa Tap Room. As I was riding my son's mountain bike on a snowy trail in 11 degree weather, I realized what I thought would be a miserable experience turned out to be fun! What blew me away that day was the great people who came to the Iowa Tap Room to party in the middle of the day - we all had a blast!

Hiking in Colorado stands out as a natural high for the year. The scenery was beautiful and the company was grand, even the 10+ hour bus ride wasn't too bad.

The Elevate Festival was new for us this year and it could not have gone more smoothly, thanks again to the people - those who helped Michael Zimmerman and Riproar manage the event and especially everyone who took a bit of a risk and came to Water Works to run, do yoga and meditate!

Honoring the Oncology Nurses at the Celebrate! Luncheon put a lump in my throat, as they are amazing at what they do. The lump started that day with former A+BC Director Justin Anderson being recognized for his outstanding work in the cancer community and Margaret McCaffery breaking down as she explained the work she and her family have done to build the Adolescent and Young Adult (AYA) program at the University of Iowa in honor of son Patrick, who, like many, continues to deal with the ramifications of his cancer journey.

It doesn't take much analysis to realize that the key element in all of my very positive Above + Beyond Cancer experiences is YOU the amazing people who are involved. I look forward to even great days ahead for our great organization!

CHRISTOPHER GOODALE

*Above + Beyond Cancer
Executive Director*

2019

PROGRAMS

A MIND, BODY, SPIRIT CANCER SURVIVORSHIP PROGRAM OPEN TO ALL.

The Above + Beyond Cancer Optimal Living Program is open weekly to cancer survivors, caregivers, and anyone who has been touched by cancer.

ADVENTURE FITNESS

Explore: New + Unique + Outside Activities
Discover: Unknown Skills + Expanded Horizons

BIKE CLUB

Meet: New Friends + New Trails
Expand: Distance + Comfort

BOOK CLUB

Learn: Authors + Cultures + Viewpoints
Uncover: New Meanings + Forgotten Feelings

COOKING + NUTRITION CLASSES

Taste: Healthy + Fresh + Satisfying
Experience: Fun to Make + Energizing



OPTIMAL LIVING PROGRAMS

TOTAL TRAINING FITNESS

Includes: Cardio + Weight Resistance + Balance + Yoga + Goal Setting + Individualized Training

MINDFUL MEDITATION

Cultivate: Emotional + Physical + Spiritual + Health + Patience
Reduce: Stress + Anxiety + Pain

INDOOR CYCLING LED BY DR. DICK DEMING

Improve: Heart + Strength + Endurance
Share: Fun + Smoothies

HEALING YOGA

Boost: Immunity + Confidence + Hope + Recovery
Manage: Treatment Side Effects

TAI CHI FOR FALL PREVENTION

Increase: Strength + Balance
Reduce: Fear + Falling

AQUATICS TO RESTORE HEALTH

Build: Strength + Balance + Flexibility
Recover: Stamina + Energy

SURVIVOR RECOVERY AND BEYOND

Improve: Strength + Balance + Energy
Manage: Treatment Side Effects

WALK WITH EASE

Increase: Strength + Balance + Walking Pace
Decrease: Pain + Stiffness + Fatigue

EXPANDING + TRANSFORMING LIVES

Above + Beyond Cancer Optimal Living Program

Program Director Mary Van Heukelom

The Above + Beyond Cancer Optimal Living Programs hit record levels in 2019, with weekly offerings of 13 different evidence based- medical programs, in partnership with the YMCA, CHP, and MercyOne. Oncologists and nurses from metro hospitals and clinics are referring their survivors to the Optimal Living Program. These evidence based classes include:

- Total Training
- Healing Yoga
- Mindfulness Meditation
- Moving Meditation
- Walk with Ease
- Chair Yoga
- Aquatics
- Tai Chi
- Ai Chi
- Survivor Recovery and Beyond
- Indoor Cycling
- Nurse Navigation
- Wellness Coaching



“THE PROGRAM OFFERS PERSONAL ATTENTION, EFFECTIVE ADVICE, HELPS SET ATTAINABLE GOALS THAT BUILD CONFIDENCE AND ENSURE PROGRESS. CLASSES MEET EVERYONE’S LIMITATIONS YET DOESN’T HOLD ANYONE BACK. I LOVE IT.”

- SURVIVOR



Our Optimal Living Programs also reaches the whole community to enhance preventative health, and connection with self, others and nature. Last year our Adventure Fitness Program led survivors and caregivers snowshoeing, canoeing, and hiking through Jester Park. Bike Club, Book Club, and the Nutrition and Cooking Classes also had record numbers of participants in 2019. These programs resulted in exploration of local trails, our minds, and our taste buds!

