

H.E.R.O.C. INC. CANCER MISSION TRIP TO GUYANA

OCTOBER 24 – NOVEMBER 4, 2018

MEMBERS WHO TRAVELED TO GUYANA FOR THE MISSION:

- Lorna Welshman- Neblett – President
- Barbara Chase – Event Coordinator
- Salima Baksh – Assistant Event Coordinator
- Marion Theresa Nadir – Recording Secretary
- Francien Williams - /PR Director
- Pauline Roach – Assistant PR Director
- Desrene Wallerson – Nursing Team
- Lorraine Niles – Nursing Team

Our Team arrived at Cheddi Jagan International airport safely on Wednesday, October 24th via Fly-Jamaica Airlines. We were tired, but thrilled to be in Guyana for our third annual Cancer Mission.

Friday, October 12 :

Prior to our arrival, the Outreach Event at BV/Triumph Health Center was initiated by H.E.R.O.C. and executed by Dr. Latoya Gooding and the team of The Giving Hope Foundation, (GHF), our sister organization in Guyana. This team delivered an informative session on Cancer and the importance of Cancer Screening. This was in collaboration with the Ministry of Public Health. Thanks to Mr. Dike Utoh for organizing all the details that made this outreach a great success.



Banners of the two organizations on display



Dr. Gooding presenting to the Community



GHF team and volunteers from the BV/Triumph community after the event.

Thursday, October 25 – Assembling of Gift Bags for Look Good, Feel Better

Team H.E.R.O.C. met at the office of our Guyana based Patron, Norma Daniels, to assemble the Thirty-five (35) gift bags for the *Look Good Feel Better* event hosted for our Survivors and 'Thrivers'. Items for the bags were donated by members and supporters of HEROC. The gift bags included lots of items beneficial for our guests as follows:



- Hand creams
- Mary Kay Body Lotion and Body Wash
- Pro-Enamel Sensodyne Toothpaste
- Paradontax toothpaste for bleeding gums
- True white toothpaste for cavity prevention
- Tote Bags
- Lemon, Ginger & Peppermint Tea Bags
- Health and Nutrition Bars
- Daily pill boxes (Sun.-Sat.)
- Fresh Mint Chewing Gum
- Ginger candies
- Wig Caps
- Lip balms
- Water bottles
- Pens
- Quinoa
- Soap dishes

Under separate cover, these thirty-five recipients will receive one full size bed pillow, bath towel and a hand massage kit

Upon completion of this activity, Guyana based Patrons, Mr. & Mrs. Fitzroy Corlette, hosted a luncheon for the members of Team H.E.R.O.C. This culminated with a recognition presentation to Mr. & Mrs. Sven Wills, proprietors of The Cottage for their scrumptuous meals and continued support of Team H.E.R.O.C. and its cause as we work to educate and offer support to our Cancer Survivors and 'Thrivers' in our homeland.



*Certificate of Recognition from Team H.E.R.O.C.
presented to Mr. and Mrs. Sven Wills, The Cottage*

Friday, October 26 – Cancer Workshop and Candlelight Vigil

Our sister organization hosted a Cancer Awareness workshop that was open to the Public. This was held at the Xenon Hotel, Lamaha and Albert Streets, Albertyn and was attended by many individuals. Each person introduced themselves at the start of the session which offered motivation and encouragement for each other. This was followed by theoretical and practical sessions delivered by Dr Gooding, Dr. Luncheon and Dr. Francis of the GHF, and Nurse Desrene Wallerson and Nurse Lorraine Niles of H.E.R.O.C. They shared their knowledge and provided much needed information on Breast, Ovarian, Colon and Prostate Cancers. Each session included Question & Answer segments which provided further clarification and understanding. The audience participation was outstanding and informative.



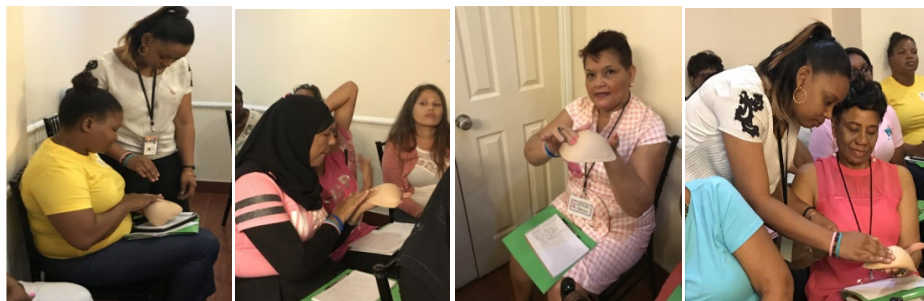
*Presentations delivered by
Nurse Desrene Wallerson, Dr. Francis and Dr. Luncheon*



Presentations delivered by Dr. Gooding



Coordinators and participants at the Workshop



Demonstrations to accurately conduct self breast examinations to identify abnormalities were shared with the participants using two prosthetic breasts.



