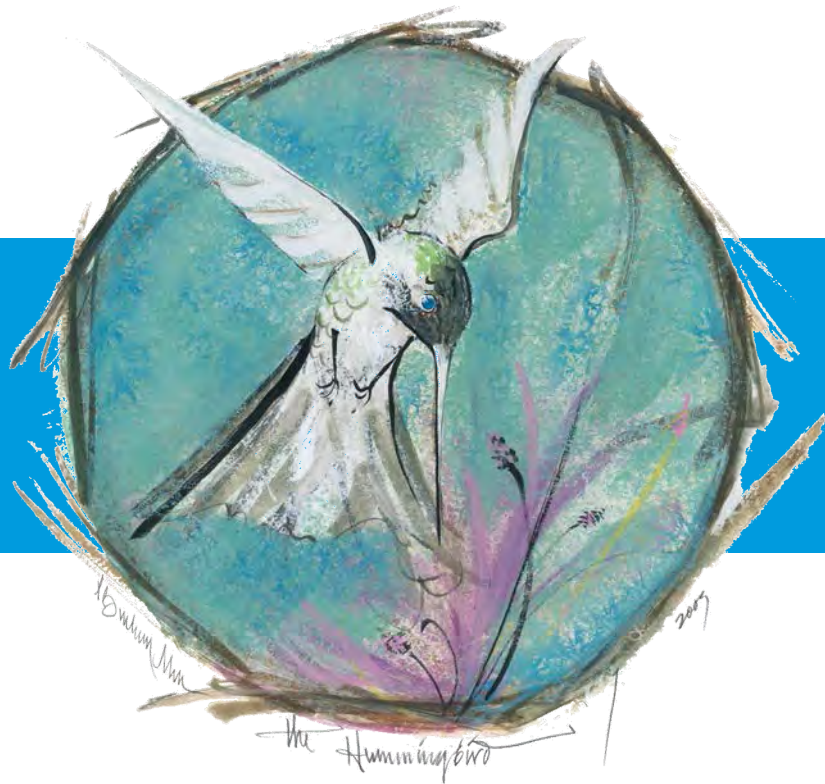


Cullather

BRAIN TUMOR
QUALITY OF LIFE CENTER



2018
impact
report

*helping patients and their families
navigate their cancer journey*

Our history

For Jack Cullather, creating the Cullather Brain Tumor Quality of Life Center has been a way to keep the memory of his wife and son alive while also improving the quality of life for patients diagnosed with brain tumors, especially those who would not otherwise have access to holistic and integrative care.

After his son, Chris, died from Glioblastoma Multiforme (GBM), a condition involving multiple brain tumors, Jack and his wife, Jean, turned their heartache into hope for others by promoting research and education. Sadly, Jean was diagnosed with the same condition and succumbed to GBM in 2003.

The Cullather family realized that, while research continues to improve treatment options, patients and their families often need more than traditional medicine. The Cullather Brain Tumor Quality of Life Center, which opened in 2007 at St. Mary's Hospital, fills the need, providing navigation, advocacy and education. The Center also offers complimentary therapies such as yoga, music, meditation, art therapy, and other services for all patients, whether they are treated at Bon Secours or another health system.



Jean and Chris Cullather

Recently, the Cullather Center extended a welcome to include all Bon Secours patients facing any type of cancer. Thanks to the support of our generous donors, the Cullather Center continues to welcome more patients and their families each year.

