

A Year of Action, Advocacy & Community



2024-2025 **ANNUAL REPORT**

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*“Together
We Build Hope and Strength
Through Awareness, Support,
and a Healthier
Future.”*



Mission and Vision

fulfilling Dr. Winston Isaac's vision

Since being conceived by prostate cancer survivor Dr. Winston Isaac and his inaugural steering committee consisting of Simon Samuel, Winston Mapp, Charles Estridge, Ken Sylvestre and Rolston Audain in 1997, The Walnut Foundation has been providing health awareness education, leadership, resources, support and research for black men with a particular focus on Prostate Cancer in black men.

In 2024/25 we expanded our services by continuing to provide free PSA blood screening to black men in partnership with Princess Margaret Cancer Centre, The International Union of Painters and Allied Trade, People with Aids Toronto, the Community Health Centres and the religious community.

The mission and vision established by the late Dr. Isaac and his initial team, remains strong and bright, and the heart of the Foundation still beats as loudly as ever.



Passion, Compassion and Action

A Message From Our President

It's a pleasure to share reflections on a year of growth, learning, and renewed commitment for The Walnut Foundation. We focused on reconnecting with our community, expanding programs, and continuing to push for change in how prostate health is understood and addressed—especially among Black men.

Awareness and Education

We met men where they are—churches, mosques, community centres, and online. Our sold-out Black History Month Symposium, focused on elder care, reached a wide audience and opened important conversations. Our 11th Annual Health Conference, “Why are Black Men Disproportionately Affected by Prostate Cancer?” brought together experts from the University of the West Indies, mental health specialists, and genetics researchers.

Screening and Early Detection

Our free PSA clinics continue to grow. More men are asking questions, getting tested, and taking charge of their health. This shift from silence to openness shows real progress.

Support and Survivorship

Our support group remains the heart of what we do—a safe space for men and families to share, learn, and heal. We also focused more on survivorship and caregiver wellness, recognizing recovery as a shared journey.

Advocacy and Research

Working with MPP Wayne Gates, the Canadian Cancer Society, and other advocates, we've kept prostate health visible at Queen's Park and in the public sphere. Our research partnerships ensure the experiences of Black men are represented in national studies and policy discussions.

Community Impact and Investment

Change happens one conversation, one test, one family at a time. We continue to invest in long-term change, adding another Dr. Winston Isaac – Walnut Foundation Award for Black medical students at TMU's new Brampton medical school, alongside our endowment at U of T's Temerty Faculty of Medicine.

Organizational Growth

We welcomed new board members and volunteers and strengthened partnerships with health institutions. Though our Walkathon fell short of its fundraising goal, it raised awareness and engagement. Financially, we remain strong. I want to thank Mr. Eugene Brazier, who retired as Treasurer after many years of disciplined service and leadership.

Looking Ahead

Our priorities are clear: expand PSA screening, improve data tracking, deepen advocacy for OHIP coverage, and enhance support for men and families across Ontario.

Closing

My gratitude goes to our Board, Honorary Walkathon Chair Dr. Gervan Fearon, staff, volunteers, sponsors, partners—and especially the men and families who share their stories. Your courage is the heartbeat of The Walnut Foundation. Together, we are breaking the silence and saving lives.

Thank you.



Anthony Henry
President

A Message From Our Executive Director

Dear Friends and Supporters,

This past year has been one of both growth and reflection for The Walnut Foundation. Our mission—to empower Black men to take responsibility for their health and wellbeing, with a special focus on prostate cancer—continues to guide everything we do. In communities across Greater Toronto Area and beyond, we have seen the power of awareness, education, and brotherhood transform lives.

Through our outreach events, educational sessions, support groups and free PSA testing clinics, we have reached hundreds of men and their families with vital information about early detection and prevention. Our staff, volunteers and community partners have been instrumental in helping us bridge the gap between knowledge and action—encouraging men to speak openly about their health and to take proactive steps toward wellness.

This year, we also took important steps to strengthen our organization internally.

- We continued to implement a structured board governance policy to ensure accountability, transparency, and long-term stability.
- We acquired professional contract staff to run our major programs in the areas of Program Management, Communications and PSA Detect and Protect Clinics.
- We have expanded our dedicated volunteers.
- We leased a permanent foundation office in Brampton.
- Our members and partners have shown tremendous dedication, helping us to remain a trusted voice for men's health in the Black community.

