



Annual Report 2015

OMA's Mission: to help reduce stress, promote healing, provide emotional support for cancer patients in the infusion/radiation centers and to increase public awareness of oncology massage.

Board of Directors

Diane Christopherson, Chair

Yvonne Larue, Treasurer

Wendy Kamasaki, Secretary

Geri Ruane

Colleen Ryan

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Director of Operations, Geri Ruane

Director of Finance, Wendy Kamasaki

OMA Advisory Board: Dr. Delia Duffey, Barbara Formichelli, Dr. Chad Dehipitiya, Gloria Taaffe, RN OCN, Liana Wheatley RN, OCN, Gina Kuenstler, BSN, RN, OCN, and Candy Swain, RN

OMA 2015 Accomplishments

OMA provided services at twelve infusion and radiation centers in 2015: Texas Oncology Midtown, Texas Oncology Central, Texas Oncology North, Texas Oncology Round Rock, Texas Oncology South, Austin Cancer Center-Central Austin, Baylor Scott & White Round Rock, Texas Oncology - Baylor Sammons Cancer Center in Dallas, Mary Crowley Cancer Research Center at Medical City Dallas, New Braunfels Cancer Center, North Cypress Cancer Center in Houston and Providence Cancer Center in Medford, Oregon.

In 2015, OMA provided complimentary massage to 2,997 patients and 295 caregivers and staff at these infusion/radiation locations. This brings a total of **8,808 patients and 1,114 caregivers and staff** for which OMA has provided its services since its inception in 2011.

Financially, OMA raised a total of **\$16,613** in donations from events and individuals. Texas Oncology-Central Texas again supported OMA with a donation of **\$8,000** for their facilities in the Austin area. Betty Kuhl continues to generously provide monthly donations to fully fund OMA therapists at the Texas Oncology Midtown location where her son, Robert McComb Hill was treated.

With the financial support from our generous donors, the expert advice and direction from our Board, Advisory Board, and staff, along with the extraordinary massage therapists who tirelessly volunteer their time, and all the heartfelt support from the public we serve, 2015 proved to be an exciting year of growth for OMA.

What We Did in 2015

OMA added 13 new and experienced therapists:

Pete Deckinga, Sherryl Wiseman, Shelli Lopes-Barnes, Andrea Owen, Larry DeLa Garza and Joanna Moses in Austin; Lisa Nemeckay and Renee Houston in Dallas; Alicia Lingenfelter in Houston; Catheryn Murphy in San Antonio; Phoebe Courcy in Plano; Janis Rosebush in New Braunfels; and Lesley Moehle in Ashland, Oregon.

To help spread the word about oncology massage and about OMA's services, we strive to participate in community outreach events every quarter. OMA's 2015 events are described below.

Quarter 1:



Yvonne Larue, Martha Iglehart, Geri Ruane, and Jessica Johnson at the 20/20 event.

OMA participated in 20 Colors/20 Hours, on Saturday, February 7. This is a 20 hour indoor cycling event benefitting Cancer Support Community Central Texas and Color Cancer. Five therapists provided free chair massage to the cyclists and one board member talked with participants about OMA's services.

OMA offered complimentary chair massages to the staff at Texas Oncology North - our first time to do this. Four therapists provided massages to the staff at TON.



Away Spa and OMA therapists

OMA partnered with the AWAY Spa therapists from the W Hotel for the Colon Cancer Coalition's Rear In Gear 5K Run/Walk event on March 22. This event helped raise funds for colon cancer awareness efforts in the Austin area. Six OMA therapists attended to promote OMA. Four massage therapists from the AWAY Spa provided free chair massages.

Quarter 2:



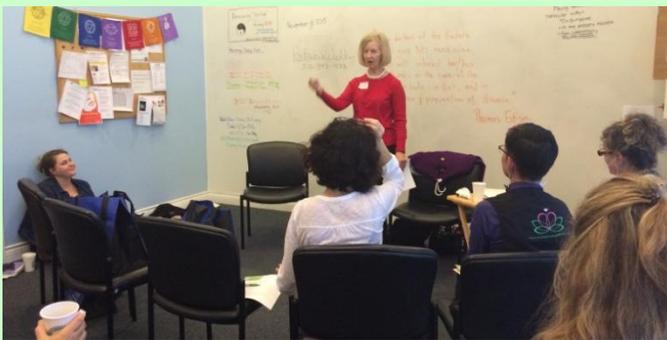
OMA therapists Shelli Lopes-Barnes, Pete Deckinga and Martha Paull

OMA participated at the 2015 State Wellness Fair, June 18th. This is our third year to participate! This fair is for all state employees, and focuses on information about wellness, health and physical fitness. Six OMA therapists

participated in sharing our information to approximately 800-1000 state employees.

OMA offered complimentary chair massages to the staff at Texas Oncology Midtown on May 27th. Four therapists provided 31 chair massages to the staff at TOM.

NXNW Restaurant and Brewery, held their OctoberFest event again and OMA participated with an information table to promote oncology massage. We received a portion of their sales amounting to \$500 for participating!