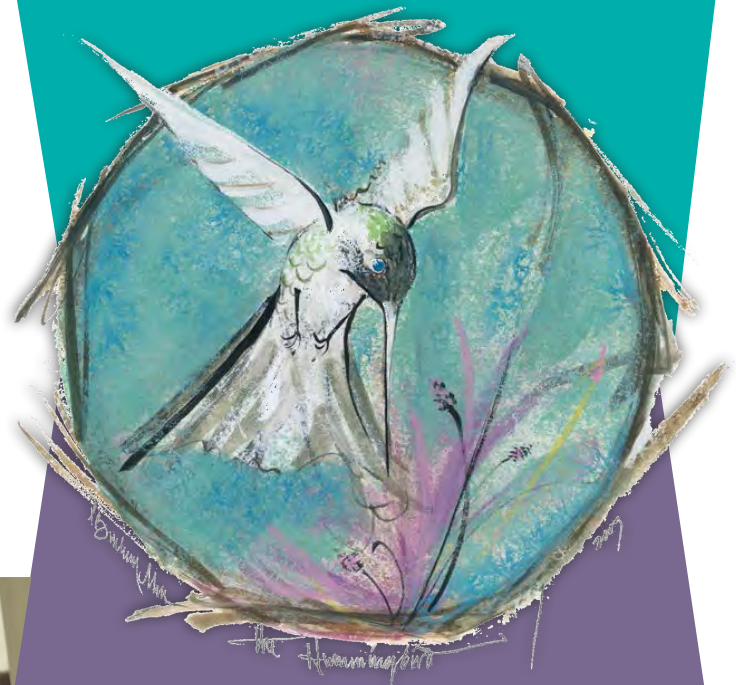
2018 Funding sources

memorial gifts
\$18,632

donations and
employee giving
\$40,072

fundraising events
\$142,650

including
Central Virginia Celtic
Festival & Highland Games



“My journey through the maze of cancer treatments has been eased by the team at the Cullather Center, which has provided *wonderful relief* - physically, mentally and spiritually.

The services of acupuncture, massage, mindfulness and music therapies have *lifted my spirits.*”

– Ron H.



Mary Lu and Chris

The gift of the century

Mary Lu and her husband Chris came to Bon Secours looking for treatment for his prostate cancer. They also found information and guidance when the oncologist suggested they look into the Cullather Center. Mary Lu said, "My husband

found a place where people really seemed to understand what he was going through. And they understood what I was going through." Chris found the massages to be incredible; they helped him relax. "He would not miss his weekly massage for anything," said Mary Lu. "It was a highlight." Chris also found mediation and acupuncture helpful during his cancer battle.

The Cullather team supported Mary Lu as a caregiver. She initially declined their offer for a massage, wanting their care to be focused on the patients, but eventually she agreed. "It was the gift of the century," she shared. "It was more than just a massage. It was a way of people listening. I had become a loner in my life as a caregiver."

Chris passed away in January 2018 and memorial gifts were designated to the Cullather Center. Mary Lu stays in contact with the Cullather staff, and she understands the great significance of the donations received. "You will be helping many people through a very bad situation. You will be giving to a program that understands that scary world of 'who do I turn to?'"

2018 Total costs of supportive services

\$169,438 →

Patients and their families are never charged.

Our complimentary integrative therapies are designed to promote wellness and healthy living for patients and families through the cancer care continuum.

1,614 Participants in supportive services

yoga during Cancer & Beyond **373**

healing arts **93**

brain tumor navigation **63**

meditation **91**

respite/home health **22**

grief/loss support **55**

massage therapy **445**

counseling **111**

acupuncture **172**

music therapy **187**

Legacy Storytellers Music **2**



Lisa and her two children

Finding understanding, empathy and hope

After losing her husband to cancer, Lisa Johnson would tell her kids that if she had the resources, she would create a program that offers respite care to caregivers of loved ones. She knew the toll it takes on someone.

learned about the services offered by the Cullather Center. In addition to the massages and counselor support, Rachel found a listening ear and people who understood. "I wanted to go to church and the team at Cullather helped me find someone who could sit with my mom for a few hours. Having a place I could talk to someone and just take a break – it was incredible. My mom loved everyone she met there."