Yet, despite our successes, we continue to face challenges. Securing consistent funding to sustain our programs remains a major concern, as does expanding our reach to men who are still unaware or hesitant to engage in preventive health practices. These challenges remind us that our mission is both urgent and ongoing—and they reinforce the importance of building a sustainable foundation for the future.

Our theme for the coming year, "Building a Sustainable Future," reflects our determination to grow stronger, more resilient, and more impactful. We are committed to expanding our partnerships, improving access to early screening, and nurturing a new generation of advocates who will carry this message forward.

To our board members, staff, volunteers, community partners, and donors—thank you for your unwavering support. Together, we are changing the narrative around men's health and saving lives in the process. I invite you to continue walking this path with us as we build a healthier, more empowered community of men.

With gratitude,



Ken Noel
Executive Director

Our Support Staff & Volunteers

Tameika Shaw, BSc; MPH



Working with The Walnut Foundation (TWF) has been deeply meaningful and rewarding as I've witnessed the organization's growth and impact. Seeing the results of our efforts—men getting screened for the first time, families finding support through peer programs, and communities coming together to break the silence around prostate cancer—constantly reminds me why this work matters.

It's inspiring to be part of an organization with vision that continues to raise the bar on what it means to build awareness and change lives through connection, education, and compassion. Being part of this journey motivates me to keep contributing to a cause that strengthens families and uplifts the community.

Jahaan Thawer, BHSc.



From the age of eight, I have seen cancer up close and understand the feeling of powerlessness and uncertainty. Those experiences taught me how vital early detection and honest conversations about health are. Working with The Walnut Foundation has shown me the power of community and the importance of creating spaces where Black men feel supported.

Through this work, I've helped promote education, encourage early screening, and break down barriers to care. Above all, The Walnut Foundation allows me to do what I love most—learn, serve, and give back. I'm honoured to help de-stigmatize prostate health while growing alongside the community I'm proud to support.

Tonya Reid, BA; MSc.



Working with The Walnut Foundation as their Communications Strategist has been a truly meaningful experience. Translating our mission—awareness and education, peer support, screening access, scholarships, and advocacy—into measurable community impact continues to inspire me.

Every campaign and story shared reinforces our purpose: empowering Black men to take charge of their health and ensuring that prostate cancer is no longer a silent threat. I focus on aligning every communication channel with two key priorities—making early PSA testing top of mind for Black men over 40 and driving fundraising efforts that expand access, create opportunities, and advance health equity for the broader community.

Paul Idokoko, BSc. PMP



The Walnut Foundation is peculiar in all regards with excellence at zenith of its goals and professionalism at the core of its activities. I joined the team in January 2025 and have never had cause to regret my decision.

Work for me has evolved from a desire to employ my skills, to become passionate, internalizing the goals of the organization as it touches the heart; inspiring dedication and purpose in achieving the organization's goals. This stems from working with some of the best professionals and most passionate people I have ever known. I am glad to be part of this great organization doing an amazing job and creating impact in real time amongst men across Ontario and Canada. Thank you for this opportunity.



In Loving Memory of Marie Samuels-Isaac

Marie Samuels-Isaac was the beloved wife of Dr. Winston Isaac, Co-founder and first president of The Walnut Foundation. She was a devoted nurse, faithful church leader and treasured member of our community.

Born in Jamaica, Marie moved to England at an early age, eventually becoming a dedicated nurse and midwife. She migrated to Canada in 1965 and spent most of her nursing career at Princess Margaret Hospital caring for cancer patients and built many lifelong friendships. As a testament to Marie's exemplary work and dedication, a former Prime Minister's wife sent Marie a personal note that reads "It is people like yourself that give so much happiness and strength to those who suffer."

As a member of St. Simon The Apostle Church, Marie served on the alter guild, in hospitality, and as a compassionate guide for those arranging weddings and funerals. She also supported The Walnut Foundation, the organization co-founded by her husband where she was known as a mother figure, mentor, and friend to many.

