



ONLY JACK'S.
only thanks to you.



2022
ANNUAL REPORT

Vision:

A world where guy caregivers never feel alone.

Mission:

Improve the way guys think, feel, and act through every phase of their caregiving journey.

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ONLY JACK'S. *Only Thanks to You.*

The average caregiver who responded to our 2022 survey reported that Jack's was responsible for 80% of a more than twofold improvement in how equipped they felt in their caregiving role. When we chose the theme of this report – pioneering change – that's the change we're talking about. We're also reinforcing something that even we lose sight of, that in many ways there isn't another organization like ours anywhere else on earth. We want you to feel like the pioneer that you are because the only Jack's only exists thanks to you.

There's a constant tension we feel in being an organization pioneering change. We are proud and at the same time frustrated. Proud to be pioneers yet frustrated that 9 years later most people still aren't aware of the problem we exist to solve: the "hero fixes it without help" culture so many guys grow up in leads caregivers into a trap, where many years can be wasted.

Both of us fell into that trap and tolerated the misery and isolation for far too long. Both of us found our way out because big-hearted people in the Jack's community pulled us out. Both of us have fallen back into that trap repeatedly. Behaviors learned over a lifetime take a significant amount of time to unlearn.

Many agencies before us have tried (and some have succeeded) at helping guys escape and avoid the traps. There are plenty of organizations that exist to celebrate and support caregivers that welcome them with open arms. There are plenty of disease-centered communities who strive to help everyone impacted by those illnesses. And every day more and more of those communities are recognizing that caregivers are also impacted by those illnesses in extraordinary ways.

But to our knowledge, we are the only organization laser focused on guys in caregiving roles. We're the only place where they are the mission. We are proud of our dedication to help men through every phase of their caregiving journey.

In that journey, the biggest challenges lie in the transitions. The transition of becoming a caregiver, especially for the first time, is one. The transition from "actively caregiving" to "active grieving" is another. A less-obvious but still challenging transition is the one from active caregiver to caring for someone who the world sees as "cured." That's the transition so many are hoping for, yet it can also be a profound challenge. Like any major crisis, a caregiving experience changes a person. But most of the world struggles to see the new you.

Jack's has helped so many people since we began in 2014, and we continue to help them every day. We need your help to keep making vital improvements in the lives of caregivers.

Become a member. Become a volunteer. Become a donor. Become the reason we change our culture to one that values, supports, and encourages caregivers.

Humbly,

Richard Anderson & Kyle Woody

Board Chair, Founder & Executive Director (and Caregivers and Sequel Makers)



FOUNDERS' CORE VALUE AWARDS

MARK MATTSON IS PRESENTED THE DUSTIN CESAREK COMPASSION AWARD

Compassion. "Compassion is seeing your pain reflected in another person's circumstances and then choosing to sit with them in the dark so they don't have to be alone. Compassion recognizes the dignity we all deserve and connects us in our shared humanity. Someone who is compassionate often gives themselves freely to others, often at their own expense, so that those they serve may feel less alone or maybe even be relieved of some of the burdens they bear." Dustin Cesarek, Founder

"Mark Mattson is compassion in action. In my opinion the virtual happy hour campaign he led throughout the darkest days of COVID is the brightest example of that. It was far and away the most consistently attended virtual program we offered. People voted with their feet and returned time and time again. And as the world opened, he continued bringing that same brand of compassion to the in-person gatherings that he's hosted. His gift is making everyone (especially the new guys) feel more seen, more understood, and more appreciated than they ever have in their caregiving role. And a thread through all that is his belief that these guys deserve joy. He's brought a particular brand of joy to so many in our community, a joy that isn't saddled with guilt like it so often is for caregivers. Add all that up and you've got compassion in action. It's no coincidence we asked him to lead the first ever chapter of our coalition. It's no coincidence he accepted the challenge either. That's who Mark Mattson is." -Kyle Woody



*The Dustin
Cesarek
Compassion
Award*

MIKE MCGARRY IS PRESENTED THE JUSTIN NICOLAY RESILIENCE AWARD

Resilience. "Resilience is all about advancing despite the adversity we face. Being a caregiver taught me what it truly means to be resilient and how that allows us to get the most out of our precious time we have with friends and loved ones." Justin Nicolay, Founder

"Mike McGarry came to our coalition in 2017. Caregiving journeys are often one of two flavors. High-intensity acute care needed for a short duration, or low-intensity chronic care needed for a long duration. Mike's journey has been an entirely different flavor, high-intensity acute care needed for years. 5 years so far. These have been 5 years of showing up for his entire family for what must feel like at times a 5-year-long head-on car crash. It boggles my mind that he also does so much for our coalition as a volunteer. For years he's led our blogging efforts on top of everything he's doing for his family at home. The question for me became, how is he advancing despite all of this adversity? Recently I had the privilege to visit his home and what I saw happening there helped me understand. Neighbors were popping in to feed and let the dogs out. Family members were popping in to help with meals and cleaning, and just to hang out. And then recently Mike reached out to us wanting to explore ways to make his own health more of a priority. I can think of no better example of what advancing in the face of despair looks like." - Kyle Woody



