



2022 ANNUAL REPORT



BETTER CARE EVERYWHERE



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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends of Kits to Heart,

What a year! I would first like to express our sincerest gratitude for all of our supporters. These include the 2,000 volunteers of all ages and their families who contributed more than **19,600 service hours in 2022 alone**—making handmade cancer care kit items and helping us to assemble kits in my parents' basement. Yes, that's right! While we remain a humble, volunteer-run charity with limited physical space, the compassion and care in our hearts have no physical boundaries when working toward our mission to bring smiles and solidarity to those affected by cancer.

We had concluded 2021 having received the **Maryland Governor's Service Award**, as well as having won funding from the **United Way of Central Maryland Changemaker Challenge** to support a new cancer art therapy program. With this funding, Kits to Heart connected with licensed art therapists to plan and launch **Art for Cancer Wellness** in 2022. This virtual program offers biweekly workshops to help participants heal with art and connect with others.

As a cancer survivor, I appreciate opportunities to share about my journey to help inspire hope in others. In 2022, I had the honor of sharing my experiences with graduate students in person at my



Founder Sonia Su with cancer care kits assembled thanks to weekend volunteers.

alma mater Georgetown University and with Kits to Heart club members at Hallie Wells Middle School. I also presented virtually for art students at Glen Burnie High School, aspiring oncologists at the Reno School of Medicine at University of Nevada, and more.

In addition to these intimate gatherings, Kits to Heart had the pleasure of participating in our second **Taiwan Bubble Tea Festival** in Rockville, MD, where we taught visitors how to fold care bear towels and shared more about the work that we do. We also joined local organizations for Survivorship Day in Annapolis, where we even met some of our kit recipients!

In the new year, we hope to grow our presence in the community at similar in-person events. Towards the end of 2022, Kits to Heart received the honor of the **Rise to the Challenge Nonprofit Innovation Award** with Sunrise Distinction from the Howard County Government. Then around Thanksgiving, we worked with the Howard County General Hospital to provide wellness boxes as a way to express staff appreciation. Most surprising to me around the holidays was seeing more and more groups—from a DC soccer team comprising young boys ages 8 and under, to associates from T. Rowe Price—contributing collection drive items for our care kits.

These are only some of Kits to Heart's many highlights from 2022, and I invite you to continue following our journey in 2023 and beyond—including our social media @kitstoheart and our monthly newsletter, to which you can subscribe on our website homepage at kitstoheart.org. I hope you enjoy browsing some more of the impact we made together in 2022 below. Thank you for all of your support!

With gratitude,



Sonia Su
Founder and Executive Director



Kits to Heart received the 2022 Rise to the Challenge Nonprofit Innovation Award with Sunrise Distinction from the Howard County Government.