Nurse Bibi and her counterparts of Beacon Foundation also shared the role that their organization play in Palliative Care for Cancer patients.

At twilight, Team H.E.R.O.C led by our President, Lorna Welshman-Neblett, and The Giving Hope Foundation, led by its CEO, Dr. Latoya Gooding, gathered at the 1763 (Cuffy) Monument, Square of the Revolution, in Georgetown for the Candle Light Vigil.

This moving memorial was supported by Ministry of Public Health, Beacon Foundation, family members of persons that were lost to Cancer, Survivors and 'Thrivers'. The rendition of the song 'Carry Your Candle' by Ms. La Shawna Brown united the gathering.

H.E.R.O.C. provided Candles in souvenir cups that indicated our slogan 'GIVE CANCER THE BOOT' for all attendees. This was a very moving and emotional event.



Supporters at the Candle Light Vigil

Survivors lit the candles for the 'Thrivers' present. Picture is Marcel Bourne (left), a survivor lighting the candle for a 'Thriver' (right).

Sunday, October 28 – Cancer Awareness Walk

We gathered at 6:00 AM at Parade Ground for the annual walk. H.E.R.O.C. members and their supporters arrived in their H.E.R.O.C. T-Shirts for the *Strides for Breast Cancer Walk 2018*, in support of Cancer Awareness. The walk was led by Dr. Latoya Gooding, Guyana's First Lady- Mrs. Sandra Granger, Minister of Public, Ms. Volda Lawrence, Junior Minister of Public Health, Dr. Karen Cummings, Ms. Desiree Edgehill, and our Cancer Survivors and 'Thrivers'. They were followed by the Staff of the Ministry of

Public Health, The Giving Hope Foundation and H.E.R.O.C. teams. In addition, many participants and corporations joined in this venture. Prime Minister, Mr. Moses Nagamotoo joined us along the way and all participants were very excited to be a part of this Cancer awareness effort. A big THANK YOU to ANSA MCAL for the supply of water for the walk.



Cancer Awareness Walk supported by Members of the Government, including the First Lady- Mrs. Sandra Granger, Prime Minister - Mr. Moses Nagamotoo, Minister of Public Health – Ms. Volda Lawrence who is a Cancer Survivor and Junior Minister of Public Health, Dr. Karen Cummings



Section of the participants at the walk



Team H.E.R.O.C. at the conclusion of the walk

Monday, October, 29 – Look Good, Feel Better

The two sister organizations hosted the Look Good Feel Better Session for thirty-five (35) Cancer Survivors and 'Thrivers' at the headquarters of the Giving Hope Foundation - Ketley and Drysdale Streets in Charlestown, Georgetown. Both members and guests anticipated a day of renewed energy and confidence as they shared their personal experiences with everyone thus offering encouragement not only for each other but for themselves.

After a short introduction by Dr. Gooding and Ms. Lorna Welshman-Neblett, our guests, proceeded to various stations for make-overs, wig fittings and hair styles. There were Hair Stylists and Make-up Artists on board this event. Our guests selected wigs that were styled uniquely for them and their make-up was completed by the artists, compliments of Muneshwers Ltd. and Salima Baksh of H.E.R.O.C. Our guests also enjoyed hand massages and manicures given by members of H.E.R.O.C. Team.



Wide variety of wigs and cosmetics for distribution and use by our guests.

The transformation was awesome both for our guests and members of the teams providing the services.



Before

After



Before

After

Two of our guests, Before and After their make-over

Snacks were provided and gift bags were distributed to everyone on their departure. This was an exciting day and we were so thrilled to bring small tokens of pleasure to the hearts of these women.