*The Justin
Nicolay
Resilience
Award*

SARAH MANES IS PRESENTED THE KYLE WOODY COURAGE AWARD

Courage. "To me the more important courage isn't the heroic kind. Because we have the opportunity to practice the less flashy ordinary kind of courage every day. Ordinary courage requires us to speak openly and honestly about how we're feeling and about who we really are deep down inside. Ordinary courage happens when we're afraid and yet we still take the actions our values require of us." Kyle Woody, Founder

"Sarah Manes was at the table when the concept of Jack's was just a glimmer in our eye. And she's been a fierce advocate for us ever since. In 2022 she became a lot more involved in the day to day and was leading multiple campaigns for us. Because of her gift for connecting and supporting people she soon found herself leading our largest fund-raising campaign of the year on top of everything else. And under her leadership the campaign grew and grew and before long it turned into a really big deal that a lot of huge-hearted people were highly invested in. That's when her moment of courage came. She reached out and shared how she was really feeling about the campaign. She shared that the work was overwhelming her and she needed help. I know Sarah extremely well and I know how hard that was for her. And we did help. I believe a direct result of this simple, yet radical act of courage was the campaign turning into our most successful ever by every measure. Her courage resulted in the team achieving 150% of the fundraising goal, as well as raising 376% more than we did the year before. I believe many of us could experience similar results in our own lives if we lived them as courageously as Sarah Manes lives hers." - Kyle Woody



*The Kyle
Woody
Courage
Award*

2022 JEAN ACCIUS II CAREGIVER AWARD

DAN CRAMER IS PRESENTED THE JEAN ACCIUS II CAREGIVER AWARD

Put simply, Dan has achieved mastery in caregiving.

The reasons start early in his caregiving journey. He reached out for help immediately after Cassie's diagnosis. Unfortunately, asking for help isn't the way most guys kick off their caregiving experience.

Not long after that he and Cassie both started a beautiful blog, Meaning & Stuff, that they write together. They were quick to find resources for Cassie. And there were resources for Dan too. But what they struggled to find was resources for their relationship. Or as they put it:

"A Stage IV diagnosis, devastating. As we began to search for meaning after Cassie's diagnosis, we craved more resources for us as a couple. How do we process this? How might our roles change? How can we best support each other and maintain a strong marriage through this devastation? We're certainly not experts and don't claim to have the answers, but we hope that by sharing our thoughts other couples in similar circumstances may gain something."

- Cassie & Dan Cramer

Dan was quick to become a volunteer and even quicker to win our volunteer of year award in 2019. I also remember early in our relationship he told me a truth I really needed to hear as our leader. He delivered that truth to me carefully, and because of that I was able to fully receive it.

When I scroll through our database of caregivers, the cell with "Who is their Coach,"....I see Dan's name over and over and over again. And it isn't just that he shows up for those caregivers over and over again, he also knows when he can't. He doesn't always say yes. To me that's the hard truth about what mastery in caregiving looks like: sometimes saying no to wonderful opportunities. I suspect he wants to say yes all the time but he understands that's a recipe for burnout and mediocrity.

On #GiveToTheJacksDay he didn't just donate to the campaign, he joined the leadership team and coached our staff on how to run the campaign. And he asked for a lot of advice from his lovely bride Cassie who has a lot of fundraising experience. And then on the big day he showed up with sandwiches for our staff. He proceeded to show us what effective fundraising looks like.

There are a lot of big things he's done, but there are so many little ones too. Like the unsolicited notes of encouragement he sends our staff. He understands that our staff are our lifeblood. Our staff are the ones who wake up and carry this mission forward every single day.

"Congrats on last night! Wow that's tremendous and what a validation of the organization's work and value. Kudos to you both which I'll know you will defer and give credit to others. But here's the thing - if everything had gone to shit you would have taken the blame on yourselves so when things go well you get corresponding credit! Congrats!"

- Dan Cramer

Thank you Dan for being who you are. Most importantly you are an incredible gift to Cassie. Thank you for also being an incredible gift to so many caregivers in our community. Congratulations! - Kyle Woody





TRAVIS ROBERTSON IS PRESENTED THE RICHARD ANDERSON SEQUEL MAKER AWARD

This new award will be presented annually to the Sequel Maker in our community that best demonstrates our values of compassion, courage, and resilience – as well as makes the most important contributions to the Sequel Maker corner of our caregiver community.