Patricia Walker gives talk to OMA MTs

OMA had a Spring Meeting for the massage therapists Sunday, June 14th. The guest speaker was Patricia Walker, counselor, who spoke about self care.



Geri Ruane mans the information table at CAT

OMA was invited to attend the Cancer Alliance of Texas (CAT) quarterly meeting on Thursday, May 21st in Austin. CAT is a group of government and private entities whose mission is to work on cancer in various aspects from prevention, research, and diagnosis to survivorship. Board members Diane

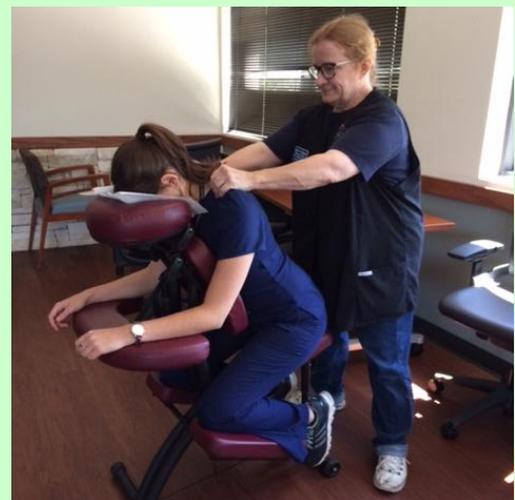
Christopherson and Geri Ruane attended this gathering and had opportunities to network with other nonprofits and organizations.

Quarter 3:



OMA information table at the fair

OMA participated at the Staying Connected Wellness Fair for the Employee Retirement System on September 2nd. Four therapists and two board members represented OMA.



Marita Peppard giving chair massage to Texas Oncology south staff member

OMA offered complimentary chair massages to the staff at Texas Oncology South on September 3rd. Five therapists provided 40 chair massages to the staff at TOS.



Brain Power 5K Event

OMA participated at the Brain Power 5K September 13th to support funding brain cancer research. This is our second year to participate at this event. Seven therapists gave 14 complimentary chair massages to survivors. We also had an OMA Team participating in the 5K. We had a total of seven team members, which included four OMA therapists!

Quarter 4:



Our great team of therapists

The OMA Massage Therapist Annual Retreat was held November 8th. Sixteen therapists attended this all day event. The Board members attended so the therapists could meet, ask questions and get to know them. Two speakers, Patricia Walker, and Colleen Ryan, spoke about Caring for Yourself and Wellness; and Nutrition.

OMA participated at the Komen Race for the Cure on November 15th. Five massage therapists provided 37 complimentary massages to cancer survivors.

OMA held a complimentary staff chair massage event at Texas Oncology - Sammons Cancer Center in Dallas on December 4th. Three therapists provided 21 massages.

OMA participated in the annual Holiday Chair Massage event at Texas Oncology Central,

where three therapists provided 32 massages to staff.

Who We Helped in 2015

Ultimately, OMA's goal is to make oncology massage accessible and affordable to patients undergoing cancer treatments by educating therapists, the medical community, cancer patients and the general public about the benefits of massage on overall health. In order to do that, OMA helps massage therapists with financial support to acquire oncology massage training so they can confidently and safely go into treatment centers to provide free hand and foot massages to as many people undergoing chemotherapy or radiation treatments as possible. In 2015, OMA awarded Education Stipend to therapists Andrea Cutshall and Lisa Nemeckay.

With support from our donors, in 2015 we were able to reach out to 2,952 patients, 204 caregivers, and 83 medical staff at 11 locations and with a force of 38 Practitioner and Support oncology massage therapists. We had 24 Practitioner therapists working in facilities by year's end.

To highlight this more clearly, the following table illustrates OMA's growth with your financial help.

Year	Number of Massages	Number of Locations	Number of OMA Therapists
2011	1033	2	9
2012	1224	3	10
2013	1201	5	14
2014	3055	7	28
2015	3292	11	38

OMA's growth over the years

We hope in the years to come that more medical facilities will incorporate the oncology

massage services now provided by OMA. Then, with your continued donations, we can spread our message and provide services to new locations.

OMA 2015 Finances - What did we spend and what was the source of our funds?

OMA received **\$25,308** in donations and fundraising efforts in 2015, which is an increase from 2014.

