

I was sailing along toward my 39th birthday, enjoying my husband, two small children, and career as a physician when I was shocked by the news that I had breast cancer. The organized pieces of my life came pummeling down from the sky, landing in a toppled array of dreams. My busy days stopped and suddenly I was on the revolving door of tests, biopsies, consultations, and chemotherapy. The phone did not stop ringing as family and friends called at all hours.

Fortunately, I was able to step away for a weekend and stay at Harmony Hill with a group of strong, supportive staff and cancer survivors/thrivers. The setting is peaceful as the mist slowly rises from the Hood Canal over the gardens and labyrinths. The facility is welcoming with comfortable meeting rooms, cozy bedrooms, and delicious whole foods meals and snacks. The staff provides a continual calm presence and encouraging attitude. Workshops on breathing, moving, and exploring how this diagnosis affects my life filled the weekend.

The human connection that I was able to make with other survivors in this protected environment is phenomenal. The retreat affords a safe place to share the struggles and triumphs of living with cancer. For me and for many others, these valuable friendships will continue to grow for years after the retreat.

All of this is made possible by the hard work of the staff at Harmony Hill and the generous donations from its supporters. During this tumultuous phase of learning to deal with

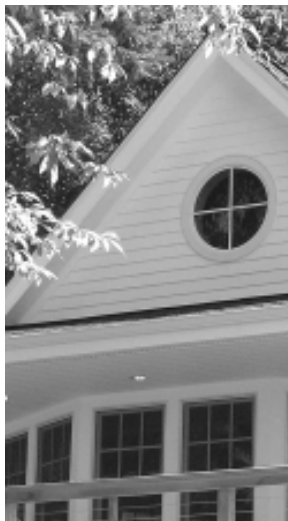
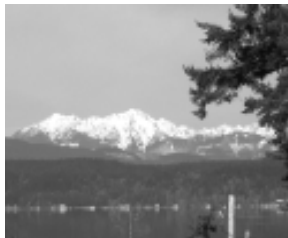


cancer, the financial stressors weighed heavy as my job status changed with this diagnosis. Having the opportunity to attend free of charge made this retreat an option for me, as I would not have considered it if there was a cost attached.

The programs at Harmony Hill are like a drop of water which bring the rippling effect of hope and strength to my life and all those I meet. Thank you Harmony Hill and Hill supporters!

- Mia Sandvig, MD
Cancer Retreat participant

journey toward wholeness



gratitude report 2005



harmony hill
retreat
center





Greetings to our friends and supporters!

2005 marks significant transformation of our campus, after many years of preparation. The first group using Creekside Lodge was a cancer retreat—deeply affirming our work of serving those living with the challenge of cancer. This group and all those since have been very appreciative of the comfort and beauty of this lovely new building.



People come to “the Hill” as part of a journey—whether it is finding a way to live more meaningfully with their cancer challenge, or simply being part of a basic retreat. We’re building programs toward the future, with our first-ever “double” cancer retreat with two groups here simultaneously. This format also has enabled us to reach out more to caregivers and companions—a group we believe also needs support.

Our facility rental guests understand the power of time out in a beautiful place, and how it soothes and replenishes. These rentals help us offset cancer program costs, and give groups a way to help while having their own “journey toward wholeness.”

Harmony Hill is a “for impact” organization. Making a difference in the world is the core of our work as we continue building toward the future:

- To reduce anxiety and enhance quality of life, we provide cancer coping skills
- To support wellness and prevent disease—including cancer—we offer health and well-being education
- To assist businesses and nonprofit groups, we encourage organizational empowerment and renewal



What moves us most are the stories of those touched by our service—here are a few recent quotes:

I received strength to better deal with the present and to be less afraid of the future. This was an experience I will treasure all of my life.

This program opened doors to my spirit, my body and my emotions. It has allowed me to come to terms with and express my grief and has helped me heal.



We have deep gratitude for all of you and the strength of your caring and support. May 2006 build more hope and opportunities for healing into all of our lives—especially those we serve.



Susan M. Keith
Susan Keith
Board President

Gretchen Schodde
Gretchen Schodde, MN, ARNP
Executive Director



2005 Audited Financials Fiscal year ending December 31, 2005

General Income

Individual Contributions	\$695,517
Grants	\$278,928
Program Fees	\$101,375
Investment Earnings & Dividends	\$16,806
Other Revenue	\$6,180
Total 2005 Income	\$1,098,806

General Expenses

Program Expense	\$533,859
Management & General	\$160,403
Fundraising	\$137,858
Total General Expenses	\$832,120

Building toward the future: the year in review

The sounds of hammers and large trucks provided notable counterpoint in 2005 to the usually gentle Harmony Hill sounds of birds, wind and laughter.