She willingly prepared the after meeting snacks enjoyed by all the members. She has also generously donated financially to the organization.

Marie loved entertaining family and friends, visiting the theatre and gardening. She was a woman of grace and endless generosity. She leaves behind a legacy of love, faith and service. May she rest in peace.

Our Spotlight

Our Spotlight on Carol's Journey supporting a family member with Prostate Cancer.

My journey with The Walnut Foundation began in a deeply personal way. My beloved father-in-law, Zaccheus, was diagnosed with prostate cancer, and despite our family's efforts to care for him, we eventually lost him to complications from the disease. He was wise, kind, and strong — a pillar in our family — and his passing left an emptiness that words cannot describe.

As a family, we decided his memory would not fade quietly. We wanted his legacy to help others. That's how our connection to The Walnut Foundation began.

At first, I thought participating in the annual Walkathon would be enough. That first year, we walked proudly with his picture on our chests, carrying his spirit with us. I felt proud and even won a prize — but deep down, I knew this was only the beginning.

My friend Shawna said, "Next year, we must do this bigger, better, and raise more money!" That challenge lit a spark. The following year, we returned with renewed purpose — to raise more funds, build awareness, and make a real difference. And once we started, there was no turning back.

Around that time, several friends and family members were also diagnosed with prostate cancer. Suddenly, this wasn't just about honoring Zaccheus — it was about saving lives close to home. Prostate cancer is not a distant issue. It affects our community, and we cannot afford silence.

Black men are disproportionately impacted by prostate cancer. Too often, the disease is detected late, with devastating outcomes. We can change that — through awareness, early testing, open conversations, and community involvement.



Over the years, my commitment has only deepened. I've appeared in a promotional video, spoken on a caregivers' panel, organized Walkathon volunteers, and helped raise funds for men and families affected by this disease. Above all, I remain committed to spreading the message: prostate cancer prevention and care is everyone's business.

As a proud Black woman rooted in this community, I've seen our power when we come together — to care, educate, and act. If we don't show up for our men, who will?

So I'll continue to lend my voice, my time, and my heart — for my father-in-law, my family, and every man whose life can be saved through awareness and support.

Let's keep the conversation going. Let's get tested. Let's get involved.

Together, we can make prostate cancer awareness and prevention our shared mission — our business, our legacy.

Our Annual Events

Our 2024 Prostate Cancer Conference and Black History Month Symposium were impactful.

We continued to strengthen our mission of supporting Black families with clear, culturally relevant health education. Through a generous grant from SBCC, we acquired the technology that allowed us to stream our in-house events simultaneously to our online audience.



Thanks to a generous grant from SBCC, we expanded our reach by streaming both events online, allowing community members across Ontario to participate.

The Walnut Foundation





October 18th 2024

Annual Prostate Cancer Conference

Why Are Black Men Disproportionately Affected by Prostate Cancer

2024's conference brought together men, partners, healthcare professionals, and researchers for an in-depth look at the prostate cancer journey and why Black men continue to face disproportionate risks.

Attendees learned from leading experts who explored the roles of genetics, masculinity, and global health equity, and heard powerful lived-experience stories that grounded the discussion in real community impact.

With both in-person and online participation, the conference created a supportive environment where individuals could ask questions, learn from specialists, and gain confidence to take charge of their health through early detection, informed decision-making, and family engagement.

Category	Number
Registered Online	162
Attended Online	99
Attended In-Person	106
Total Attendance	205



Scan the QR code to discover more about our Annual Conference.

CELEBRATING
**BLACK
HISTORY
MONTH**

February 8th 2025

Our 2025 Symposium

Elder Health: Navigating the Health Care System to Long-Term Care and Beyond

This year's Black History Month Symposium offered families critical guidance on one of the most challenging health issues facing our community—supporting elders through hospital transitions, long-term care decisions, and end-of-life planning.

Participants heard from expert physicians, nurses, social workers, and lived-experience advocates who shared practical tools for navigating the healthcare system, understanding patient rights, and advocating for loved ones during moments of vulnerability. The event emphasized the emotional and financial realities of caregiving while providing strategies for resilience, preparation, and compassionate support.

By creating space for open dialogue and culturally informed guidance, the symposium helped families feel more confident, more informed, and better equipped to plan for the future with dignity and care.