As I reflected on who deserves this award, the list is long. I could make a solid argument for many of our members. But two names rose to the very top. So I took the easy way out and decided the award would be named after one of them and the other would win it.

As a result, the award will be forever known as, “The Richard Anderson Sequel Maker Award”. This is our meager attempt at expressing our gratitude for Rich’s relentless support ever since we first met him and ordered him a bunch of appetizers, and every single one had dairy in it (which he is violently allergic to).

Ever wondered how we came up with the name Sequel Makers? Travis Robertson, that’s how.

Travis Robertson joined our coalition in our very early days, back when a program event might involve 2-3 people. From day one he challenged us to think differently about how we showed up for caregivers. He encouraged us to break free from the stereotypical stuff that guys do like hunting and fishing. He wanted to throw axes, drive stupid fast go karts, carve ice with chain saws, drive tanks, kick soccer balls with excavators, strap jetpacks to our feet in lake Minnetonka, and drive dream cars to Hastings. ...I’ll stop there even though the list is a lot longer than that.

In a job like mine you are presented with a lot of ideas, but he is more than great ideas. He also shows up and executes. In no time our 2-3 person gatherings rose to an average of 15. And that’s the tip of the iceberg. He has shown up as a coach for caregivers like Allan Hammell. He has served as the creative design director of our annual report, of our brochures, of our caregiver playbook, of animation projects, and for countless campaign names and logos. I hear it all the time how impressed people are with this that or the other thing we’re doing, and my response is a broken record – “you can thank Travis Robertson for that”. I have no idea how he does any of it. But I do know this: Our coalition would not remotely resemble what it is today were it not for him showing up over and over and over again. – Kyle Woody



JACK-TO-JACK RENOVATION REFLECTION FROM CHAMPION DUSTIN CESAREK

A meme I found on the Internet once read “If it isn’t broke, don’t fix it.” I don’t know about you but that is some solid advice that I regularly don’t follow. However, that doesn’t mean you should rest on your laurels either, right?

After years of letting our Jack-to-Jack program run on autopilot (and that autopilot’s name is Kyle Woody), we decided 2022 was the year to look under the hood and hope the cobwebs weren’t too thick. What we found was an inspiring group of guys – active caregivers, guys transitioning to Sequel Makers, and some guys with the opportunity to return to a post-treatment life – all choosing to step out of their own situation and make space for our members to feel heard, have their emotions validated, and celebrate wins in a one-on-one environment that is created just for them. Our Coaches are amazing people and when I learned from our community-wide survey that the Jack-to-Jack Program is viewed as the most important program we offer, I got even more excited about finding ways to support our Coaches and elevate this program.

But how do we elevate what is already great? I honestly don’t know – we still haven’t found anyone doing this the way we are – but this is a sample of what we are going to do and next year we will let you know if it worked:

- Currently our Coaches have profiles on our website, which members can review when looking for a Coach or to get a feel for the Coach they are paired with. We are digging into the content of these profiles to make sure the variables we use to pair our Coaches and their Coachees are the same as what our members are looking for in a Coach.
- We are immensely grateful for the “pay it forward” attitude that is universal among our Coaches, but wanting to help is not the same as being able to help. We are developing an application process for our Coaches that is about as close to a rubber stamp as possible but still allows us to gauge whether being a Coach is the best way for a member to contribute.
- Over the last year we heard time and again that our Coaches felt a little adrift regarding our expectations of them. We are going to start checking in on the regular to make sure our Coaches feel seen. We’re ready to hold space for our coaches or step into the fire with them if need be.
- Of course, we don’t just want our Coaches to feel equipped, we want them to be equipped so they can be champions for our community. We are going to develop a variety of content, from on-demand trainings and organized Coach gatherings to guides containing icebreakers for first contact and calendars so our Coaches can more easily track their own check-ins because our Coaches have a lot going on too and they are all volunteers.

I am grateful to all of our Coaches who met with me one-on-one, participated in our workshops, and helped come up with these amazing ideas that Kyle, Jeff, Haley, and I now get to create. We are changing lives together. – Dustin Cesarek



HYPER LOCAL REFLECTION FROM NORTH METRO CHAMPION MARK MATTSON

“As the leader of the newly formed Northside chapter my goal is to make it easier for guys to connect with others closer to them. Increasing engagement in the programming and events we offer by having them closer to the guys we are serving, making it easier for them to get away from their active caregiver roles and get some much needed time to work on themselves. With a blend of formal/planned events and informal/impromptu events, I hope to not only make it easier for our members to get together, but also raise more awareness and grow our membership in the area. Thank you to all of our generous donors. Your support makes it possible for us to offer more localized programming and supporting more guys as they go through one of the toughest things they will ever do”.
– Mark Mattson



SEQUEL MAKERS REFLECTION FROM CHAMPION PATRICK TRIEMERT

“My world was turned upside down when my wife was diagnosed with cancer, and again when she died from it. I want to be able to harness those experiences for good and help other people in similar situations.