This year's highlights focus particularly on our new buildings—facilities that help us serve more of those dealing with the challenges of cancer, as well as building our capacity for a sustainable future.

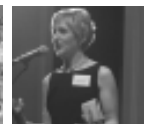
The completion of Creekside Lodge, our new BuiltGreen™ guest house, was a major milestone, thanks to a gift from a Seattle Foundation donor advised fund. This new building, completed in July and first used for a cancer retreat, increased our overnight capacity from 16 to 30 guests, and expanded our meeting facilities with the addition of the H.G. Runnings Conference Room.

We also started construction of the Commons, our new multi-purpose building overlooking the Garden Labyrinth. Supported by major gifts from anonymous donors plus a Bill & Melinda Gates Foundation challenge grant, this new building includes a large meeting/movement space which will accommodate 35 for yoga and other movement activities, 120 for banquets, and 170 for auditorium-style events. A second, smaller meeting room will accommodate 25. Restrooms include shower facilities for use by movement groups and for future individual retreatants. Construction started in September; completion and occupancy is targeted for August 2006.

In the Lodge, we upgraded to a full commercial kitchen, including air conditioning, improved refrigeration, and commercial dishwashing facilities, and replaced the furnace. Elsewhere on the grounds we rebuilt the Redwood Labyrinth as part of extending the wheelchair-accessible path to link Creekside with the Lodge; added parking; relocated the Yurt; and improved exterior lighting. Planning and design for a trail linking Alderbrook and Harmony Hill began at meetings with Alderbrook Resort & Spa management.

We served a total of 1,706 people in our programs in 2005. Our enrollments included 262 who attended cancer programs, up from 150 in 2004. Since 2001, the number served has increased by 254%, and we have doubled the number of cancer retreats and programs we offer. 823 attended renewal programs and basic retreats; and 726 attended SummerFest, special events, and fundraisers.

With the greatly increased interest in cancer retreats and resulting waiting lists, we tested the option of conducting two simultaneous retreat groups, and also held a trial weekday retreat. Both options worked



well and will be continued in 2006. We added a new graduate program, "Thriving beyond Cancer," which included a series of one-day programs and a weekend retreat for those who have already attended a cancer retreat. Our quarterly one-day "Tools for the Journey" programs continued to provide support for those waiting to attend or not able to attend a weekend retreat.

In order to respond more effectively to cancer program demands, we temporarily scaled back on programs for health professionals. We continued our outreach to the health professional community, and a volunteer task force of nurses met regularly to plan future renewal programs.

Group rentals offered a significant resource for expanding income, particularly with our increase in capacity and its resulting economies of scale. We implemented a marketing plan to increase bookings for both overnight and day events. Activities included mailings, new print and online marketing materials, and follow-up activities to encourage repeat customers. The availability of Creekside has resulted in new and larger bookings, multiple bookings, and longer group stays compared with prior years. Overall, income from facility rentals has increased by 220% between 2001 and 2005.

Since increasing our physical capacity is essential to increasing income in the long term, we continued planning for a major gifts campaign to support both programs and capital projects. The capital element of the campaign will enable us to expand overnight capacity to 40 and day use capacity to 170 people,



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and will fund the completion of the new multipurpose building and the addition of individual retreat cabins. 2005 highlights included establishing a task force to raise \$1.69 million for a program reserve fund, and completing a major upgrade of our donor and program database. Pro bono assistance from an experienced campaign professional continues to facilitate development of the campaign plan.

In 2005 we had three special events. Our annual SummerFest was a low-key event this year due to construction, and focused on the ribbon cutting and tours of Creekside. A spring invitational reception in Tacoma featured cancer program alumni talking about how the Hill has helped them in their cancer journey. A benefit concert at Town Hall Seattle in October featured baritone Matthew Melendez, and was chaired by Dr. Foster & Hermie Cline, with musical hosting by classical conductor George Shangrow and a moving testimonial from alumni Emily Dade. A private reception and silent auction took place prior to the concert. Approximately 450 people attended, which led to great Seattle exposure for Harmony Hill.

Harmony Hill's cancer program was featured on Jean Enersen's HealthLink segment during KING5 news coverage in October. In other media, a major article was written about us in the *Kitsap Sun*, Kitsap County's daily paper; and for the first time we became an underwriter on KUOW 94.9 FM, with on-air messages running for an entire year advertising Harmony Hill and our rental facilities.

We continued to focus on our regional visibility, through networking, continued advertising in targeted print publications, and community outreach at a variety of events, including the 24-Mile Walk for Life sponsored by the Heart and Soles Breast Cancer Foundation, the Gig Harbor Quilt Festival, Relay for Life in Tacoma, and the Shelton-Mason County Chamber of Commerce Business Expo.



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