2019 PROGRAM STATISTICS

Here are the results of post tests for those involved in the Above + Beyond Cancer Optimal Living Programs:

93%

Improved Overall Physical Health

87%

Improved Balance

77%

Improved Strength and Range of Motion

74%

Increased Endurance

72%

Increased level of hope for better health

70%

Improved overall mental health and helped manage stress

68%

Boosted my self confidence

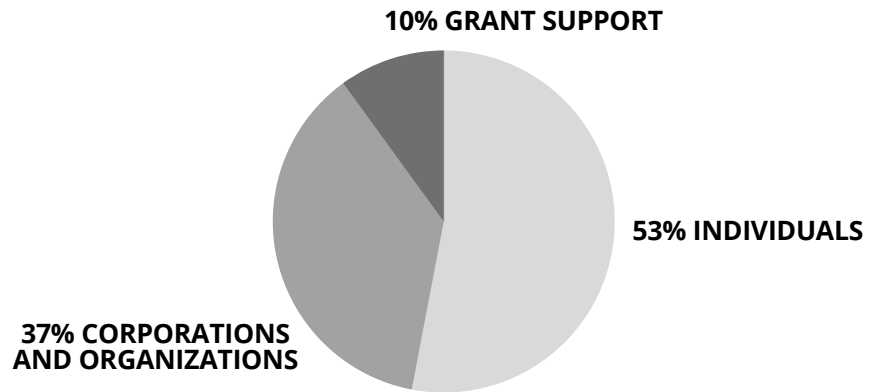
67%

Increased level of energy

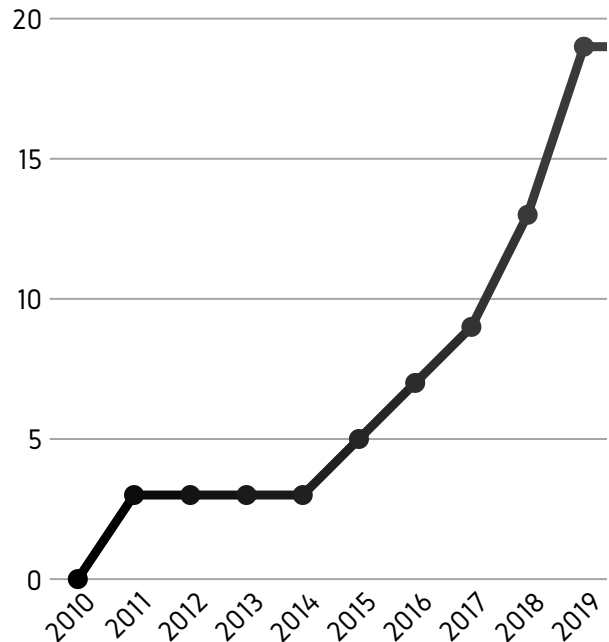
58%

Improved overall spiritual health

2019 INCOME SOURCES



NUMBER OF PROGRAMS AND ACTIVITIES



“IF ABOVE + BEYOND CANCER HAS TAUGHT ME ANYTHING, IT IS TO PUSH MYSELF AND TRY NEW THINGS. I PARTICIPATE IN CANOE TRIPS, HIKES AND BIKE RIDES. I WOULD NOT BE DOING THESE THINGS IF I HADN'T DISCOVERED ABOVE + BEYOND CANCER”

– SURVIVOR



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OUR MAIN EVENTS

EVENING OF INSPIRATION- APRIL

There were more than 275 people in attendance at the Evening of Inspiration on the Drake Campus in April. Dylan Huey's documentary on the 2018 Transformational Journey to Tibet and Nepal was very moving, as were the comments from those who experienced the three-week trek. That night we outlined our collaboration with The Drake Community Press, to create the Above + Beyond Cancer Book, which will be available in the Spring of 2020. The art displayed from our Art as Therapy Class was a wonderful part of this meaningful evening. Thanks to our event sponsors – The Kum & Go Foundation, The Prairie Meadows Foundation and the Cultivating Compassion – The Dr. Richard Deming Foundation this event served as a tremendous financial boost to our effort of elevating the lives of those touched by cancer, to create a healthier world. We hope you are able to join us for our next Evening of Inspiration on April 21!

TRANSFORMATIONAL JOURNEY TO COLORADO- AUGUST

Our initial attempt at a domestic journey could not have been a greater success! We travelled by motor coach out to The YMCA of the Rockies, where 29 cancer survivors and caregivers did three tremendous days of hiking. Above + Beyond Cancer partnered with the American Cancer Society to do a medical mission day at the University of Colorado Anschutz Medical Campus, the Denver Metro Area. Our group helped the Oncology Department patients and caregivers complete prayer flags which became part of the traditional prayer flag ceremony later in the week. Two of the doctors that are working with grants from the American Cancer Society showed off their labs and explained the cancer breakthroughs they are discovering. It was an amazing adventure because of the amazing participants! Scholarships were provided to many of the cancer survivors through the generosity of Doug Reichardt, Greg and Julie Shireman, Jim Knoblauch, Dr. Dick Deming, and the Charlie Cutler Fund. We are also deeply appreciative of the support for this journey provided by MercyOne Central Iowa.

