



CHANGING THE FACE OF CANCER REHABILITATION

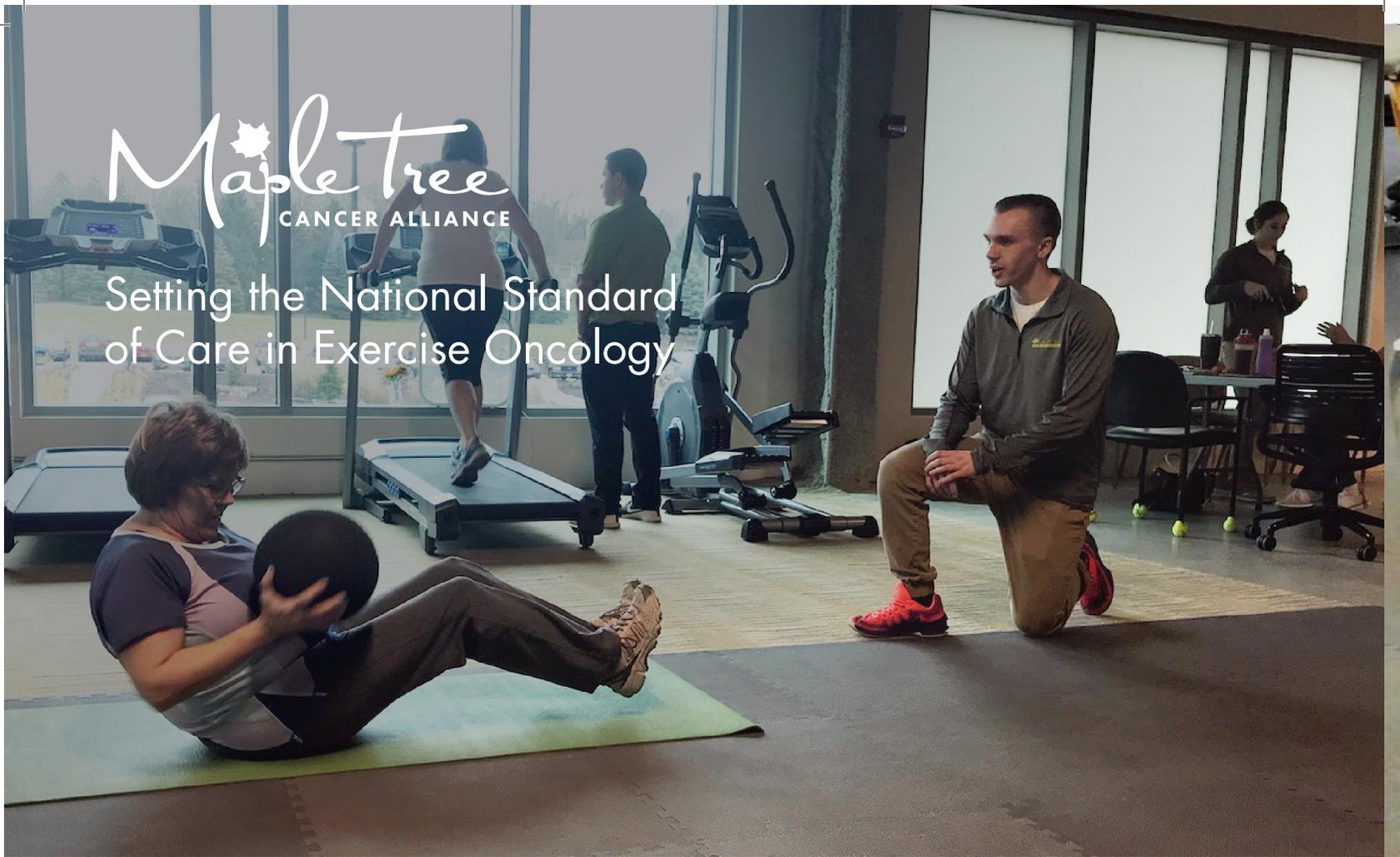


## 2018 ANNUAL REPORT

[MapleTreeCancerAlliance.org](http://MapleTreeCancerAlliance.org)



## Setting the National Standard of Care in Exercise Oncology



### Dear Friends of Maple Tree Cancer Alliance,

We are grateful for the support you have shown to Maple Tree Cancer Alliance. From our humble beginnings in 2011, Maple Tree is now respected in the oncology community as a national leader that is changing the face of cancer care.