Category	Number
Registered Online	180
Attended Online	98
Attended In-Person	48
Total Attendance	146



Scan the QR code to discover more about our Annual Symposium

Our Monthly Information Meetings



Our topics were:	Month
"Sickle Cell Disease, The Basics, Myths and Truths" presented by the Sickle Cell Awareness Group of Ontario.	September 2024
"Mental Health and Substance Abuse" presented by Victor Rodney, a Social Worker	December 2024
"Impact of Hearing Loss on Quality of life" presented by Edmond Ayvazam	January 2025
Prostate Cancer Patient Empowerment Program (PCPEP) Presented by Dr. Gabriella Ilie and Dr. Rob Rutledge	March 2025
The Impact of a Cancer Diagnosis Prostate-vs-Breast cancer; Survivors tell their stories (a Joint meeting with. The Olive Branch of Hope)	April 2025
Personalized medicine one size does not fit all. Understanding selected chronic diseases in Black Communities. presented by Dr. Upton Allen	May 2025

Events Attended

Month/ Year	Community Centres/Event Host	Event name
Sep 2024	Paul Palleschi Rec Centre	Volunteer Appreciation with special guest MPP Graham McGregor
	Brampton City Hall	Proclamation of September as Prostate Cancer Awareness month
	Queens's Park	Advocacy Press Conference with MPP Wayne Gates & CCS: PSA testing to be covered by OHIP
	International Union of Painters and Allied Trades	PSA Detect and Protect
Oct 2024	Princess Margaret Cancer Centre	Genetics Conference
	Princess Margaret Cancer Centre	PSA Clinics Planning Event
Oct 2024	CANADIAN COLORECTAL CANCER NETWORK'S	EAOC SYMPOSIUM
	The Woodbridge Group	Movember Lunch & Learn
	Lion's Circle Group	Prostate Cancer Presentation
Jan 2025	Walnut Foundation	Prostate Cancer Support Meeting & Information Exchange
Feb 2025	Taric Islamic Centre	PSA Detect and Protect
	Walnut Foundation	WF Symposium (Celebrating Black History Month)
Mar 2025	Durham Community Centre	Black Health and Wellness Day
	TAIBU Community Health Centre	TAIBU Community Health Centre fair
Apr 2025	Bramalea Pentecostal Church	Men's meeting
	Prophet Kofi Danso Ministeries	Sunday service
May 2025	Peel Regional Health	10th Community Wellness Fair for Black people
	Combined Insurance	Weekly meeting
	Toronto Perth health Ministeries	What Every Man Should Know
Jun 2025	Walnut Foundation	Walkathon
	Redeemed Christian Church of God	Men's Week
Jul 2025	St Paul The Apostolic Church	Health Talk
Aug 2025	Paul Palleschi Recreation Centre Brampton	Bench Rededication and Summer Social
	Ghanaian Presbyterian Church	Men's Week
	Seven Day Adventist Church	PSA Testing

PSA:

Detect & Protect Clinic Summary

Sept 2025 to Aug 2025

In 2024/25 we continued to provide free PSA screenings at pop-up clinic throughout the Greater Toronto area in Partnership with Dr. Neil Fleshner's Prostate and Uro-Oncology Clinical Research Unit & McCain GU Biobank at Princess Margaret Cancer Center.

These clinics, supported by TAIBU Community Health Centre and Black Creek Community Health Centre, provided free blood pressure, blood sugar screenings. Barber Marlon Pompey provided a free haircut for those men screened.

Location	Date	Total Patients Tested	Total Patients Required Follow-up
Crusing for a Cure Canada	Sept 8, 2024	60	11.7%
Union of Painters & Allied Trade North York	Sept 28, 2024	85	9.4%
People with AIDS Toronto	October 5, 2024	64	9.4%
TARIC Islamic Centre	February 1, 2025	43	20.9%
Durham Health Fair	March 1, 2025	25	4%
TAIBU Community Health Centre	March 15, 2025	51	13.7%
Toronto SDA West Church	August 24, 2025	49	18.4%
Total		377	12.5%

PSA Test Result	Number	Percentage
Normal	330	87.5%
Borderline	22	5.8%
Abnormal	25	6.6%

