



ANNUAL REPORT

2025



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“A FACT OF LIFE WE
ALL DIE. BUT THE
POSITIVE IMPACT YOU
HAVE ON OTHERS WILL
BE A LIVING LEGACY.”

—CATHERINE PULSIFER

Message

FROM OUR CEO

We are honoured to share our 2025 Annual Report, reflecting our year in growth. This past year has been a powerful reminder of what we can accomplish together. Through your generosity and partnership, the Kristian Domingo Foundation has continued to honour Kristian's legacy by providing student awards, supporting youth, and building programs that foster hope and resilience.

Because of sponsors like you, 2025 was filled with milestones. Your support creates moments of connection and change. It means a young person can pursue their education without financial stress. It means a family feels seen and supported during a difficult time. It means Kristian's spirit lives on in a community built on compassion, opportunity, and strength.

As we look ahead to 2026 we're excited to expand our reach, from our 11 Forever initiatives to the next Strength in Hope Golf Tournament, and continue building programs that reflect Kristian's enduring legacy. None of this would be possible without you.

From the bottom of our hearts, thank you for standing with us. Together, we are turning loss into legacy, and hope into action. We're honored to have you as part of the Kristian Domingo Foundation family.

With gratitude,



TERESA DOMINGO
CEO OF THE KRISTIAN DOMINGO FOUNDATION

Mission:

TO INSPIRE THE YOUTH OF TODAY TO OVERCOME THEIR ADVERSITIES IN THE PURSUIT OF THEIR DREAMS.

GOALS:



Providing financial assistance through awards and scholarships to students that have faced and overcome adversity in their lives to pursue their dreams.

To fund scholarships and programs through our events. These efforts provide financial assistance to young individuals who have faced adversity, empowering them to pursue their dreams and create a brighter future.



Thrives through the meaningful connections we've built with individuals, organizations, and communities. By collaborating with our valued partners, we continue to support initiatives that uplift young people, create opportunities, and make a lasting impact.



To provide sustainable support for scholarships, community programs, and initiatives that empower youth to overcome adversity and achieve their dreams. Every contribution brings us closer to creating lasting change.



WHY IT MATTERS

At the Kristian Domingo Foundation, our mission is deeply rooted in love, resilience, and hope. Inspired by Kristian's courage and unwavering spirit, we strive to carry forward his legacy by creating a positive impact in the lives of young people facing extraordinary challenges.

We believe in the power of community and the strength found in togetherness. Through scholarships, support programs, and initiatives that champion the causes close to Kristian's heart, we aim to provide hope and opportunity for the next generation.

Every event we organize, every story we share, and every life we touch is a testament to the idea that even in the face of adversity, there is always strength in hope. This is more than our mission—it's our promise.

WHERE THE

11 FOREVER

Legacy lives on...



Meet Kaitlyn

Dear Kristian Domingo Foundation Community,

My name is Kaitlyn Lumby, I am truly honoured to be a recipient of the Kristian Domingo Memorial Award. After receiving notice of this award, I took some time to learn more about the Kristian Domingo Foundation and the kind of person Kristian was. I found myself resonating with so many of his attributes—his perseverance, kindness, and unwavering spirit in the face of adversity. The goal of this award, to support young individuals in pursuing their dreams, has given me a significant boost in my own journey. Beyond the financial support, this award has been a meaningful pat on the back, recognizing the hardships I have faced throughout university and reaffirming the strength and resilience these experiences have instilled in me.

As a student in the UBC Dietetics program, on the path to becoming a dietitian, my personal experiences and challenges have profoundly shaped how I approach difficult situations. They have given me a perspective that I hope will allow me to better support and advocate for those whose voices are often unheard. I have always believed in standing up for what is right and approaching every situation with kindness and understanding. Having experienced firsthand how hardship can be a barrier to accessing help, I am committed to ensuring that others—especially those in vulnerable situations can receive the support they need.

Growing up on a farm in rural Alberta, I experienced the challenges of accessing adequate nutrition and promoting sustainability in our community. This early exposure fueled my passion for dietetics, leading me to apply to UBC's program, which requires 90 credits before eligibility and an additional three years of study upon acceptance. In addition to my academic pursuits, I played rugby throughout high school and was recruited to UBC at the height of the COVID-19 pandemic. Moving away from home, attending virtual classes, and training with the team was an adjustment, but I was eager to embrace the challenge.