A cancer diagnosis can be the darkest time in an individual's life. Yet, at Maple Tree Cancer Alliance, we exist to offer hope and encouragement for the journey. We do this by providing free exercise training, nutrition education, and spiritual/emotional support to individuals battling cancer. We are the only organization of its kind in the entire country. While other models of cancer rehabilitation exist, none of them offer such a wide array of evidence-based quality care at no cost for the patient.

Our Board Members, employees, and volunteers appreciate our dedication to patient care through compassion, encouragement, and hope. Patients are free to "leave their wig at the door" and fight their cancer back in a judgement-free zone, with a skilled staff that is ready and able to meet the unique needs of cancer. To ensure our practices are safe and effective, each of our trainers holds a minimum of a bachelors degree and a National Certification in Exercise Oncology. In addition, we have developed an extensive research

program. To date, we have more than 50 publications in high-quality, peer reviewed journals and textbooks. We have presented our research findings at professional conferences at the local, state, and national levels.

While we are proud of our accomplishments, there is still much work to be done. With cancer diagnoses at an all-time high, more people are living as cancer survivors than ever before. As such, they are experiencing the long-term effects of cancer treatment and living with fear of cancer recurrence. Thus, Maple Tree Cancer Alliance is committed to standing alongside cancer survivors in their fight against cancer. There is hope! No one should have to fight cancer alone!

We are very grateful for the opportunity to present you this 2018 Annual Report to highlight the impact we are making in the fight against cancer. This was made possible thanks to your gracious support!

Sincerely,

Karen Wonders  
Executive Director, Ph.D., FACSM





My name is Tracy Murray. I am a breast cancer survivor of almost 3 years. I am a third-grade teacher at Milton-Union Elementary. My husband and I have been married almost 30 years. Our daughters are 25 and 23. Our oldest is a certified PA and our youngest works in accounting at Children's Hospital in Cincinnati, OH.

Our family likes to play golf. I also enjoy working out at the YMCA, taking an early morning class before school three days a week, working out in the exercise room and swimming once a week. I entered a mini-marathon at the YMCA this past march and placed first in my age bracket (never would have done this without Maple Tree).

I enjoy cooking and trying new recipes, especially seeing what I can make with ingredients I already have on hand. I also

enjoy reading devotionals, recommended books, books for classes at church or those available for the library book clubs. I love watching the Reds baseball team and watching the University of Dayton men's basketball team.

I found out about Maple Tree by attending a chemo 101 class where I learned I could sign up for a free trainer. I met with Rob Wise and found out the program was legit – Amazing! The caring trainers helped me realize they weren't going to kill me, but challenge me to be stronger and have a healthier body. My first session helped me get out of bed on Saturdays after I had Thursday chemo. What a life saver!

Fortunately, I have had 12 re-evaluations. I will have been in the program 3 years this July.

I love the workouts Matt prepares for me and look forward to them each week. It also helps to talk to my trainer about exercise goals. I often have health questions to ask him.

Since diagnosis, I am more careful with what I eat. I eat more fruits and vegetables, dark green lettuce, whole grains, drink more tea and water and limit what I eat after 7 pm. I am able to jog for ½ an hour thanks to Matt jogging with me to begin workouts. Exercise has helped me to be strong, more flexible and have more energy.

Maple Tree is a wonderful program. The trainers design workouts on your level. They are caring and concerned about my goals and overall health. Dr. Wonder's blogs provide topics to think about.



## PATIENT HIGHLIGHT

Congratulations Tracy!