Sequel Makers is a program we’re creating to help our community of men rebuild their lives after the death of their loved one.”

– Patrick Triemert



FUNDRAISING FEATURE

Only Jack's Only Thanks to You is such a great slogan because it can be applied to every part of this unique support organization. As a newcomer to Jack's I'm constantly reminded how unique we are when I see curiosity and wonder in the faces of people when I share what I do. It's not surprising that Jack's typically doesn't fall in line with tried and true non-profit fundraising models (no fancy black tie galas for us) ... and then in 2022 we did... I'd like to say that I knew we would crush two fundraising campaigns in the same month... but I can't. Only Jack's could put together an annual fundraiser in six weeks! I became aware that pushing boundaries is what Jack's does and Kyle is smart enough enlist members who are willing to hang outside of their comfort zones for a while.

Here's what I learned from these incredible members: Travis Robertson shared the idea of trusting in the work and why not do something dynamic and powerful? Richard Anderson confirmed my instinct that he can do just about anything including switching from sharing his heart breaking story of loss to attendees at The Big Give, to running one of the most polished and successful live auctions that I have ever seen. Fun fact: This was Rich's first stab at being an auctioneer. Susan Kerber shared with the team that she: "doesn't fail" and has the superpower of seeing and managing the big picture while making sure we had the perfect centerpieces and linen tablecloths at The Big Give... And Dan Cramer...he taught me about "all in" commitment. Dan promised me that he had my back for our #GiveToTheJacksDay Campaign. He showed up at Jack's HQ on Give To the Max Day, brought lunch, literally rolled up his sleeves, worked the phones for hours and gave this novice fundraiser writers cramp filling out thank you cards.

The end result.... \$140,186 raised in November 2022, nearly as much as we raised in all of 2021! - Jeff Myhre



Cole was diagnosed with thyroid cancer in March, 2012. After undergoing successful treatment Cole, his family, and friends wanted to support others impacted by cancer. What started as a small idea to raise a little money, has grown into an annual charity golf tournament. 2022 marked 10 years, and Swing Back At Cancer has raised over \$300,000 with 100% of the profit going to local cancer organizations. Swing Back is proud to partner with Jack's Caregiver Coalition and is excited to continue to support the mission in 2023.
- Cole and Joel Scattarelli



PATRICK TRIEMERT'S GOLF TOURNAMENT SPEECH

“Clarissa Passed away at 12:04a.m. on May 5th, exactly 3 months ago today, and exactly 4 minutes after our 5-year anniversary together. It was 14 months after her diagnosis. She was only 30 years old.

Clarissa was way smarter than I will ever be. She knew that I would need support, so that I could take care of her. She was very, and I mean VERY insistent that I find some kind of resource to help me get through this. She brought it up at one of her first oncologist appointments, and one of the nurses in the room knew about Jack's Caregiver Coalition and gave me a referral.

Me being a typical, hardheaded, 31-year-old guy didn't think I really needed any help, and I DEFINITELY didn't want any kind of support group where we sit in a circle and talk about our feelings... But I checked into, and eventually joined Jack's to satisfy Clarissa. To this day, I think it is probably the best thing she ever forced me to do.

I learned that Jack's is a group of guys all with this terrible thing in common, and that is everyone has experience caregiving for a loved one with cancer, or other health crisis. We have guys in their 20s to guys in their 70s. Some guys are current caregivers, and others are “retired caregivers” with loved ones who have passed on or have entered remission.

One of the hardest things about being a caregiver, for me, was that none of my friends “get it,” they simply can't relate to what I had gone through. It's not their fault - they mean well, but until you are caring for a loved one, you don't understand what it is like. Caregiving typically isn't something that your average 30 something guy has experienced.

The first thing that happened when I joined Jack's was that I started meeting up with some guys from the group for happy hour after work. Meeting people who have been through this journey is invaluable for a new caregiver. They gave me advice on how to be the best partner I could be to support Clarissa through this journey.

In Clarissa's experience, her worst side effects from treatment were not physical, but mental. Clarissa fought a lifelong battle against anxiety and depression, but her cancer diagnosis put those conditions into overdrive. Living with and caring for a person with severe depression is incredibly hard, but Jack's really did give me the coping tools that I needed to be there for her when she needed me most.