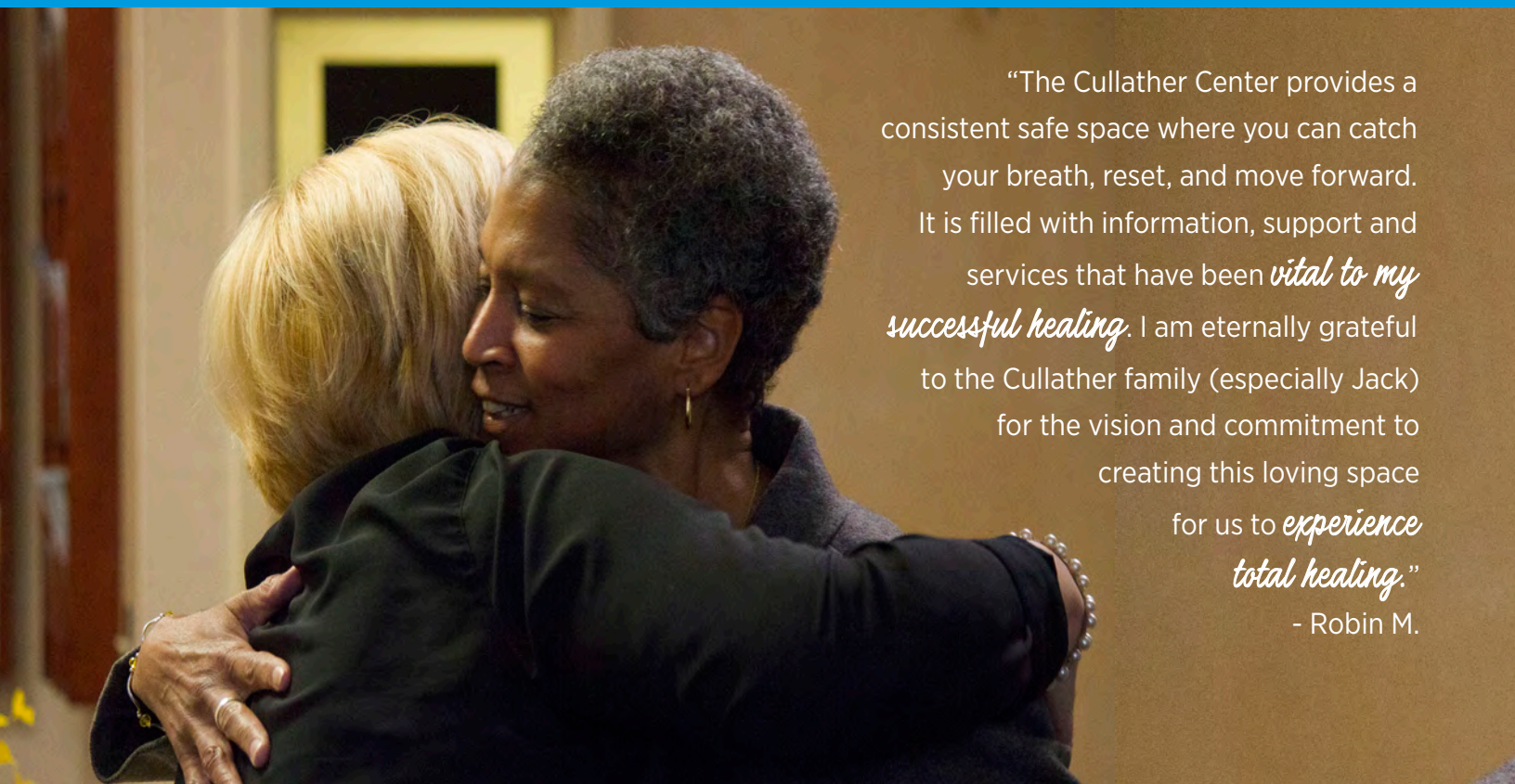
When Lisa was faced with her own battle with brain cancer, her family found a place like she had envisioned - they found much needed support at the Cullather Center. She was diagnosed in the summer of 2017. After one of her surgeries, her daughter Rachel wanted to plan something special, so they attended a makeup class for cancer patients. That's where they

Lisa's mom Nancy also found a support system at the Cullather Center. "It seemed like everyone had their own similar experiences. They were empathetic and brought us hope in doing the best we could to deal with it all." Gifts in Lisa's memory were sent to the Cullather Center when she passed away in January 2019. Rachel and Nancy know those gifts will bring hope to many others.

To speak to the Cullather Center patient advocate, please call 804-287-7809 or visit cullather.org



To make a gift to the Cullather Center, visit bsvaf.org/cancer, or mail gifts to: 5008 Monument Avenue, 2nd Floor, Richmond, VA 23230 | 804-287-7700



"The Cullather Center provides a consistent safe space where you can catch your breath, reset, and move forward. It is filled with information, support and services that have been *vital to my successful healing*. I am eternally grateful to the Cullather family (especially Jack) for the vision and commitment to creating this loving space for us to *experience total healing*."

- Robin M.