

DEAR JACK FUNDATION

Annual Report 2023



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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.

As you flip through the pages, our hiker will take you along the Dear Jack Foundation trail. Look out for timeline events!

Let's get this journey started!

2006

DJF founded

2009

Dear Jack documentary released

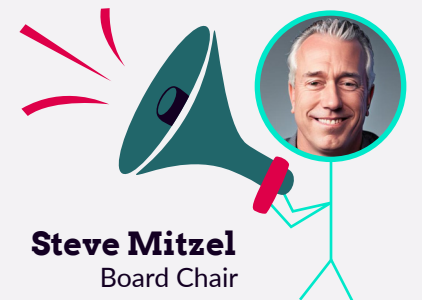
a message from our BOARD CHAIR

In 2023 the Dear Jack Foundation endured historic change and had a remarkable fundraising and program year. We embarked on executing our strategic plan to continue to offer innovative and impactful programs for our adolescent and young adult cancer community. This past year we offered four amazing Breathe Now Retreats, hit a historic high of fulfilling 100 Life List requests and revamped our mental wellness program evolving from a box to an online community. We also raised over \$800,000 in funds and crushed our fundraising challenges – a true impact to you and our incredibly generous giving community who understands the need for impactful programming for the AYA community.

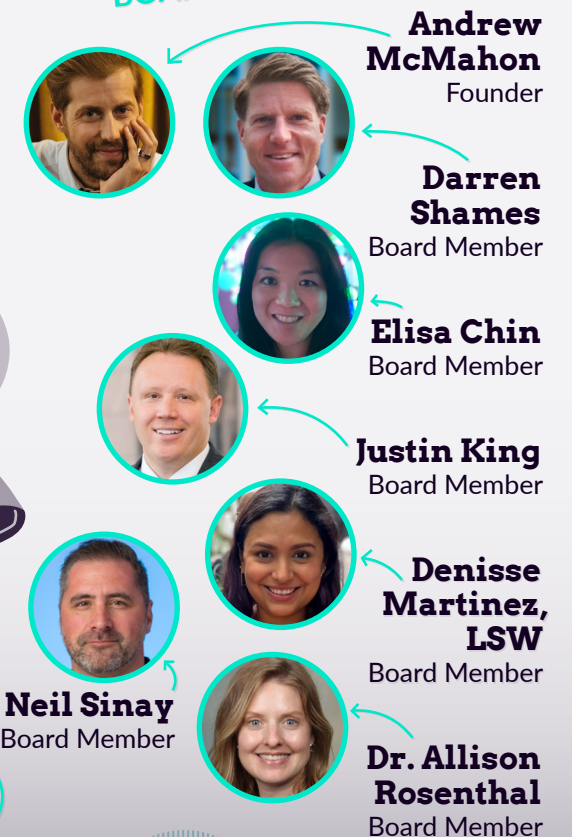
In November we hired Ryan Pettengill to take the helm as executive director of the Dear Jack Foundation. Ryan's brings Dear Jack deep nonprofit experience and an incredible tie into our cause. Ryan is capitalizing on the momentum that we created in 2023 with record high contributions and grants from corporations and foundations as well. We also welcomed Val Lopez, our marketing and operations manager and Lilly Dugan our new program director.

The AYA community continues to need increased resources for the saddening increase of AYA cancer diagnoses. We are privileged to have curated and to be a part of this amazing AYA cancer community where we can provide amazing programs for cancer patients, survivors and their caregivers.

We hope that you will continue to support the Dear Jack Foundation in 2024 and beyond. Together, we all make an enormous difference to thousands in the AYA cancer community that need it most.



BOARD MEMBERS



STAFF & BOARD



2010

First official 11/11 benefit concert



HOW WE WORK

INPUTS

89,500 AYAs between 18-39 are diagnosed with cancer yearly

ACTIVITY

Programs and ancillary support initiatives aid cancer patients, survivors, thrivers and their loved ones, including:

- Breathe Now
- LifeList
- Letters With Love
- Mental Wellness Box
- Community Programming

OUTPUTS

Breathe Now

4 retreats a year focused on mindfulness, yoga and psychosocial support for cancer survivors and their spouses

LifeList

100 participants a year, avg. 350 wishes a year
Letters with Love
20,000+ Letters sent to LifeList participants to inspire hope

Mental Wellness Boxes

Physical box offering support during dark times

Community Programs

2 calls per each month that offer connection and support for current patients and survivors