I also started going to monthly Firepit Friday events, where guys in the group would host a bonfire and we would all hang out. We would also get together twice a month for a Thirsty Thursday, sometimes virtual and sometimes at a fine establishment. I also did several Jack's events with the group: I went guided bass fishing on Lake Minnetonka; I did a weekend Ice fishing event on Mill lacs; and I was able to get an exotic car, where we drove exotic super cars and road tripped down to Hastings for dinner, then had the keys for 24 hours to do whatever we wanted to do with them. Somehow all of us returned our cars in 1 piece the next day.

The one event that Jack's had, that I will be forever grateful for, is when Clarissa went on hospice and Kyle rallied the Jack's troops and gathered a huge group of guys in my backyard. My house was full to the brim already with family, but the Jack's guys set up camp in my backyard. They kept their distance, but they were there to show support for us. Rob Smith ran and found medical supplies that the hospice team couldn't bring until the next day. They brought a mountain of food, and a cooler of cold beer, and they made sure the whole family had enough to eat. Having their support that day meant the world to me, and I will always be in their debt for them showing up that day. It made the hardest day of my life, just a little bit better.

A few weeks ago, Kyle asked me to give a speech at a golf tournament coming up on August 5th, and I said sure, it's the least I can do after everything you guys have done for me. Then he told me it is going to be at the Links at Northfork golf course...And I almost had to make an excuse not to do this anymore.

You see, Clarissa was one of those women who always wanted a big, beautiful wedding. She was crushed when we had to cancel the wedding, she had spent a year planning, just to hold a small ceremony at our house. So, we decided that after treatment was over and she was in remission, we would throw that real wedding she always wanted. I let her do all the planning because honestly, she is way better at it than I am. We live 30 minutes from here, but somehow, she had found the Links at Northfork, and decided that this was where she wanted to have her dream wedding. So, we booked it. Clarissa's Dream wedding was supposed to be in this very room, in just a few months from now on October 1st.

I am here today, giving this speech, in an attempt to pay back some of the debt that I owe to this group. They helped me survive my caregiving journey, and they have been here every step of my new journey as a widower, so now I will be doing everything I can to support this group.” - Patrick Triemert



PROGRAM STORIES

If you have ever met Michele you know that she's the type of person who truly understands the concept of giving back. When Michele's husband was diagnosed with metastatic cancer she understood that, after a separate caregiving experience with her sister who she lost to breast cancer, she needed to find a way to keep her batteries charged to keep giving. Michele looked for support groups that focused on the caregiver, discovered that there weren't that many, and found that this guy-centered organization was a unique place for her to share her fears and frustrations and offer wisdom to others in a safe space.

Michele shared that it's amazing that an organization specifically designed for male caregivers even exists. Society often looks at male caregivers as "...of course they'll provide and take care of you, that's your job." Michele supports Jack's because she knows it's not that simple.

"There's a lot of guys who have unmet needs and are suffering. Caregiving sucks the energy right out of you. Jack's provides events where guys can spend their energy in a meaningful way. I think it is incredible that Jack's founders saw this gap and created a community to specifically support men. And once they were successful, they made space for women as well. I'm forever grateful for Jack's support."

She hadn't ever heard of a "Klatch" before but found that this once a month get together was perfect to lean and to be leaned on. "I feel lucky 'cause things are alright for the moment and now that I have energy for myself, I can also give back and be there for others. I always get something from the Klatches. It's easy to get jaded, but being part of this club helps you keep compassion for others as well as myself." Klatches are a place where Michele can openly share her journey unfiltered.

"It can sometimes suck, but if you're gonna have to do this, there's a community there to support you, and that community is Jack's."

Caregiver Klatch



Jack Jack

After four years of feeling unsupported as a caregiver of my wife with lipo sarcoma, I came across Jack's Caregiver Coalition. There is no other group of individuals that I have communicated with during this time that I have felt more comfortable with sharing and relating our experiences. Not only did I find a group of men in similar circumstances that I could relate to, I found friendship and mentorship. For the first time I felt listened to without being judged. I felt a camaraderie among like spirits. I am thankful for the group and my Jack-To-Jack Coach. - Jason Lonne

PROGRAM STORIES

Program Feature: Care Navigator

Looking back on 2022 through the eyes of a Care Navigator brings a flood of memories and a few tears. My goal is to support caregivers at their own pace, in my “Kathy Bucher” kind of way. But regardless of what support I’ve been able to offer, the real beauty has nothing to do with what I do.

I’ve worked with hundreds of women with a difficult diagnosis, witnessing men usually silent and discouraged at their beloved’s bedside. I’m sure they have questions and a desire to be supported, but asking for help can be difficult; it doesn’t come naturally! Yet, men are comfortable asking for help through their relationship with Jack’s. This is where the true beauty lies; it might not seem like a big deal at first glance, but trust me, it is!

I recognize support doesn’t change the outcome, yet it offers hope for that day, even if it’s hope for the moment. A burden can be lifted knowing that someone is willing to step in or just listen.

