

# DEAR JACK FOUNDATION



## 2022 IMPACT REPORT





# A Message From Our Executive Director

In 2022 we completed a 3-year strategic plan outlining our goals for growth and improvements. With our organizational values, mission, and vision as a guide star, it is our utmost intention to remain steadfast in serving the AYA community with empathy. Our mission is to help them find peace, wellness, and positive health outcomes. After navigating two years of the pandemic, our focus of our 3-year strategic plan is on five core areas: programs, fundraising, community engagement, governance and marketing/operations. Over the next three years, DJF will embark on a journey of intentional growth, impact, and innovation. We are excited about growing our service and commitment to the AYA community and thank you for your continued support and generosity. Without you, our donors, we cannot have the incredible impact we have on our AYA community with our impactful programs and extensive reach.



## OUR MISSION

The Dear Jack Foundation provides impactful programs benefiting adolescents and young adults (AYA) diagnosed with cancer and their families to improve their quality of life from treatment to survivorship.

Through programs and strategic partnerships, Dear Jack addresses the physical and emotional needs of AYA cancer patients, survivors and their families. One-on-one patient support and wellness programs allow the Dear Jack Foundation to empower patients, survivors and their caregivers in their healing and to provide assurance that they are not alone in their cancer journey.

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## Making time for CONNECTION.



Our Breathe Now program utilizes the tools of yoga, meditation, and psychosocial programming in a retreat setting for young adult survivors and their partners to heal the mind and body and restore balance to their relationship post cancer.



“The Breathe Now retreat was one of the best things I could have ever done for myself. We made real connections with others our age that just understand what we have been through and what we are going through now post cancer. Having had cancer at 28, there is so much anxiety and uncertainty that comes after all the treatment and constant medical appointments end. Breathe Now basically gives you a road map to post cancer life and how to find your identity and values again. We are so incredibly grateful to Dear Jack and the community of Dear Jack warriors.”

-Breathe Now Participant

# Our Year in Review



## HOPE during a difficult time.

Our LifeList wish granting program works with adolescent and young adult cancer patients who have received life-threatening diagnoses to help give them something positive to focus on outside of treatment. In 2022 we were able to sponsor 100 Life List participants.

Cheyenne was diagnosed with Hodgkin's lymphoma in August of 2022. She is newly married and they are parents to two beautiful boys - ages 2 ½ and 4 months.

We sent Cheyenne and her family to Orlando to celebrate her son's 3rd birthday and to have some family fun! Cheyenne told us that "the trip was AMAZING! We all had a wonderful time and I can't thank you enough. This was just what we needed."



Jesi was diagnosed with neuroendocrine carcinoma of the cervix, and later with metastases to her liver, spine, and ribs. She recently started in an immunotherapy clinical trial in the hopes of having more time to live.

We helped Jesi and her son have a fun-filled weekend in NYC for the holidays! She added, "I am so grateful for this amazing opportunity and so thankful to Dear Jack. It was such a needed trip for me and my son. We got to really connect and had much needed one-on-one time together. I loved every second of it!"



### NEW PROGRAM ALERT: Mental Wellness Boxes

In partnership with [Find Your Anchor](#), the Dear Jack Mental Wellness Box was created to remove the stigma of asking for mental health support when going through cancer treatment as a young adult. The purpose of this box is to provide mental health resources to young adults in active cancer treatment nationwide.

**600**

Boxes Distributed to individuals  
and hospitals



# Our Impact

2022 was a year of planned growth while meeting our mission of providing impactful programs benefiting adolescents and young adults (AYA) diagnosed with cancer and their families to improve their quality of life from treatment to survivorship.

Our 13th Annual 11/11 Benefit Weekend was held in Chicago and saw the return of our in person 11/10 VIP Night where we were able to grant LifeList participant, Brandon's request to open for Andrew at a show. He and his band, The Color Failure, travelled from Texas and put on an incredible performance. Our \$250k Annual Fundraising Challenge culminated in our 11/11 benefit concert in which we raised over \$350k including our fundraising challenge donations.



## This year... we generated

Total Revenue \$739,199  
Total Expenses \$829,036  
Program \$338,731  
Fundraising \$94,620  
Administrative \$395,685

## we expanded

4 Breathe Now Retreats with 48 attendees  
100 Life List Participants Served granting 398 wishes  
29 states represented in our participant community  
5438 Letters with Love Sent

## we connected

867,969 Emails sent  
40,000+ users to the Dear Jack website

## Donor Spotlight



RevitaLash Cosmetics has committed \$30,000 to Dear Jack's Breathe Now Retreat program in 2023, and will be the title partner of our breast cancer survivor retreat this September in Highlands, NC. In addition to the support of Breathe Now, RevitaLash Cosmetics has also generously provided an in-kind donation of product for all Dear Jack Foundation participants in both the LifeList and Breathe Now programs.