# Advocacy

One of our primary goals for Maple Tree is advocating for insurance reimbursement! This will enable us to grow our program on a national scale and serve cancer patients all over the country with our exercise oncology programs.

To this end, Dr. Wonders our Executive Director, and Barbara Mills of the Gala of Hope Foundation, traveled to Washington DC in September of 2018, and spent the day meeting with law makers and the State Innovations Group at the Centers for Medicare and Medicaid. This productive day gave us a clear path forward on this road. It is a long road, but we are confident we will get there!

In November of 2018, we received a \$50,000 grant from Anthem Health Insurance to measure the effectiveness of our exercise oncology programs. We were thrilled to have the support of this major, national insurance company and look forward to forming partnerships with new insurance plans in the coming years.

# Encouragement

Beauty from the Ashes was written by Dr. Karen Wonders as an inspirational for cancer patients. Cancer can leave you feeling alone and in despair, drained mentally and physically. *Beauty from Ashes* will strengthen your faith during cancer recovery with Scripture-based devotions, prayer, and journaling prompts. This devotional hit the Best Sellers list on Amazon the day it was released! Devotional is available on our website.



# Evidenced-Based Practice

## Maple Tree Cancer Alliance Research: 2018 Peer Reviewed Publications

Wonders, K.Y., Wise, R., Ondreka, D., Gratsch, J. (2018). Cost Savings Analysis of Individualized Exercise Oncology Programs. *Integrative Cancer Therapies*, 18: 1-8.

Wonders, K.Y. Wise, R., Ondreka, D., Stout, B. (2018). Supervised, Individualized Exercise Programs Help Mitigate Costs During Cancer Treatment. *Journal of Palliative Care & Medicine*. 8:4. 1000338-42.

O'Malley, N., Stout, B., & Wonders, K.Y. (2018). The Effects and Efficacy of Exercise in Lung Cancer Patients: An Overview. *Health Science Journal*, 12 (2): 553.

Wonders, K.Y. & Ondreka, D. (2018). Individualized Exercise Improves Fitness and Psychological Measures to a Greater Extent than Group Exercise During Cancer Treatment. *Journal of Palliative Care and Medicine*. 1(1): 1001-05.

Wonders, K.Y., Ondreka, D., Wise, R. (2018). Supervised, Individualized Exercise Mitigates Symptom Severity During Cancer Treatment. *Journal of Adenocarcinoma & Osteosarcoma*, 3(1): 1-5.

# New Locations



Buhl Community  
Recreation Center  
Sharon, PA



Dayton Children's  
Hospital  
Dayton, OH



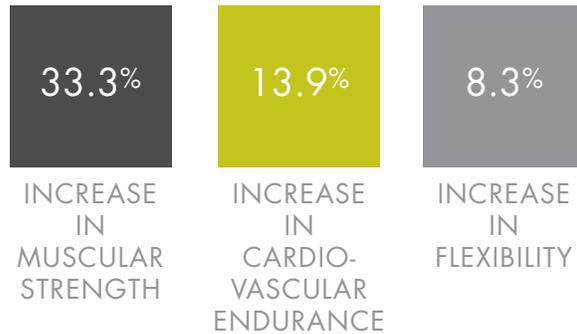
Foster J Boyd, MD  
Regional Cancer Center  
Wilmington, OH