BOARD OF DIRECTORS

President & Treasurer

Sonia Su

Chair

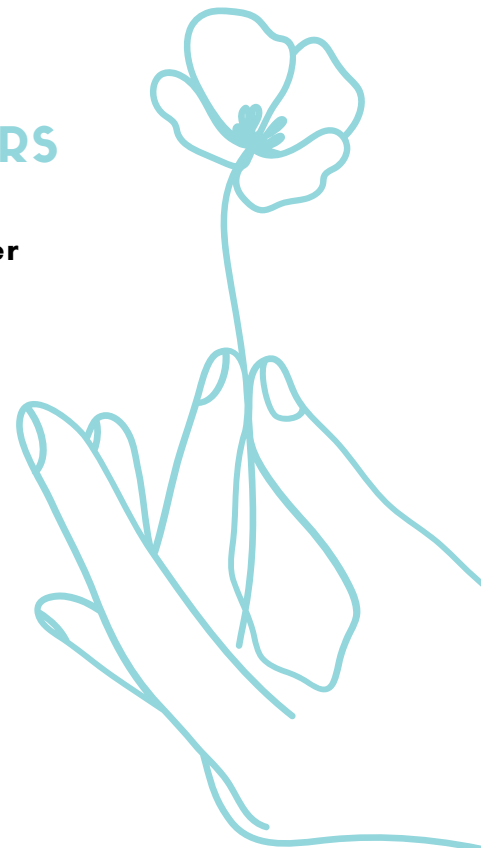
Kalpesh Patel

Secretary

Vanessa Christian

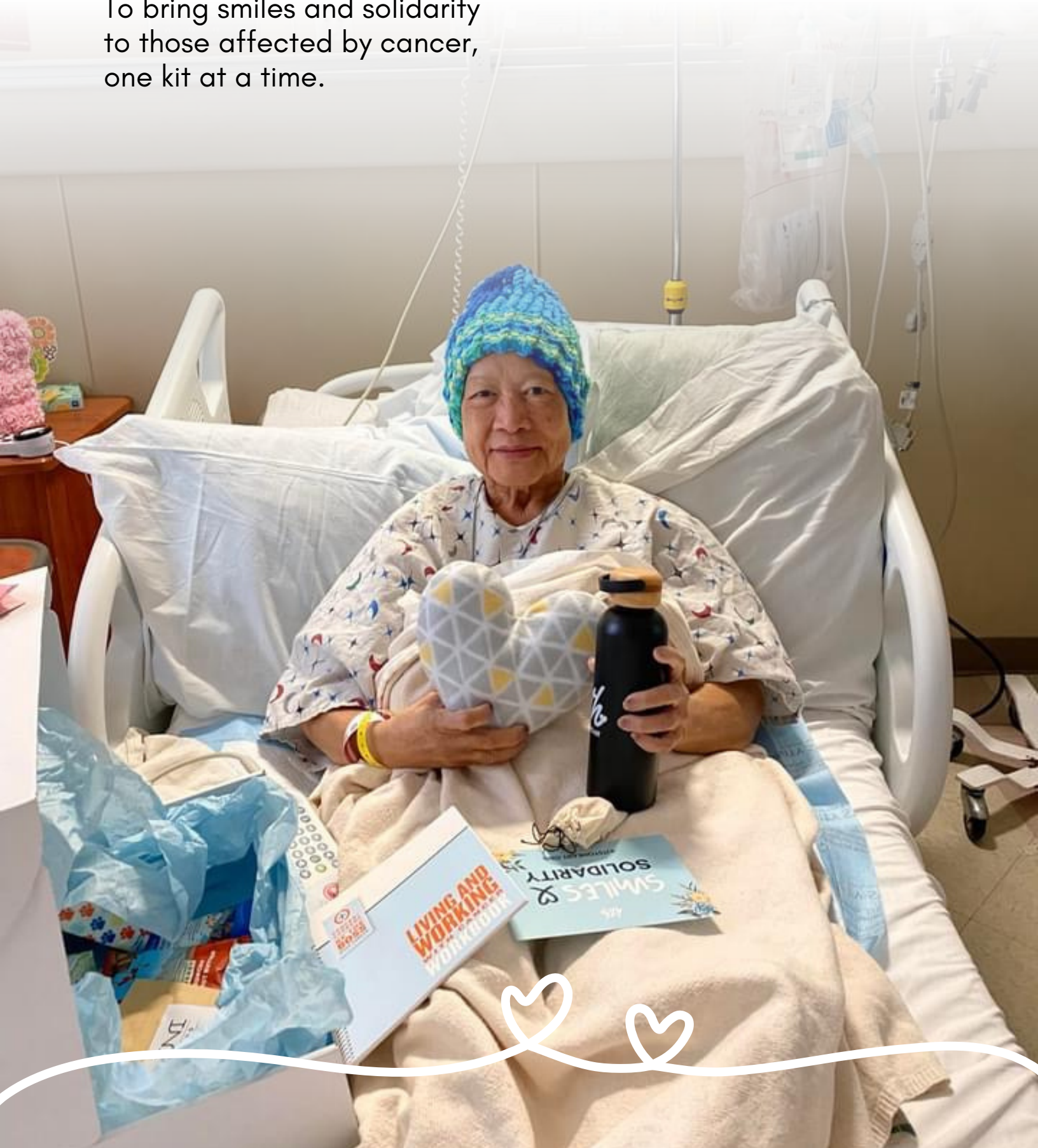
Board Members

Bailey Ames
Dr. Kan Cao




MISSION

To bring smiles and solidarity to those affected by cancer, one kit at a time.



VISION

To provide adequate material and psychosocial support to help reduce stress and anxiety for a better treatment process.

A photograph of an elderly man with glasses and a blue surgical mask pulled down to his chin, sitting in a green dental chair. He is wearing a dark blue and white plaid shirt and dark blue pants. He is holding a small, grey, knitted teddy bear in his right hand. The background shows a dental office setting with a white wall, a telephone, and dental equipment.

"Patients have been loving the kits and state that it makes them **feel comforted that someone cares**. This patient John Crowley stated that he was stationed in Japan and felt so connected to many things in the box, including the origami and towel bear. It's his good luck charm and makes him happy. **It provides him comfort that he brings it to each treatment.**"

OVERVIEW OF KIT DISTRIBUTION

With the launch of the innovative **Art for Cancer Wellness** program in 2022, Kits to Heart distributed more than **130 art kits** to participants in **25 U.S. states**. Facilitated by licensed art therapists, **90 free virtual workshops**, or 125 hours, were provided for groups tailored to patients, survivors, young adults, caregivers, and healthcare workers serving patients with cancer.

From its founding in May 2020 through the end of 2022, Kits to Heart distributed more than **4,700 cancer care kits** and 900 blankets to patients and caregivers in **all 50 U.S. states**. These include **37 locations** in Maryland, D.C., Virginia, and Delaware.