PSA Test Result	Black	Other
Normal	88%	86.8%
Borderline	4.8%	6.9%
Abnormal	7.2%	6.4%



*It takes a community to change
the story of men's health.
Together, we make early
detection possible.*

The Walnut Foundation

Supporting Black Medical Students

Dr. Winston Isaac–Walnut Foundation Award:



Award Recipient:
Ariana Petrazzini
MD Student, Temerty Faculty of
Medicine, University of Toronto

Expanding Our Impact in 2025

The Walnut Foundation is proud to introduce a second Dr. Winston Isaac–Walnut Foundation Award, established in partnership with Toronto Metropolitan University's new Medical School in Brampton, launching with the 2025 inaugural class.

Preparing Future Physicians Through Community-Based Learning

As part of this new partnership, TMU Medical will provide community-based learning placements for eligible learners in their undergraduate medical program.

These placements will give students opportunities to:

- Gain practical, hands-on skills
- Build experience in community health settings
- Develop key competencies required for graduation



Ken and Anthony, representing The Walnut Foundation, alongside TMU Medical School leadership at the Brampton campus.

Community Award



To The Walnut Foundation

On behalf of the PCFC Awards Committee and Prostate Cancer Foundation Canada, it is our great pleasure to formally inform you that The Walnut Foundation has been selected as the recipient of the 2025 PCFC Group Community Service Award.

This award reflects The Walnut Foundation's outstanding achievements, dedication, and the meaningful impact made in Prostate Cancer Support and Community Engagement. Your contributions exemplify the values and excellence that this honor seeks to recognize, and your selection was met with enthusiastic consensus among our reviewers.



Thanks to the Prostate Cancer Foundation Canada for recognizing the important work that the Walnut Foundation is doing to raise awareness and also in providing free PSA screening to men over 40.

The Walnut Foundation



Our Support Services

Our Monthly Prostate Cancer Support meetings attract between **20-30 men** each month with an average of **5 newly diagnosed each month**. This supports our objectives that black men are being diagnosed every day and need support.

We appreciate that these men have found the Walnut Foundation a safe space to reach out to.



Coming to these meetings reminded me that I'm not alone. Hearing other men speak openly gave me strength I didn't know I had.”

Marlon P., 63

Empowering Black Men with Prostate Cancer

By Dr. Rob Rutledge, Radiation Oncologist, and Dr. Gabriela Ilie, Endowed Scientist in Prostate Cancer Quality of Life Research, Dalhousie University

A transformative opportunity is now available for men diagnosed with prostate cancer: participation in a free, evidence-based Phase 4 trial of the Prostate Cancer Patient Empowerment Program.

PC-PEP is a comprehensive, home-based, daily 6-month program designed to support men at any stage of prostate cancer care—from active surveillance to post-treatment recovery. It is suitable for patients scheduled (or not) for prostatectomy (RP), radiation therapy (RT) with or without hormone therapy (HT or ARAT), or active surveillance (AS). Delivered via 182 daily emails and short 5-minute videos, PC-PEP guides participants through:

- **Daily exercise routines:** Aerobic and home-based strength training by video
- **Pelvic Floor training:** Three 10-minute video sessions daily
- **Stress reduction:** Daily 10-minute relaxation technique
- **Dietary advice** and cooking videos
- **Healthy lifestyle coaching:** sleep hygiene, and relationship support.
- **Optional peer support:** Weekly buddy calls and monthly group videoconferences with a **Black Men Pre-Session.**



Dr. Gabriela Ilie, PC-PEP Principal Investigator & Dr. Rob Rutledge, PC-PEP Clinical Lead

Financial Overview

At year-end, The Foundation held **\$76,030** in cash, **\$16,910** in recoverable HST, and **\$38,000** in grant receivables, subsequently collected after year end. Deferred expenses of **\$7,712** represent program materials purchased in advance of FY2026 activities to take advantage of favorable pricing. Deferred revenue increased slightly from **\$60,419** to **\$61,343**.

During the year, the Foundation received **\$72,305** in new funding, primarily from **Movember** (\$38,000), **Peel 3 Regional** (\$30,132), and the **Canada Summer Grant** (\$4,173).