OUR MAIN EVENTS

THE ELEVATE FESTIVAL- OCTOBER

New for 2019 was The Elevate Festival and it could not have gone more smoothly. This was thanks again to the people – those who helped Michael Zimmerman and Riproar manage the event and especially everyone who took a bit of a risk and came to Water Works to do the 5K, Yoga and Meditation! Ben “Good Vibes” Spellman lead the 275 participants in Yoga followed by Meditation directed by Deb Jennings and her Friends through Sounds of the Soul. The Brazilian Twins capped off the day with their unique mix of fun and engaging music. The beautiful, new Lauridsen Amphitheater at Water Works Park was the hub for all of the activity. We had a great list of sponsors for this event including – MercyOne Central Iowa, Foster Group, Coca-Cola Atlantic Bottling, Farm Bureau Financial Services, MidAmerican Energy, NCMIC – Professional Solutions, West Bank, Athleta, EMC, Graham Construction, and Greater Iowa Credit Union. The 2020 Elevate Festival is scheduled for Water Works Park on Sunday, October 4!

CELEBRATE LUNCHEON- NOVEMBER

More than 300 people attended this year’s Celebrate! Luncheon in November at the Hilton Downtown Des Moines. Honored with one of the Above + Beyond Cancer Awards this year were Oncology Nurses from all of the medical outlets in central Iowa, which included, Broadlawns Medical Center, The Iowa Clinic, MercyOne Cancer Center, Mission Cancer + Blood, Unity Point John Stoddard Cancer Center, and the Veterans Administration Medical Center. You may view the video from the luncheon which thanked the oncology nurses by [clicking here](#).

Former Above + Beyond Cancer Program Director Justin Anderson, from Clear Lake was recognized for his outstanding work in the cancer community as well as the Fran and Margaret McCaffery Family from Iowa City for the outstanding work their family has done to build the Adolescent and Young Adult (AYA) program at the University of Iowa in honor of son Patrick, who, like many, continues to deal with the ramifications of his cancer journey. Generously sponsoring the Celebrate! Luncheon this year were Mission Cancer + Blood, Cultivating Compassion – The Dr. Richard Deming Foundation, and the Unity Point John Stoddard Cancer Center. Please mark your calendars for the next Celebrate! Luncheon, which will be held November 5.





THANK YOU TO OUR DONORS

All gifts made to Above + Beyond Cancer are appreciated. We have made every effort to insure that this list is accurate. We apologize for any misspellings or inaccurate information and would welcome hearing your feedback at chris@aboveandbeyondcancer.org

FOUNDER LEVEL PARTNER - \$20,000 +

Cultivating Compassion: The Dr. Richard
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Richard L. Deming, MD
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Mission Cancer + Blood

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"I RECENTLY RETIRED AND EXPERIENCED THE 'FIXED INCOME' REALITY. WE WANTED TO CONTINUE TO SUPPORT ABOVE + BEYOND CANCER SO WE SWITCHED OUR GIVING TO MONTHLY. RATHER THAN A SINGLE LARGER DONATION EACH YEAR, THIS ALLOWS US TO CONTINUE OUR SUPPORT AND PUT IT INTO OUR NEW RETIREMENT BUDGET. WE ENCOURAGE ANYONE WHO WANTS TO MAXIMIZE THEIR SUPPORT OF ABOVE + BEYOND CANCER TO LOOK AT THIS MONTHLY OPTION."

–JOEL HADE

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**"GIVING TO CAUSES THAT
MAKE A DIFFERENCE IN MY
COMMUNITY IS ESSENTIAL
TO ME! ABOVE + BEYOND
CANCER DOES A
MAGNIFICENT JOB OF
PROMOTING POSITIVE
MESSAGES AND ACTIONS
INTO WHAT CAN BE A
PERSON'S/ FAMILY'S
MOST DEVASTATING TIME
OF LIFE. THANK YOU
ABOVE + BEYOND CANCER
FOR MAKING THAT
DIFFERENCE!"**

- VICKI BOTT

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**"AS A CANCER SURVIVOR
MY HUSBAND AND I
CHOOSE TO GIVE TO
ABOVE + BEYOND CANCER
BECAUSE WE LOVE WHAT
THIS ORGANIZATION
DOES FOR CANCER
SURVIVORS FROM
PREVENTING THEIR
CANCER FROM COMING
BACK THROUGH
EDUCATION & EXERCISE.
AFTER I FINISHED MY
CANCER TREATMENT IN
2017, DR. DEMING TOLD
ME ABOUT THE CANCER
EDUCATION SERIES, SPIN
CLASS, AND OTHER
PROGRAMS THEY OFFER
FOR SURVIVORS AND
INVITE ME TO ATTEND."**

-POON TIGGES

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Karolyn Zeller
Jo Zimmerman





Learn more about our work to elevate the lives of those touched by cancer.