YEAR IN NUMBERS

2,030+

cancer care kits distributed

19,600+

service hours contributed

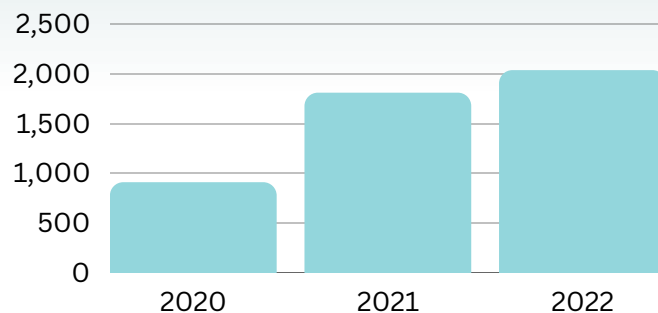
130+

art kits distributed

TOP STATES RECEIVING CANCER CARE KITS (2022)

1. Maryland
2. Texas
3. North Carolina
4. Florida
5. California

CANCER CARE KIT DISTRIBUTION (2020-22)



A cancer care kit recipient with all smiles at Mercy Medical Center in Baltimore.

FINANCIAL OVERVIEW

Thanks to winning the **United Way of Central Maryland Changemaker Challenge** at the end of 2021, Kits to Heart received a significant influx of revenue in Q1 to support the launch of the Art for Cancer Wellness program.

Then due to the preparations for the holidays, including our partnership with the Howard County General Hospital, Q3 and Q4 expenses increased greatly.

Moving forward, with the continued support of our generous donors and volunteers, Kits to Heart plans to **develop and sustain diverse sources of revenue**. These include expanding on our fundraising efforts in the community.



Kits to Heart worked with the Howard County General Hospital to gift Wellness Boxes to show gratitude to its staff around Thanksgiving.

	Q1	Q2	Q3	Q4
REVENUE	\$72,078.01	\$10,565.00	\$7,093.23	\$29,843.36
EXPENSES	\$14,619.65	\$15,308.08	\$26,105.99	\$22,779.86
NET ASSETS	\$57,458.36	(\$4,743.08)	(\$19,012.76)	\$7,063.50

Kits to Heart (EIN: 85-0767060) is a tax-exempt §501(c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent allowed by law. A copy of the current financial statement of Kits to Heart is available by writing 6941 Crossfield Ct, Clarksville, MD 21029 or by calling (240) 328-2960. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis, MD 21401, (410) 974-5534.

FROM OUR SUPPORTERS



Sara Stanley

Communications and Outreach Intern

"As a Kits to Heart intern, I've seen the **true dedication** of this organization! It's been an incredibly memorable and worthy experience to give back to cancer patients and do my part in helping my community any way I can."

Bailey Ames

Board Member

"It has been an incredible experience serving on the Kits to Heart Board and supporting such an inspiring vision and mission. The impact that Kits to Heart made this year is remarkable, and what makes it so special is **the positive energy it brings to the cancer community**. I cannot wait to see what we can achieve in 2023 and beyond."



Lyle Erickson

Volunteer

"I found Kits to Heart was the **perfect opportunity to earn service hours**, while creating origami ornaments to provide amazement about its complexity and to spark joy in the observers' eyes. The most special part about Kits to Heart to me was that I didn't have to be a doctor to still be able to **directly make a good impact**."



ART FOR CANCER WELLNESS

Featuring testimonials and artwork from 2022 participants.



"I am so happy that Kits to Heart exists. I love art and it's not easy to find the opportunity to have such a creative outlet with those that have also experienced something as challenging as cancer. I loved how there is **a place where I can connect and create**, to express in such a pure way, and gain insight at the same time. I have **made new friends** and feel inspired. Thank you for this gift."

"**Art therapy has kept me sane**, in particular during this transition in my life. The fact that it can be done **virtually is a blessing**. I know for most the pandemic is over, but due to my compromised immune system I still am limited in regard to where I can go and what I can do."



"[The facilitator] is so skilled at reading the room. On days that were particularly trying, she was able to help us work through the issues and come out feeling refreshed and motivated. I **always came away from the sessions with a great sense of calm**."



HOW YOU CAN HELP

We made it easy for anyone to support our mission!

VOLUNTEER

Help bring smiles by writing inspiring letters, sewing face masks, crocheting hats and bags, and more. Browse remote service opportunities and collection drive ideas at bit.ly/KTH-Volunteer.

DONATE

Your support helps make a meaningful difference. Donations are accepted at kitstoheart.org and via PayPal, Venmo, and Cash App @kitstoheart. You may also mail a check payable to Kits to Heart: 6941 Crossfield Ct. Clarksville, MD 21029

FUNDRAISE

- Create a birthday fundraiser for Kits to Heart on Facebook or Instagram
- Host a food and supply drive at your school, neighborhood, or workplace
- Sell for charity on eBay
- Donate from a donor-advised fund
- Donate via PayPal Giving Fund
- Shop from our Amazon Wish List

REQUEST A KIT

Show that you care by requesting a care kit for yourself or a loved one who is undergoing cancer treatments. Request one today at kitstoheart.org.

PARTNER

Expand your impact by contributing your business' products and/or services to be featured in our care kits!



A thoughtfully designed, curated cancer care kit—including a reusable water bottle, organic tea, handwritten cards, journal, care bear towels, origami, face masks, heart pillow, knitted hat, hand sanitizer, lip balm, ginger chews, protein snack, body cream, informational resources, tissue pack, toothbrush, and friendship bracelets.



SCAN to learn more at kitstoheart.org



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KITS TO HEART



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