OUTCOMES

Breathe Now

Participants avg. a 50% increase in communication & healthy lifestyle outlook

LifeList

96.7% of participants feel better than before participation in the program

Letters with Love

Letters with Love has positively increased the mental health of 97.8% participants

IMPACT

Empowering young adults facing cancer, our programs provide a lifeline of support, fostering resilience, and creating a community of understanding and strength. By offering tailored resources, mental health support, and practical assistance, we empower our participants to navigate the unique challenges of their journey with

courage and dignity. Through our unwavering commitment, we strive to enhance their quality of life, restore hope, and inspire a sense of belonging in a world where they often feel isolated. Together, we're not just fighting cancer; we're building a foundation of support that empowers young adults to thrive beyond their diagnosis, reclaiming their lives with newfound resilience and purpose.



breathenow wellness retreats bring together young adult survivor couples who are 1-3 years removed from their last date of treatment. This thoughtfully designed four-day retreat program harnesses the transformational powers of yoga, meditation and psychosocial therapy sessions. The retreats are professionally guided and designed to help heal and restore balance and peace for the survivor and their partner as they move ahead in their post-cancer lives together.

BREATHE NOW 2023 STATS:

2 retreat locations **44** retreat participants **100%** participant satisfaction

"It was literally one of the most amazing experiences of my life. It's been awhile since I felt truly seen and that I could connect with people on the level I was able to during this retreat. Everyone was so open, understanding and accepting. I told my husband that this is the first time post cancer where I truly feel seen and understood and that I am going to be ok. I haven't felt that in years."



"It was incredible. Meeting and bonding with other couples who have unfortunately gone through a similar experience was so powerful. Learning these mindfulness tools, talking about our values as a couple and how our relationship has changed, etc. was all so amazing and I feel like I can better process what we went through and have made new lifelong friends!"

2011 Andrew awarded the Dr. William Dameshek Award by LLS for his work as a public figure using his celebrity to raise awareness of blood cancer

2011 Dear Jack becomes an accredited 501c3

2014 Andrew awarded the Social Impact Award at Stupid Cancer's 7th annual summit




LETTERS WITH LOVE

Letters with Love is an opportunity for volunteers to provide Dear Jack's LifeList participants with words of hope, encouragement, and love as they are actively going through treatment. These notes are kept by many of our participants for years after their time in LifeList as a reminder of how many people are rooting for them.

LIFELIST

LifeList is a wish-granting program that offers hope and support to young adults who are currently receiving treatment for a life-threatening cancer diagnosis. This program provides positive experiences to focus on during treatment and an opportunity to connect with a community of young adult patients, survivors, and advocates who have experienced similar journeys.



2023	Highlights
62	Partner Hospitals
30	States Served
308	Wishes Fulfilled

2023	Highlights
8,773	letters were sent in from 750+ volunteer organizations & individuals
87	avg. letters sent to each of our LifeList participants
98%	of program participants report a positive impact on their mental health as a result of receiving Letters with Love.

Dear Jack Headquarters [Littleton, CO]

Mental Wellness Boxes

are a partnership between *Dear Jack* and *Find Your Anchor* focused on bringing mental health support to those in our AYA community. So much of the time, healing the mind takes a back seat to physically healing the body and research indicates that overall quality of life increases when there is a focus on both.

2023	Highlights
350+	Boxes Sent
43	States Served

See quotes from several **LifeList & Letters with Love** participants on the next page!

2014 Partnership with Love Hope Strength begins to add concert goers to the bone marrow donor registry

2016 Launch of the Raise Your Voice challenge

2016 LifeList program started with 10 participants

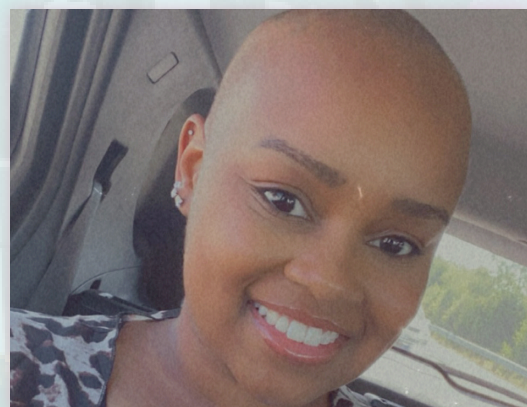
2017 Breathe Now program started with 1 retreat [The Pearl, Laguna, CA]

2017 Launch of 11/10 VIP night [Denver]

2018 Breathe Now grows to 2 retreats

2018 LifeList grows to 54 participants

DOCYLYNE



"I felt overwhelmed with love to know there are such good and kind people in this world. There were so many letters, I still haven't read them all. I keep them for days I need a little extra support and will open a few and hang them up."