I recently referred to Jack’s as a fabulous unicorn; one of the definitions of a unicorn is “something highly desirable but difficult to find” That is precisely what Jack’s one-of-a-kind support is. I’ve searched across the country and have yet to find an organization that can even come close to Jack’s! So I’m incredibly proud to be part of this unicorn we call Jack’s Caregiver Coalition, where men are empowered, encouraged, and able to ask for help; we show up! – Kathy Bucher



Story from Joe Peterson about how Kathy Bucher helped.

Jack’s Caregiver Coalition is an amazing organization that has supported my family at every step of our journey with cancer. My wife passed away in November 2021, leaving myself and my children in an uncertain financial situation. Kathy assisted us in finding resources to cope with our grief and also to secure grant funds to help pay for groceries. We are so grateful for all of the genuine caring and support during this difficult time. I can truly say I am proud to be a Jack!

Program Feature: Help! I’m a Caregiver!



I’m not super great at self care, so when I finally hit a burnout point and needed to talk to someone, I am glad the Help! I’m a Caregiver! session was available and easy to book. I had found Jack’s through googling a few weeks before, but hesitated to participate/join – most members are locally based (I’m in a different state) and I had impostor syndrome as my story is different from most members based on what I was seeing on the website. However, a few minutes into the call I felt very supported, understood, and that there was a spot for me among the members. Jack’s took the time to acknowledge that I was doing my best, and that there were a lot of resources Jack’s could provide me, even remotely, and also affirmed that despite the differences in diagnoses there was a place for me. Thank you! – Julius Tarny

Program Feature: Dream Car Daytrip

“Hey Fred, you gonna sign up for the exotic sports car event?” Alan shot me the question at one of our group meetings where the Jack’s team was helping those of us who find ourselves in the awkward circumstances of being a caregiver. I responded with “hell, yes!” but really didn’t know what he was talking about. Trying to juggle all of life’s complexities as well as the needs of my wife and her journey with cancer is often so Herculean a set of tasks that paying attention to the Jack’s web site events page is tough. But the network worked, in that Alan made mention that there was this event happening that piqued my curiosity.

Taking time for oneself when a caregiver is not only difficult to schedule but also a source of tremendous guilt. Why should I give myself a day of fun when I could use that ever so precious time to be with my wife, do something fun with her or just be present with her? So after checking out the event page, I learned that a fellow caregiver member donated the overall cost for rental of exotic sport cars for 10 Jack’s members to have a fun day. There were going to be Maserati, Porsche, and Denali cars being offered and I signed up for a Porsche Carrera in fire-engine red. We were told we would have the vehicle for a full 24 hours. OMG!

Over the few weeks leading up to the event I schemed and noodled ideas on how I could keep the car. But, that was only spending time having fun in my head. Turns out, the event was scheduled to happen on my birthday. What a great gift! Surely the car rental company would understand if I wanted to keep my birthday present, right? I discussed it with my wife and she loved it! She was so supportive and grateful for the opportunity for me to get out and have a day for myself.

On the day of, I picked up the vehicle about 10 AM. I secretly wished my wife was with me but that was not the purpose of the event. I drove some 300-plus miles for a number of hours around the Twin Cities and local suburbs, trying to pay attention to the speed limits. That was the worst part for sure! I had a blast! I texted pictures of myself with my red Porsche Carrera to my family back in New York City and they all were jealous that I bought a Porsche. To this day I still have not told them I really only had it for a day. Ha! The day’s plans included a lunch at a really nice restaurant with outdoor seating. The group of drivers and some other friends of Jack’s group had a great patio spot of tables and some really good burgers and beverages. (I opted for lemonade because I was planning to head back out on the road after the grub fest).

After lunch I jumped back in my hot red Carrera and because the parking lot was a loop, if you drove around it would curve right up to the patio where the gang was seated. I looped around that parking lot in full display of the gang on the patio about 8 times to the cheers and waves of my fellow friends from Jack’s. Disappointingly, I didn’t burn any rubber on those loops as much as I wanted to. I really didn’t want to have to tell my wife I crashed into a bunch of normal folks’ cars in my elite super vehicle. So safely without smoke I left the lot and drove off again to enjoy another few hours of driving.



Reflection from Dream Car Daytrip Champion Travis Robertson

The Dream Car Daytrip was a bonafide success in terms of the turnout and the guys’ reactions to driving their new cars! It made me happy as the planner to see so many smiles. As a caregiver myself I seemed to think of everyone that day but myself! I forgot my son’s lacrosse gear in my car and had to drive home. Then, I somehow ended up with Kyle Woody’s luggage in my trunk as Kyle was catching a flight that day. It’s all funny in hindsight, but was stressful in the moment. I’m just happy the day was a success despite my brain hiccups!