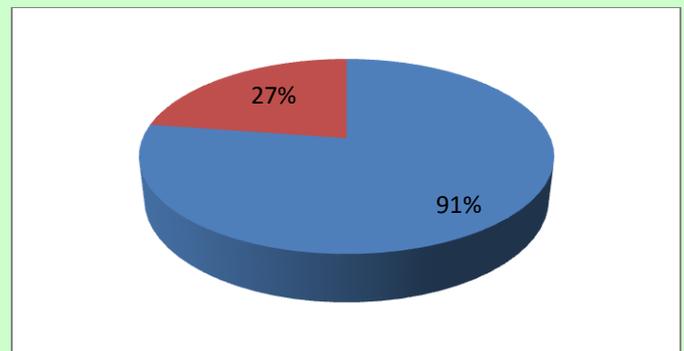
OMA Finances 2015	
Total Donations	\$25,308
Major Individual Donors	\$7,727
Serviced Corporate Donors	\$8,000
General Donors	\$4,527
Location Individual Donors	\$1,580
Partnerships and Events	\$2,778
Total Expenses	\$29,908
payments to Therapists	\$23,133
Operating Costs*	\$5,507
Support costs**	\$1,268

The table above illustrates the 2015 donations and expenditures. Although donations increased, expenditures out-paced funds earned this particular year due to costs related to expansion to facilities in Dallas, Houston and Oregon where seed money was provided to get the programs established. The shortfall of \$4,400.72 was covered by non-designated funds donated from the previous year. The *Operating Costs: Note that no salaries are

paid for any administrative work including the executive director of OMA, but these costs may include print, postage, software and materials, fees, and professional payments.

** Support Costs are related to OMA Mission and may include seed money for expansion to new facilities and locations, increased compensation to therapists when possible, website upgrades, therapist vest, meetings and materials and promotional materials.

The OMA Board and Operations staff operate strictly on a volunteer basis and try hard to ensure we meet our goal of providing hand and foot massages free of charge to the patient, caregiver, and medical staff in the facilities we service. As a result, we are proud to show these results that attest to the growth and success we've had in 2015.



The graph above shows 91% of our funding was given directly to support the OMA therapists for their time in the infusion/radiation facilities and massage events while 27% was used for marketing, web design and administrative costs (no salaries are paid for administrative duties).

We are proud to acknowledge that our success is directly related to the generosity of you, our Donors. Without your contributions, we could never do the work or accomplish these great results.

Our Outstanding Donors

We are grateful to have the support of our major donor, Texas Oncology. Their patients, caregivers, and staff have all seen the benefits from including OMA's services at their facilities.

We are also very thankful to Betty Kuhl, who has exclusively supported the Texas Oncology Midtown location since 2011. Her wonderful son, Rob McComb Hill, passed away in 2010 as a result of cancer treatment. Rob Hill was the inspiration behind the founding of OMA, and we are most appreciative to Betty Kuhl.

Our many generous donors who have helped OMA grow and succeed.

Donor for 2015 are listed below.

GOLD DONORS (\$1000 or more)

Texas Oncology
Betty Kuhl
Yvonne Larue
Mary Cooke
Dr. Debra Patt
Diane Christopherson
NXNW Restaurant

SILVER DONORS (\$100 - \$999)

Gail Bailey
Nancy Palmer
Catherine Larue
Deborah Schott
Geri Ruane
Kristie Zamrazil
LeVon Clark

BRONZE DONORS (under \$100)

Michael Colby
Pamela Parker
Sandy & Douglas Riggs
Terry Cook
Wendy Kamasaki
Sandra J. Bieri

Richmond Marketing LLC
Gene Phipps & Charlie Garland
Michele Spurza
Lisa Trudeau
Marilyn McClintock
Leigh Hunsaker
Janet Hutchison
Denise Brady
Charon Bolin
Carol Robinson

And many, many thanks to all those unnamed individuals who donated at the infusion or radiation locations throughout the year and to our partners at AmazonSmile, NXNW restaurant, Fred Meyer stores, and Randalls stores.

A special note of heartfelt gratitude goes to all of the 2015 OMA massage therapists - for they are indeed the heart and soul of our organization:

Gail Bailey, Kelly Bien, Madeline Brock, Phoebe Courcy, Andrea Cutshall, Peter Deckinga, Larry DeLaGarza, Kazuko DeVirgilio, Susan Gee, Lisa Georgeson, Ashley Hiatt, Renee Houston, Martha Iglehart, Jessica Johnson, Lisa Johnston, Kerry Jordan, Wendy Kamasaki, Mary Liebermann, Alicia Lingenfelter, Shelli Lopes-Barnes, Lesley Moehle, Joanna Moses, Catheryn Murphy, Lisa Nemeckay, Megan Nutt, Andrea Owen, Lauren Palmour, Martha Paull, Marita Peppard, Susan Prins, Susan Rader, Reno Robinson, Janis Rosebush, Geri Ruane, Colleen Ryan, Robin Ryece, Cindy Spence, and Sherryl Wiseman.

Oncology Massage Alliance

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A 501(c) 3 Non Profit Organization

Testimonials to Oncology Massage Alliance

One of the nurses approached me to offer to give a massage to a female patient. She is in her 60's. I gave her a hand massage and during the massage, she said, "Something, at least one thing should feel good when I come here." After the massage was done, the nurse came to thank me. She said the patient can be very stressed at times, but the massage really made her relax.

~ Oncology massage therapist

I massaged a male patient in his 80's. He said that his wife passed away last year while he was in the hospital, and that he misses her all the time. He said, "It feels so good to be touched."

~ Oncology Patient