Chowan Hospital Foundation

Vidant Health is transforming cancer care in eastern North Carolina, with a vision of providing access to screenings and prevention, early intervention, and quality coordinated patient care to reduce mortality from this disease.

Cancer survivorship begins at the moment a patient is diagnosed and continues throughout life. Survivorship is so much more than medical care and involves patients, their families, and caregivers. Vidant Cancer Care offers programs to support patients in all aspects of their healing process — body, mind and spirit.



The mission of Vidant Chowan Hospital's cancer charter is to bring cancer patients and caregivers together to participate in fun, positive and therapeutic activities.

During the last two years, our patients and their caregivers participated in a wonderful array of activities, bringing bright spots and smiles all around...activities that were made possible through giving.

Off-sight activities included:

- Painting sessions with local artists
- · Jewelry making
- Hands-on healthy cooking classes at local B&Bs
- Tickets to Steamers games
- Golf outing
- Fishing derby

In-house activities included:

- · Chair yoga instruction
- · Painting sessions
- · Valentine's serenading and beautiful cookies
- Demonstrations on skin care during and after treatment
- Healthy eating/cooking during and after treatment
- Comfort bags containing blankets, neck pillows, puzzle books, lotions, hand knitted caps and shawls...anything to make chemo treatments more comfortable.



Beryl Facey and Betty Miller

The knitted caps and shawls were lovingly made and donated by Beryl Facey and Betty Miller respectively. Beryl is a cancer survivor, and Betty has had many family members affected by cancer. They understand the beneficial therapeutic effects that acts of kindness and engagement in enjoyable, positive activities have on everyone. Beryl and Betty, thank you. You are inspirations.

Did you know that physical effects of generosity and compassion have been researched for years? Studies show that improved mood, better physical health and increased longevity are connected to giving — whether by monetary donations or volunteering. The feel-good effect of giving begins in the brain and is called "Giver's Glow," says Stephen G. Post, Director of the Center for Medical Humanities, Compassionate Care and Bioethics at Stony Brook University. (Who knew?)

So to all of our generous, glowing givers, we say thank you. Thank you for the engaging activities that bring pleasure to cancer patients. Thank you for a new Panda Warmer for newborns. Thank

you for growing our endowment. Thank you for providing transportation for patients to and from important doctor appointments. Thank you for these and the many blessings your acts of giving make possible.

We are most grateful.

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