# Evidenced-Based Results

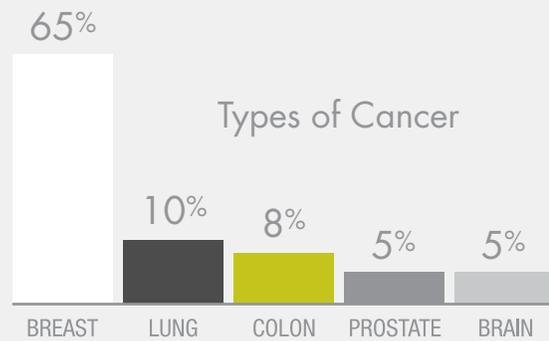
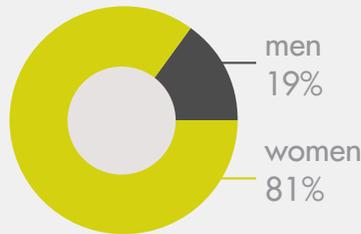
This year, we published the ground-breaking study, Cost Savings Analysis of Individualized Exercise Oncology Programs in the peer-reviewed journal, Integrative Cancer Therapies. This investigation reported the economic evaluation of Maple Tree's exercise oncology program. For this investigation, we utilized an outside research group to collect data, and found a statistically positive effect of exercise oncology during cancer care, in terms of reductions in length of stay, emergency room visits, and overall cost per patient pre- to post- intervention.

The important finding was a reduction in patient medial expenses by an average of **\$3,000 per patient in the first 6 months after enrolling at Maple Tree!**

Did you know that most of our patients finish chemotherapy **STRONGER** than when they began?

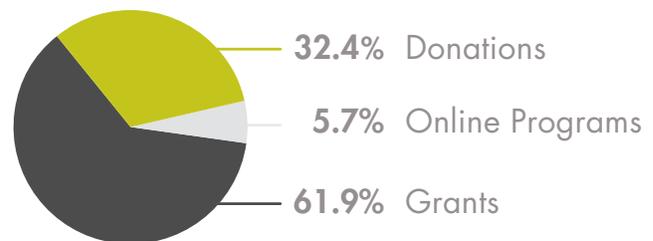


**6028**  
PATIENTS  
served in 2018



## 2018 Raises \$120K

Our incredibly hard working team of volunteers made this the best and most successful fundraising campaign to date! We surpassed our goal and raised nearly \$120,000 to benefit our patient programs. These funds were used for 2018 expenses enabling us to serve more than 6000 cancer patients **FREE OF CHARGE!**



Thank you to everyone for their continued support of our mission.

**\$.96** of **EVERY DOLLAR** directly benefits patient programs!

In December, 2018 we were thrilled to open an office inside of Dayton Children's Hospital and begin to serve the youngest of those affected by cancer. Hear from one of those brave patients below!



Lilly was diagnosed at the age of 6 years with a Juvenile pilocytic astrocytoma (JPA). The tumor is located within the optic nerve, it has an orbital component as well as an intracranial component. Given the location of the tumor, it is non-operable. The treatment for the tumor is chemotherapy. Lilly's is currently on her 4th type of chemo (due to chemo reaction). She's in her 13th month of oral chemo and doing very well!



Maple Tree: Lilly loves going to Maple Tree! As a patient at Maple Tree she enjoys the exercises, but the real reason she loves going to Maple Tree is Rachel. Lilly has found Rachel to be confidant. A person that she enjoys talking to, a person that she can trust, a person that understands her medical issues. Not only does Rachel help Lilly by keeping her physically active, Rachel helps Lilly mentality and emotionally by simply listening.

MARY BRUMLEY (Mother of Lilly)

## PEDIATRIC PATIENT HIGHLIGHT

Lilly, you are a Warrior!