KELSIE

"The letters I received came at the perfect time. I was very down and sad about how I was looking and how life was going and then I received all these letters that just made me feel so much like I mattered. Grateful was an understatement."

ALICE



"Being able to go on my LifeList trip made my cancer experience feel so small. It brought back normalcy in my life because my whole life was just chemo for a long time and pushing myself to go on this trip allowed me to feel like myself again. I was able to see and do things that would take forever to save up for and I thought I would never be able to do again like hiking for 8.5 hours. The staff was so positive and encouraging the whole time."

ELLIE

"LifeList is such an amazingly supportive program that several times pulled me out of a funk and gave me something exciting to look forward to when I was having a bad day. They have made a huge positive impact on my mental health over the past 6 months."

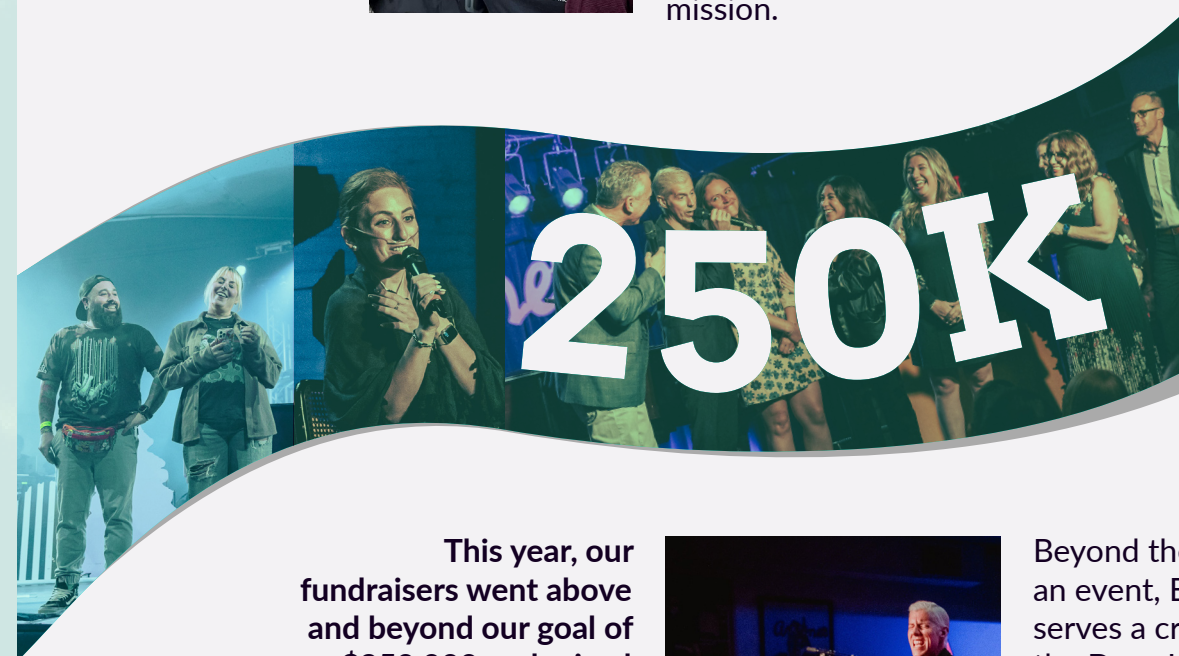
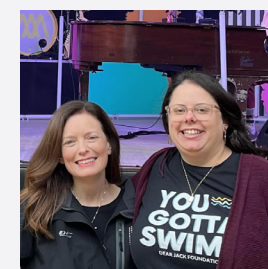


Fundraising HIGHLIGHTS

The Dear Jack Foundation's annual fundraising challenge and benefit is a poignant event that brings together supporters, advocates, and beneficiaries in a shared mission to support young adults facing cancer. The Raise Your Voice Challenge and Eleven Eleven weekend are both held with unwavering dedication and passion.



The annual Raise Your Voice Challenge has grown out of an identified need to further close the gap in resources made available to adolescents and young adult cancer patients and survivors. Our fundraising teams this year not only contributed to reaching and surpassing our goal of \$250,000, but they also became active participant in a movement dedicated to improving the lives of young adults affected by cancer. Through their generosity and solidarity, they embody the spirit of compassion and resilience that defines the Dear Jack Foundation's mission.



