



"STRENGTHENING INDIVIDUALS, FAMILIES, AND COMMUNITIES  
BY PROVIDING STRONG SUPPORT  
DURING DIFFICULT HEALTH AND LIFE CHALLENGES"



## Greetings from Health Guidance Board of Directors, Staff, and Volunteers

As we reflect on our organization's inception, progression, and growth, there are **12** lessons we have discovered both from an organizational standpoint, and from the families we have been SO blessed to serve through the years:

- 1) ALWAYS Provide Person-Centered Care
- 2) Build Community
- 3) Create Calm in the Midst of the Storm
- 4) Keep the Faith
- 5) Persistence Pays off
- 6) Faith, Family, and Friends are the Cornerstones for Health and Healing
- 7) Hope Matters
- 8) Communicate Needs
- 9) Encourage One Another
- 10) Build Effective Teams
- 11) Continue to Live and Live Well in Spite of Life's Challenges
- 12) **BELIEVE, BELIEVE, BELIEVE!!!**

## Programs and Services Update

As most of you know, our primary focus since inception has been to create healthy individuals, families, and communities through partnerships and individual advocacy, navigation, and coaching services. The majority of the families we have served have a diagnosis of cancer and other critical illnesses, but we have also had the great pleasure of serving many families struggling with a variety of life transitions, and over the past year, we have simultaneously focused on preventive health initiatives. We are so grateful for the opportunity to serve families in our local community through some of their most difficult challenges and we wanted to share a few excerpts from notes we have received recently from families served through our organization:

*"One of my goals is to try and prepare my family for whatever will happen in the future for my journey with this life threatening illness at this point is unknown. Thank you for the kindness, compassion, and loving care you have shown to my family and me as we navigate unchartered territory. Our experiences with your organization have been nothing short of "magical"... Because you dared to dream a dream and made it become reality...Please not only from my family and me, but for all those you have touched and will continue to...don't stop dreaming, setting new goals, and being an instrument of God's love here on earth."*

Thank You with Love and Prayers, Frank and family



*"It's called "living in the moment!" Health Guidance helps us learn to live in the moment, not for tomorrow or next year. We do not worry about which treatment we need to get or if symptoms will come back a year from now. We learn to look within ourselves and face our fears with courage and strength. Technology can treat the physical symptoms, but it is the psychological and emotional support that is the most beneficial and needed."*

Love, Joe

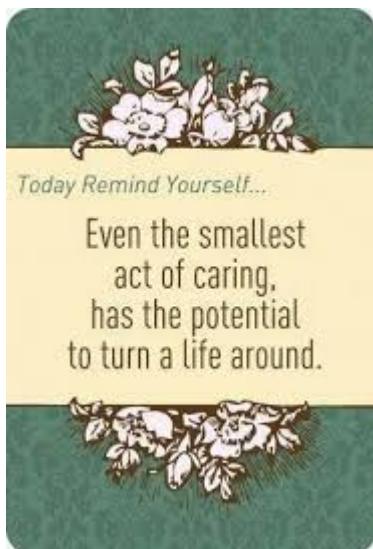
*"While I am becoming less anxious and afraid and I am continuing to find a little peace through this experience, I do know one thing for sure. I wish I would have known about Health Guidance sooner than I did instead of being so alone!! I need this group and so does my husband! I do not ever feel I have anything to give, but I feel like clay to a potter. Not much to start with but "maybe" something useful in the end! May God bless and keep each and every one of you. All of you are so very special!"*

Love you, Maggie

## Thank you Donors

Too often, we are so busy serving that we forget to recognize all of the donors who allow us to keep our doors open and who allow us to continue providing services throughout the community. From inception, many of you have journeyed with us every step of the way, ensuring our infrastructure needs were met, our operational needs were met, and most importantly that our services have continued to be available for anyone who reaches out for care.

We would like to extend a heartfelt note of gratitude to everyone who has **donated financially** to our organization one time, many times, on a monthly basis, or through one of our annual events. We also want to recognize everyone who has **shared their time and talent** with our organization by **volunteering** with our annual events, or with office and infrastructure functions, or sitting with someone during a time of distress. We could not be in existence without the numerous gifts of time, talent, and treasure each of you share so unselfishly!!! **THANK YOU ALL VERY MUCH!!!**



### Ways Everyone Can Get Involved

Often we hear the words "I have nothing to give" or "my donation can't possibly make a difference!" Whether it is a 5-dollar one-time gift or a 5-dollar monthly recurring gift, multiples of any amount can make a significant difference to a local, independent, small scale nonprofit seeking to address growing health and public health needs.

### Multiples of 12

As we celebrate our **12<sup>th</sup>** year of service in the Charlotte community, would each of you consider either a one-time gift of any amount that includes **12** in the amount (**12, 120, 1200, 12,000 for example**) or consider becoming a **monthly donor for only 12 dollars a month?** Imagine **the exponential difference we could make together for our family, friends, and neighbors throughout the community during their times of distress if each of us donated even a little time, talent, or treasure to Health Guidance!!** Feel free to send a check to the office address: 522 Moravian Lane, Suite 203, Charlotte, NC 28207 or sign up through PayPal for automatic monthly recurring gifts: <http://www.hgccharlotte.org/give.html>

**Together, we can continue to improve the lives of our neighbors!**

## **Other Innovative Donor Opportunities**

- **Used car you do not need anymore? Consider donating**
- **Host a tea for your friends at a restaurant, coffee shop, church, civic club, or in your home, and collect donations for Health Guidance (invite us to speak)**
- **Collect your change for a month and donate to Health Guidance**
- **Donate yard sale proceeds to Health Guidance**
- **Employer Matching Gift Programs (matching financial donations and/or contributions donated for volunteer hours)**
- **Our organization also accepts donations of stocks, bonds, and real estate.**



If you think you are too small to make a difference, try sleeping in a closed room with a mosquito.

- african proverb



### **Looking to lend a helping hand? There are plenty of ways to support our organization!**

Become a part of our Compassion and Care Community with a monthly donation of any amount. Any donations are appreciated even in the form of office supplies, laptop computers, water, hot tea, or snacks! Health Guidance Center Foundation is a 501(c)3 non-profit organization. To contact Health Guidance regarding our services or to make a donation, please call 704 332 1805 or visit our website <http://www.hgccharlotte.org/>

Through your support, we will continue to touch the lives of individuals and their families. We will find them the best care and support them every step of the way.