In February 2022, during my second year, I sustained a knee injury in practice. Initially, I thought it was just a setback, but an MRI revealed that I had torn my ACL, MCL, and meniscus, requiring surgery. I had my first surgery in April 2022, but my journey was only beginning. Shortly after surgery, I developed a serious surgical infection, which escalated to an emergency operation and six weeks of intensive IV antibiotic treatment.



Despite these challenges, I remained determined to return to sport and worked diligently in rehabilitation. Unfortunately, just days after my 12-month return-to-sport timeline in April 2023, I re-tore my knee in practice, requiring another round of surgeries – a bone graft in November 2023 and a full reconstruction in May 2024.

While the physical recovery has been difficult, the emotional toll and impact on my academic journey have been just as significant. The prolonged IV antibiotic treatments weakened my immune system, leading to recurring lung infections that kept me out of class for extended periods. Yet, through it all, I held onto my lighthearted nature, never missing an opportunity to crack a joke and bring smiles to those around me.

THESE EXPERIENCES HAVE SHAPED ME IN WAYS I NEVER
ANTICIPATED, TEACHING ME RESILIENCE, PERSEVERANCE, AND THE
IMPORTANCE OF SHOWING UP, EVEN IN THE FACE OF ADVERSITY.

This is a perspective I now bring into my work, and I hope to use it to advocate for maternal and fetal health, a field I am deeply passionate about through my involvement in research on micronutrient supplementation and optimizing pregnancy outcomes.

In learning more about the Kristian Domingo Foundation, I was truly touched by the various events held in his name. One stood out to me—a family member running her first half marathon in his honour in 2017. It feels fitting to share that I, too, have signed up for my first-ever race: the BMO Vancouver Marathon this May. Just 12 months after my fourth knee surgery, I'm running this race alone, symbolizing my own resilience and personal journey. Though I have never run a marathon before, I felt compelled to challenge myself and prove my own strength. Throughout my training and on race day, I will keep Kristian in my thoughts.

Looking ahead, I hope to leverage my passion for nutritional equity and become an advocate for equal access to nutrition, breaking down barriers and improving the quality of life for Canadians. This award is a reminder that perseverance matters, that the challenges we face shape who we become, and that we are never alone on our journeys. For that, I am grateful.

Bridging The Gap FOR YOUNG LIVES FACING CANCER

Adolescents and Young Adults – often referred to as AYAs – are those diagnosed with cancer between the ages of 15 and 39. This is a unique and deeply vulnerable time in life: a period defined by transition, independence, education, relationships, and self-discovery. When cancer enters that chapter, it disrupts everything from careers, friendships, schooling, identity, and a sense of future.

Yet, despite these distinct challenges, AYAs have historically been underrepresented and underserved in Canada's cancer care system. They are often too old for pediatric programs and too young for adult oncology environments. This means many AYAs fall through the cracks receiving treatment, but not always the right kind of support to navigate the emotional, social, and practical impacts that come with it.

A national Canadian study found that two out of three AYAs with cancer (67%) said they did not receive enough information about available supportive-care services whether at diagnosis, during treatment, or after recovery. This gap in care and communication is not just a statistic, it's a reality we've seen and lived.

The Kristian Domingo Foundation was built from that very experience. Kristian's journey showed us how isolating and uncertain it can feel to face cancer as a young person – to search for answers, connection, and hope in spaces not designed for you.

That's why supporting the AYA community is at the heart of everything we do. Through scholarships, mentorship, and partnerships with programs dedicated to improving AYA care, we work to fill those gaps – ensuring that every young person has access not only to treatment, but to the resources, community, and belief they need to keep moving forward.

Our work ensures that young people facing cancer are not defined by their diagnosis – but supported in their education, their healing, and their dreams for the future.

**BECAUSE EVERY YOUNG PERSON DESERVES THE CHANCE TO KEEP BECOMING
WHO THEY'RE MEANT TO BE — EVEN AFTER CANCER.**

EVERY YEAR, YOUNG CANADIANS FACE CANCER AT A STAGE OF LIFE WHEN THEY SHOULD BE DREAMING, STUDYING, BUILDING, AND BECOMING — NOT FIGHTING TO BE HEARD. YET, 2 OUT OF 3 ADOLESCENTS AND YOUNG ADULTS (AYAS) WITH CANCER IN CANADA SAY THEY NEVER RECEIVED THE INFORMATION OR SUPPORT THEY NEEDED.

