

February 2016



health  
GUIDANCE

giving care

**“STRENGTHENING PATIENTS AND THEIR  
FAMILIES BY PROVIDING STRONG SUPPORT  
DURING DIFFICULT HEALTH CHALLENGES”**

### **Our annual Indian Luncheon fundraiser was a blast!**

On Tuesday, October 20<sup>th</sup>, the Little Church on the Lane’s Sanctuary Hall was filled with authentic and alluring aromas of India. Hosted by Maya Shenoy, guests’ taste buds were treated to the exotic flavor of Indian cuisine. Raised over \$4200.00!!

### **December 2015 at the DoubleTree Hotel!**

Health Guidance Chair Bill Lamb welcomed an enthusiastic group to our 8<sup>th</sup> –Year Anniversary Celebration on Wednesday, December 3<sup>rd</sup>. Bill Andrews provided soothing music while we ate the scrumptious meal provided by the SouthPark DoubleTree Suites Hotel. Vice-Chair Maya Shenoy introduced keynote speaker Josephine Hicks, who gave us insight to both patient and caregiver views of dealing with cancer. She shared valuable tips from her book, *“If There’s Anything I Can Do...”*, which was kindly made available by Park Road Books. We were honored to welcome Carolina Surgical Clinic and Oncology Specialists of Charlotte! We received over \$8500.00 in donations!

### **Thank you Families and Supporters!**

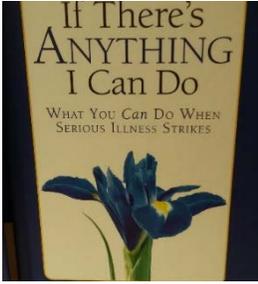
We are privileged to serve hundreds of families primarily through their cancer diagnosis, but have also served other critical illness needs. We have served hundreds of families in our region through their cancer experience and to date, over 95% are living well through their cancer experience and those who have completed their medical treatment are living full productive lives. We are grateful for all of the support extended to our organization and the families we have served for the past 8 years. We look forward to continuing to serve our community for a very long time.



### **SPECIAL THANKS TO FOCUSED ON A CURE!**

Health Guidance has been the recipient of \$9000.00 in grant funding from Focused on a Cure over the past two years! We love this partnership! And our families are so grateful!! Thank You! Thank You!

Images from our 8-Year Anniversary Celebration



Author and Keynote Speaker, Josephine Hicks



A great group of attendees



Maya Shenoy,  
Vice-Chair



Steve Whitlock & Myra  
Johnston, Founder/Exec. Dir.

Looking Ahead...Exciting times in 2016!!

LOW  
COUNTRY  
BOIL



We will be doing another low country boil in April. What is a **Low Country Boil**? It is a spectacular mix of shrimp, potatoes, corn, kielbasa sausages and spices-- boiled up and served hot and yummy!! Details coming soon!



### **Spring Book Author Luncheon to Honor Mothers**

*Wednesday May 4 at 11.30 am SouthPark DoubleTree Hotel*

Dannye Romine Powell has published three collections of poetry (University of Arkansas Press), and a non-fiction book, "Parting the Curtains: Interviews with Southern Writers" (John Blair). Over her years at the Observer, she has served as book review editor, feature writer, restaurant critic and local news columnist.

### **Health Guidance First Annual 5K run/walk**

Mark your calendars, dust off your sneakers and join us for this event on November 19, 2016 through the beautiful NoDA/Plaza Midwood Communities



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

Become a part of our Compassion and Care Community with a monthly donation. 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 [www.hgccharlotte.org](http://www.hgccharlotte.org)

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