– Travis Robertson



What a wonderful way to spend your birthday!

Thanks to Jack’s, I had the opportunity to feel special for a day, to be provided something that was meaningful to me and that also helped my wife feel good about her husband getting a day for fun knowing that she all too often is the focus of her husband’s free time.

Jack’s is a special organization that has been important for my cancer journey as a caregiver to my wife. It is important to note that even though I do not have cancer, cancer is a journey I am on. Life changes with a dramatic moment when a loved one is diagnosed, never to be the same again. Jack’s gave me a (birth)-day that is forever burned in my memories as a day along my cancer journey that was fun, rewarding, therapeutic and well deserved.

Thank you Jack’s! – Fred Sklenar

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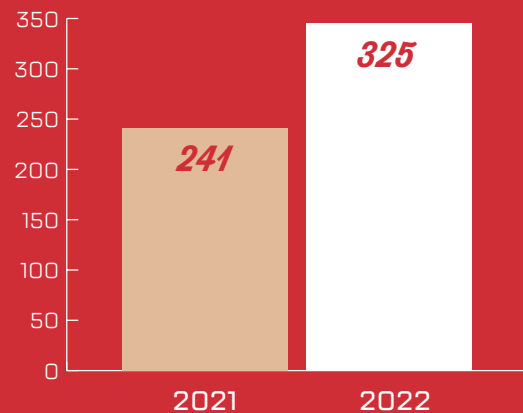
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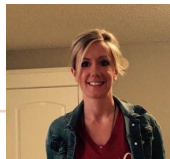
Randy Lee

In Memory of Joan Witt Cowan

Chris Cowan

In Memory of Melissa Zahn

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 Nancy Meyhoefer

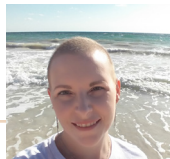


In Memory of Patricia J. Miller

Roger Miller

In Memory of Kim Cesarek

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In Memory of Sarah DeBord

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Colon Cancer Coalition
Meysembourg Family Charitable Fund
The Janice Gardner Foundation



We are grateful for the support of the team at JackFM who is helping us dramatically increase the number of caregivers we reach.



For years Imagine IT has donated their fabulous IT services to Jack's. Thank you Imagine IT!

This is the incredibly generous and talented team at Motion504! They created a beautiful animation that brought our caregiver playbook to life, and they donated 100% of it. The animation now lives on our home page where we hope it will inspire caregivers to think differently about their role for years to come.



OUR TEAM

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2022 PROGRAM GATHERING HOSTS

Aaron Hill, Firepit Friday

Alan Christensen, Whirlyball

Chris Meuleners, Learn Parkour

Fred Sklenar, Firepit Friday

Ishmael Israel, Strategic Planning

Justin Nicolay, 7th Annual Tonka Fishing

Mark Mattson, Firepit Friday

Mark Mattson, Thirsty Thursday

Patrick Triemert, Firepit Friday

Pete Young, Mushroom Hunting & Cooking

Sarah Manes, Sound Financial Decision Making

Sarah Manes, Summer Party

Scott Taylor, Ice Fishing Retreat

Travis Robertson, Game Show Battle

Travis Robertson, Dreamcar Daytrip

TALENT (OUR WORD FOR STAFF)

Kyle Woody **Jeff Myhre** **Haley Kline**



In 2022 we tripled the size our staff!

KEY VOLUNTEERS

Kathy Bucher, Care Navigator Program

Dustin Cesarek, Jack-to-Jack Program

Dan Cramer, Caregiver Klatch Program

Logan Greene, Virtual Community

Sarah Manes, Campaign Production

Mark Mattson, North Chapter Expansion

Mike McGarry, Jack's Blog

Travis Robertson, Communications

Jill Matheis, Caregiver Klatch Program

Diane Woody, Finance

Patrick Triemert, Sequel Makers

JACK-TO-JACK COACHES

Brian Zahn

Cullen Bahn

Dan Cramer

Dustin Cesarek

Eric Schepers

Jeff Myhre

Justin Nicolay

Kyle Woody

Mark Mattson

Mike McGarry

Nick Meysembourg

Patrick Triemert

Paul Gartzke

Richard Anderson

Robert Smith

Travis Robertson

2022 FUNDRAISING CAMPAIGN HONEREEES

Patrick Triemert

Dan Cramer

Michele Zoromski

On average the caregivers who responded to our 2022 annual survey reported Jack's was responsible for 80% of a more than twofold improvement in how equipped they felt in their caregiving role.

SHOWING UP FOR CAREGIVERS

In 2022 we delivered **1,495** hours of programming, a **52%** increase over 2021.