THE NEED FOR AYA CANCER CARE SUPPORT & COMPLEXITIES

Young people diagnosed with cancer – the AYA group (typically ages 15-39) – face unique challenges unlike those of children or older adults. Their lives are in a critical phase of growth: building education and careers, forming relationships, planning families, and developing independence. A cancer diagnosis at this stage disrupts all those trajectories.

Tailored AYA support is crucial due to:

- Medical and psychosocial needs: AYAs require age-specific information and developmentally appropriate care.
- Treatment timing and survival: Many AYAs in Canada have good prognoses, necessitating ongoing follow-up and management of late effects.
- Transitional care: AYAs often lack structured survivorship care as they fall between pediatric and adult oncology services.

Peer & Emotional Support:

Isolation is a real risk

- Only 52% of AYAs receive counseling about fertility preservation options.
- Many face long-term health challenges (fatigue, cognitive effects, secondary cancers) without guidance tailored to their age and stage of life.

The Gap in Support:

- **2 out of 3 AYAs** don't get the support they need.
- **67%** of Canadian adolescents and young adults (15-39) with cancer lack adequate information on supportive-care services.
- **56%** are unaware of available support in their community.

Fertility & Life Planning:

Important conversations that are too often missed

- Only 52% of AYAs receive counseling about fertility preservation options.
- Many face long-term health challenges (fatigue, cognitive effects, secondary cancers) without guidance tailored to their age and stage of life.

Barriers to Care:

- Lack of age-appropriate programs, straddling pediatric and adult care.
- Geographical limitations, with specialized programs often in urban areas.
- Financial stress from transportation, treatment, and lost wages.
- Disruption to education and career due to extended absences.
- Limited access to consistent, age-appropriate mental health services.
- Poor transitions between pediatric and adult care, leading to gaps in support.

Physical and functional challenges arise from treatment and the disease, including:

- **Fatigue:** Up to 60% experience persistent fatigue post-treatment.
- **Pain:** Chronic pain can hinder daily activities.
- **Mobility limitations:** Surgeries and weakness may restrict movement.
- **Fertility issues:** Treatments can impact reproductive potential, with only ~52% of AYAs receiving fertility counseling.
- **Cardiovascular and endocrine problems:** Late effects may lead to heart issues and hormonal imbalances.
- **Nutritional challenges:** Side effects can cause malnutrition and weight maintenance difficulties.
- **Immune suppression:** Increased infection risk limits social interaction and participation in school or work.

Cancer significantly impacts the mental health of adolescents and young adults (AYAs) during a critical developmental stage. Common challenges include:

- **Depression:** 25-35% experience significant symptoms during or after treatment.
- **Anxiety:** 40-50% face fears of recurrence and uncertainty.
- **Obsessive Compulsive Symptoms:** Heightened health anxieties lead to compulsive behaviors.
- **Post Traumatic Stress Symptoms:** 20-25% report PTSS from their diagnosis or treatment.
- **Body Image and Self-Esteem Issues:** Physical changes affect social confidence.
- **Social Isolation/Loneliness:** Disconnection from peers due to prolonged hospital stays.
- **Cognitive Effects:** "Chemo brain" leads to memory and attention impairments, increasing anxiety.

OUR PARTNERSHIP WITH



At the core of our foundation is a commitment to providing care and support for young people diagnosed with cancer. Our partnership with ANEW and the BC Cancer Foundation aims to transform AYA cancer care in British Columbia, focusing on compassion, equity, and responsiveness to the needs of young patients and their families.

Together, we are advancing a new provincial model of AYA cancer care that emphasizes lived experience, innovation, and long-term survivorship. ANEW's co-designed approach involves AYAs in all program aspects, including counseling and resource development. The BC Cancer Foundation is essential in supporting this initiative, ensuring research and clinical practices better serve this often-overlooked population.

Our contributions support initiatives for young cancer patients in BC, including AYA counseling, sharing patient experiences, and shaping relevant policies. These programs reflect Kristian's values of courage, connection, and hope. Partnering with ANEW and the BC Cancer Foundation ensures that no young person faces cancer alone, fostering a future where they not only survive but thrive after diagnosis.