This year, our fundraisers went above and beyond our goal of \$250,000 and raised an overall total of **\$350,000!**



Beyond the glitz and glamor of such an event, Eleven Eleven weekend serves a critical purpose in sustaining the Dear Jack Foundation's vital programs and service, which are lifelines for the adolescents and young adults navigating the challenges of cancer treatment and survivorship.

2019 Breathe Now grows to 4 retreats

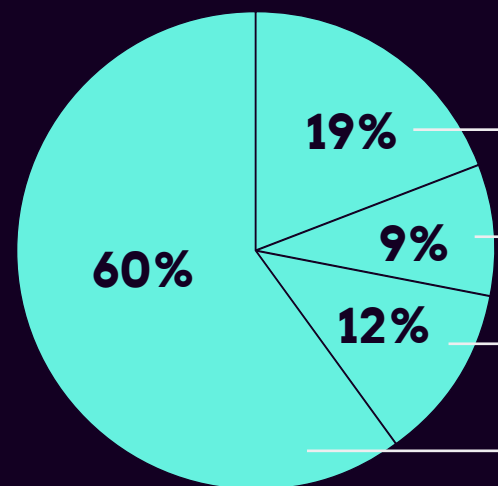
2019 LifeList grows to 73 participants

2020 Letters with Love virtual program format formally adopted with an average of 27 letters per participant

2021 Letters with Love averages 56 letters per participant, 3156 letters total

2022 Letters with Love averages 54 letters per participant with 5438 letters total

REVENUE



TOTAL: \$867,880

\$165,111 | Sweepstakes / Auctions / Other Income

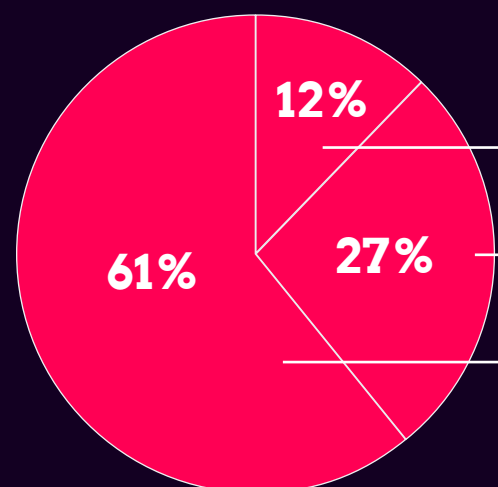
\$77,865 | Foundation / Other Non Profit Support

\$102,442 | Corporate Contributions

\$512,463 | Individuals / Small Businesses

TOTAL: \$857,880

EXPENSES



2024 FINANCIAL DATA

\$117,529 | Management / General

\$270,790 | Fundraising / Marketing

\$608,640 | Program Related

TOTAL: \$996,960

2022 | Mental Wellness Boxes begin being sent to AYAs

2022 | LifeList grows to 100 participants

2023 | Letters with Love averages 82 letters per participant with 8773 letters total

2023 | Launch of Community Programs with virtual get-togethers twice a month

2024 | Launch of Community web page for AYA patients, survivors, and thrivers

So, what's next?

LOOKING AHEAD



This last year felt so special as we closed out with more support than ever. In 2024, the Dear Jack Foundation is poised to expand its reach and impact, aiming to empower even more adolescents and young adults from treatment

through survivorship. In the year ahead, the Dear Jack Foundation seeks to foster a community of resilience and inspiration, ensuring that no young adult facing cancer feels alone in their battle for a brighter future.

OUR PLANS INCLUDE:

125 LifeList recipients in 2025 & **150** in 2026... **6** Breathe Now Retreats in 2025 & **7** in 2026... **125%** increase in visits to our community webpage from 2024 to 2025... **8** new hospital partners... **12** new Breathe Now program retreat sponsors... **8** new travel partners... **150** in-kind supported LifeList wishes



Annual Report Design by Madison Steskal

✉ madisonsteskal@gmail.com

- 📍 dearjackfoundation.org
- 📷 @dearjackfoundation
- 📘 Dear Jack Foundation
- 🌐 Dear Jack Foundation
- 🎵 @dearjackfoundation
- ✉ info@dearjackfoundation.org

**DEAR JACK
FOUNDATION**

1840B W. Littleton Blvd.
Littleton, CO 80120