# Sponsors

**\$50,000**

FASTer Way to Fat Loss

**\$5,000**

Far Hills OBGYN

Innovative Care Solutions

Kettering Health Network

UAI Accounting and Tax Prep

**\$3,000**

Mr. & Dr. Phillip and Kelly Erskine

**\$2,500**

Kevin and Marsha Spear

Rush Transportation

Soin Medical Center

United Healthcare

**\$2,000**

Stephen and Jan Fambrough

**\$1,000**

Anthem Blue Cross Blue Shield

Betty Butler

Robert and Nina Davidson

Dayton Physicians Network

Denny's Quality Automotive

Jeff and Katie Gammell

Gem City Digital

Terri Hemmelgarn

Jill Higey

Judith Kalthoff

Pamela McClain

Barbara and Bob Mills

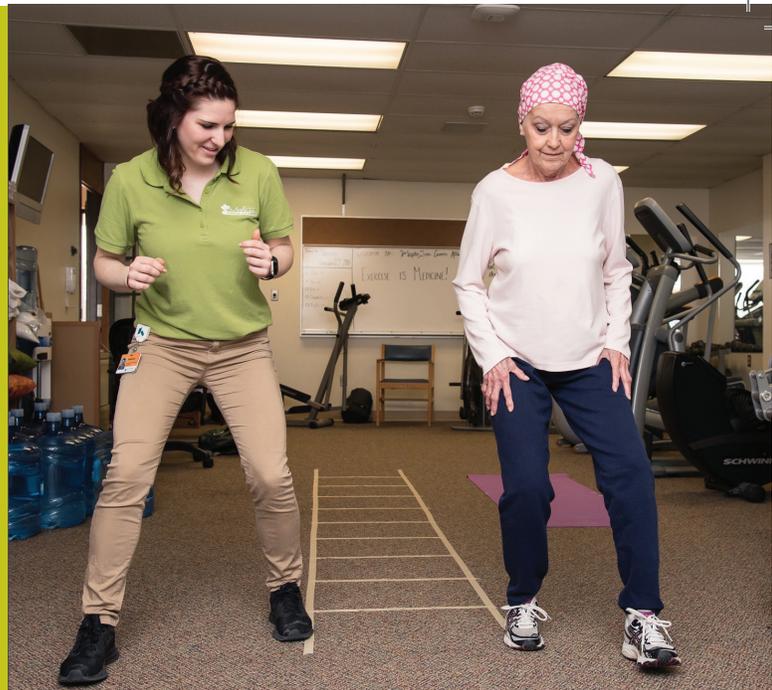
Premier Health

Theresa Simmons

Southbrook Christian Church

**\$500**

First Financial Bank



## BOARD OF DIRECTORS

EXECUTIVE DIRECTOR

Karen Wonders, Ph.D., FACSM

Wright State University

BOARD PRESIDENT

Jill Reese, MS, RN, CNS-BC, OCN

Foster J Boyd Regional Cancer Center

TREASURER

Stephen Updegraff

UAI Accounting & Tax Services

Kelly Erskine, MD

Far Hills OBGYN

Jeffery Gammell

Attorney at Law M&M Title Co.

Josh Francis

University of Dayton

Ken Winter

Heritage Fellowship Church

I can do all things through Christ  
who gives me strength.

PHILIPPIANS 4:13



## Locations

### OHIO

BEAVERCREEK, OH  
**Soin Medical Center**  
3535 Pentagon Blvd.  
Beavercreek, OH 45431

CENTERVILLE, OH  
**Miami Valley Hospital South**  
2400 Miami Valley Dr.  
Centerville, OH 45459

DAYTON, OH  
**Life Enrichment Center**  
425 N Findlay St.  
Dayton, OH 45404

**Dayton Children's Hospital**  
1 Children's Plaza  
Dayton, OH 45404

KETTERING, OH  
**Kettering Cancer Center**  
3700 Southern Blvd.  
Kettering, OH 45419

TROY, OH

**Upper Valley  
Medical Center**  
3130 N. Co. Rd. 25A  
Troy, OH 45373

WILMINGTON, OH  
**Foster J Boyd  
Regional Cancer Center**  
31 Farquhar Ave.  
Wilmington, OH 45177

XENIA, OH  
**Greene Memorial Hospital**  
1141 N Monroe Dr.  
Xenia, OH 45385

### PENNSYLVANIA

SHARON, PA  
**Buhl Club**  
28 Pine St.  
Sharon, PA 16146

[MapleTreeCancerAlliance.org](http://MapleTreeCancerAlliance.org)

SAVE THE DATE

2019 ANNUAL GIVING CAMPAIGN

November 4-9

We hope you will continue  
to support our mission!

GOAL \$80,000