OUR PARTNERSHIP WITH CANUCK PLACE CHILDREN'S HOSPICE

Canuck Place Children's Hospice holds a special place in our hearts. They supported Kristian and the Domingo family with compassion and dignity during their most difficult moments – care that continues to inspire our mission today.

Through our Strength in Hope Golf Tournament, we proudly donate each year to sustain Canuck Place programs that bring comfort, counselling, and moments of joy to children and families. We also support their Winter Family Festival, helping ensure every child and their families experiences the magic of Christmas, no matter their circumstance.

This partnership is our way of honouring Kristian's legacy – giving back with hope, gratitude, and love to the families who need it most.





Volunteer Impact

From setup and takedown to driving the beer cart and volunteering on the Beat the Pro hole, I've loved being part of these tournaments. Kristian was my sister's boyfriend, but he treated me like a little brother. He was one of the most incredible people I've ever met, and I'm grateful for the time we had.

The KDF tournament is more than just an event—it's a community, a celebration, and a way to keep Kristian's legacy alive. I can't wait to be part of it again. Kristian would be so proud.

-Kristian Domingo Foundation Volunteer

The Kristian Domingo Foundation thrives thanks to our dedicated volunteers, who play a crucial role in organizing our golf tournament to raise funds for our awards and support our program initiatives in collaboration with our partners of hope.

Our volunteers are the heart of our foundation. By selflessly contributing their time, they join a cause that creates a meaningful and lasting impact!

While many of our volunteers have strong connections to Kristian and the Domingo family, we also welcome newcomers who have faced challenges akin to Kristian's experiences. Our volunteers genuinely reflect the spirit of our Foundation.



Strength In Hope GOLF TOURNAMENT



**\$120,000
IN FUNDS RAISED**





Check out our 2025 Strength in Hope Golf Tournament



On August 13, 2025, the Strength In Hope Golf Tournament, presented by LMDG Building Code Consultants, successfully raised \$120,000 for the Kristian Domingo Foundation's awards and program initiatives, alongside our partners in hope. This tournament stands as the foundation's largest event of the year, constantly inspiring us with the dedication of philanthropic leaders in our community, who are committed to ensuring that our AYA community receives the essential support it needs. Each year, the Strength in Hope Golf Tournament provides vital funding for our programs and awards, allowing us to expand our reach throughout the lower mainland and touch more communities. Through these initiatives, Kristian's legacy continues to thrive.

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8

Because of your Support this year we were able to...



Add 2 more awards! One to the Surrey School District and one to Holy Cross Regional High School. Totalling 9 annual awards to inspiring young people!

Increase the number of recipients in total since we started, which is now at **37**



expand the community and have continual return of recipients, volunteers and sponsors to our events



donate **75 gifts** to children at Canuck Place Winter Family Festival, so all children were able to receive a gift from Santa.



raised a total of **\$120,000** from our Annual Strength and Hope Tournament, marking an increase from \$115,000 raised last year.



gained **2 new Sponsors** **3 in kind sponsors** and **26 new volunteers**



expand our community partners to now include: BC Cancer Foundation, Canuck Place Children's Hospice and ANEW

Looking Ahead: 2025 & BEYOND...

This year, we are grateful for the communities, families, and partners who continue to support the Kristian Domingo Foundation. Looking ahead, we remain focused on creating meaningful experiences, expanding our reach, and ensuring every young person facing cancer has the support, resources, and hope they deserve.

Coming Up:

In the coming weeks of November, we will embrace the role of Santa's helpers, racing around the city to gather gifts from the wishlist provided by the children at Canuck Place. Our mission is to spread joy, magic, and warmth to the families involved in the program during this festive season at the Canuck Place Winter Family Festival.

2026 & Beyond:

Save the date for the 2026 Strength In Hope Golf Tournament, returning Monday, July 27th at Richmond Country Club!

Looking ahead, we plan to expand the #11 Forever Award to more schools across the Lower Mainland, recognizing young leaders and amplifying their courage, resilience, and kindness in communities throughout our region.

As we move forward, our commitment remains unwavering: to honor Kristian's legacy by supporting children, young adults, and families, celebrating courage, and building stronger, caring communities across British Columbia.

We respectfully acknowledge that this Annual Report was created and printed in Vancouver, located on the traditional, ancestral and unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səlilwətaɬ (Tsleil-Waututh) Nations.



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