Of the total, **\$109,381** was recognized as income for programs delivered during the year. The remaining balance represents unspent funds committed to future program activities, including the upcoming Movember initiative.

The Foundation remains in a stable financial position, with sufficient liquidity to meet current obligations and continue programming activities. Management remains committed to:

- Strengthening donor engagement and corporate sponsorship pipelines.
- Pursuing diversified grant opportunities; and
- Ensuring effective stewardship of resources aligned with strategic priorities.

The organization continues to balance fiscal prudence with mission-driven investment in health advocacy and education.

Grant Source	Amount (\$)
Ontario Trillium Foundation	8,200
Canada Summer Jobs	4,173
Peel Region B3 Grant	16,843
Movember	38,000
TOTAL:	67,216

The annual Walkathon generated \$88,882 in community donations, supported by strong volunteer participation and corporate partnerships. General donations totaled \$7,443, consistent with the prior year.

Expenditure Analysis

Total expenditures were \$262,582 (2024: \$286,348), reflecting prudent cost management amid revenue constraints.

- Program expenditures accounted for \$162,080, directed primarily toward awareness campaigns, educational sessions, and outreach activities.

Operating expenses increased to \$92,502, largely due to higher administrative and fundraising costs as the Foundation expanded its programming footprint.

Endowment contributions to the Dr. Winston Isaac Fund totaled \$5,000.

Deficiency of Revenue over Expenditures

The Foundation reported a deficiency of **\$27,797** for the year (2024: \$1,175), primarily resulting from reduced grant income offset by increases in contractual and fundraising expenditures.

During this period, the Foundation hosted its annual symposium attended by **195 participants**, with expenditures of approximately **\$10,000**. Six additional PSA Clinics were also delivered, compared to two in the previous year.

The Foundation also hosted a community social event to promote public awareness and engagement. The advertising, clinics, and event costs were funded directly from the Foundation's general funds rather than through sponsorships or grants. The Foundation will need to seek dedicated funding for these initiatives in the upcoming year. The foundation continues to monitor cash flow and pursue funding diversification strategies to sustain program delivery and long-term stability.

Revenues	31-Aug 2025	31-Aug 2024
General Donations	\$7,443	\$7,006
Walkathon Income	\$88,882	\$94,615
Membership Dues	\$450	\$560
Grants and Sponsorships Received in Current Year	\$82,536	\$124,321
Grant Income Transferred from Previous Year	\$54,265	\$57,716
Investment Income	\$1,209	\$2,852
Total	\$234,785	\$287,071
Expenses		
Programs	\$162,080	\$209,331
Dr. Winston Isaac Endowment Investment	\$5,000	\$15,000
Operating Expenses	\$92,502	\$62,017
Total	\$262,582	\$286,348
Excess of Revenues over Expenses	\$27,797	\$1,175

Our Funders and Supporters

We are grateful to our funders and supporters who have supported this Foundation and its mission.



Corporate & Industry Partners

- Global Façade Inc.
- Cavan Advertising
- FLYNN Group of Companies
- Techno+ Contact Canada Inc.
- The Woodbridge Group
- George Brown College

Community & Social Service Partners

- Supporting Black Canadian Communities (SBCC)
- Region of Peel B3
- Regional Municipality of Peel – Police Services Board
- Andre Rose Fitness

Healthcare & Medical Partners

- Movember
- UHN Princess Margaret Cancer Centre
- Hospital for Sick Kids
- MCITY Support Services
- MEDEX Health Services

Labour & Trades Unions

- International Union of Painters and Allied Trades
- International Brotherhood of Boilermakers Local 128
- International Brotherhood of Electrical Workers Local 353 Toronto
- Luina Local 183
- United Association of Plumbers and Steamfitters Local 46
- International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers
- United Association of Plumbers and Steamfitters Local 46

Thank You to our Board of Directors:

Anthony Henry - President
Simon Samuel - Vice-President & Co-founder
Charles Estridge - Secretary
Eugene Brazier - Treasurer
Andre Rose - Director, Youth Engagement
Vernon Clarke - Director, Membership Engagement
Winston Klass - Director
Ivan Dawns - Director
Tracy Reece - Director



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