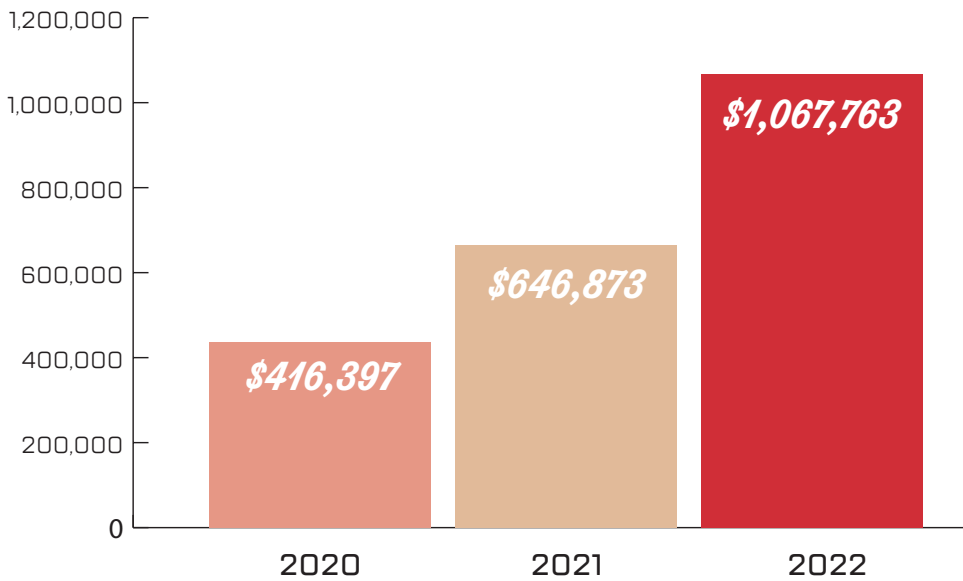
In 2022 alone we showed up for caregivers **801** times, a **31% increase over 2021.**

Since our inception through **December 31, 2022**, we have shown up for caregivers a total of **2,154** times.

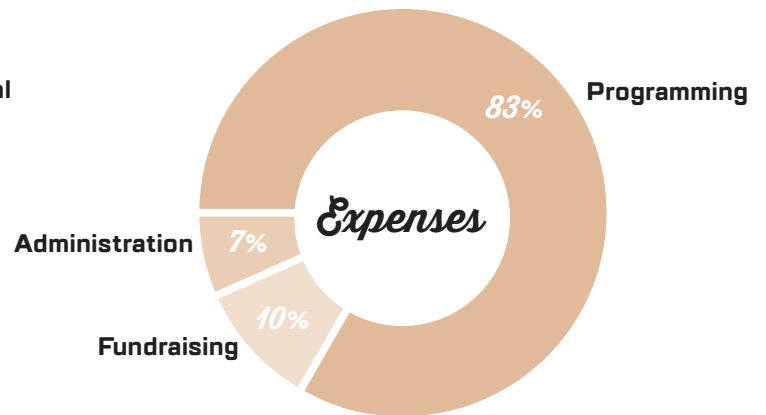
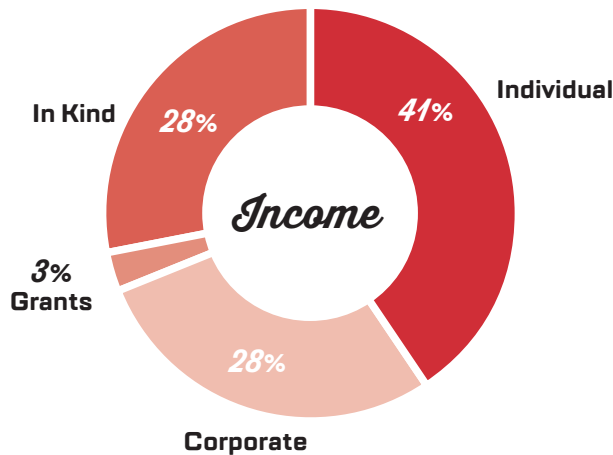
FINANCIALS

Total Income:	\$420,890
Total Expenses:	\$290,287
Net Income	\$130,603

TOTAL CUMULATIVE DOLLARS RAISED



It took us 8 years, but we did it!
We have raised over 1 million dollars for caregivers!



2022 saw growth in my role as volunteer accountant. The hiring of additional employees represented the expansion of Jack's outreach. The value of donated services represented acknowledgment of the importance of Jack's contributions to caregivers. The generous financial contributions represented continued support for Jack's to help even more people who were navigating a new and unexpected journey. I am grateful for the opportunity to contribute my time and services. - Diane Woody





jackscaregiverco.org

7760 France Avenue South, Suite 1100, Bloomington, MN 55435
contactus@jackscaregiverco.org | (612) 547-6929

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