*The thirty-five gift bags assembled by H.E.R.O.C.
All items were enclosed in a Tote bag, compliments of Claire Patterson-Monah and
Claire Goring of Guyana Cultural Association of New York and Metro Plus, USA.*

*Also, a special bottle of Organic Essential Oil was provided to the persons who suffered hair
loss, compliments of Ms. Chantella Alleyne*



*Additional Hamper Gift Sets including Cosmetics and Make-up were compliments of
Muneshwer's Ltd., Georgetown, Guyana*



*Our heartfelt thanks to all our Patrons for their continued support to Dr. Latoya Gooding, The
Giving Hope Foundation and H.E.R.O.C. for contributing to the happiness of our Survivors and
Thrivers.*

Tuesday, October 30 – East Coast, Enmore Outreach and Radio Interview

The Giving Hope Foundation, H.E.R.O.C. and Beacon Foundation conducted another Outreach at Enmore, East Coast Demerara. IVA/Pap Smear, Breast examinations, and Prostate examinations were conducted at the Community Center; in addition to Blood Pressure and Diabetes testings

Community members came out in numbers to be checked. Referrals when necessary were issued for the relevant Care Providers.



Free Cancer Screening at the Enmore Community Center

At the end of the day, we were hosted by the family of Salima Baksh of H.E.R.O.C.



In the evening, the president of H.E.R.O.C. attended a radio/internet interview hosted by Mrs. Margaret Lawrence and Ms. Desiree Edghill of 'The Big People Show' aired on VYBZ 100.1FM – NCN Radio.

Wednesday, October 31 – Radio Interview

Another Radio interview was attended by the President of H.E.R.O.C., Ms Lorna Welshman-Neblett along with the CEO of GHF, Dr. Latoya Gooding at NCN Guyana Radio, Voice of Guyana (VOG) with Ms. Andrea Joseph.

The Teams were hosted once again for lunch at the Backyard BBQ and Grill, sponsored by Ms. Colleen Parkinson. A certificate of recognition was presented to the proprietor of the establishment, Ms. Suzette Fortune by H.E.R.O.C.

Thursday, November 1 – Screening Event at GHF

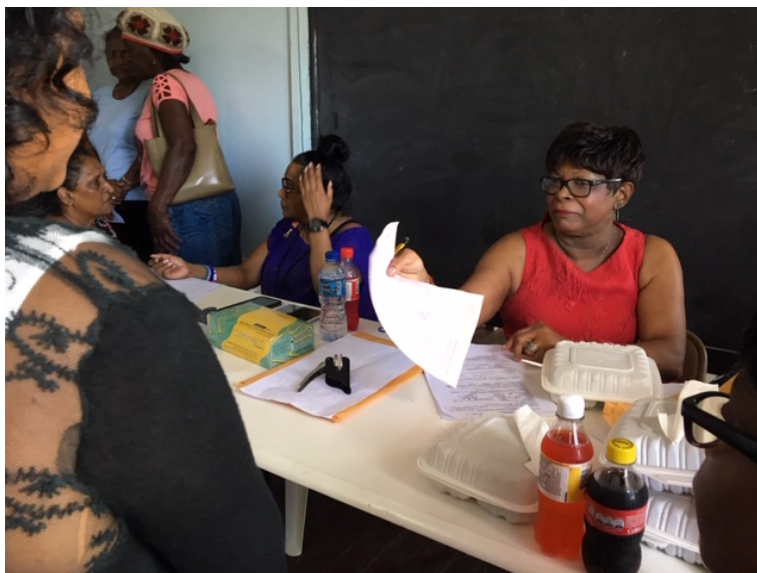
A screening event was held at GHF headquarters in Charlestown and this was opened to the public. It was heartening to know that one of our Guyanese Based supporters took the initiative to encourage his co-workers from the Ministry of Finance to be screened. Kudos to Mr. Dike Utoh for your unwavering efforts in recognizing that 'Early Detection, Saves Lives.'

Friday, November 2 – Presentation on Sickle Cell

Mr. Robert Fraser, R.N of H.E.R.O.C travelled to Berbice and conducted a presentation on 'Sickle Cell' at the Bushlot Primary School, West Coast Berbice. This completes his third session in the Berbice area.

Saturday, November 3 – Herstelling Outreach

This was held at the Assembly of God Church, Third Street Herstelling. Several screenings were conducted as part of the Church's Health Fair. H.E.R.O.C and GHF were responsible for the VIAs, Breast Examinations, Pap Smears, Prostate screening, blood pressure and Diabetes checks. This event was also attended by persons from neighboring villages and along the river bank. Sr. Pastor Rev. Dr. Ravindra Shiwnandan thanked the team for their hard work and giving spirit.



Registration in progress: Salima Baksh registering persons for Breast Examinations and Lorna Welshman-Neblett registering persons for Pap Smears

A Salute to our Sponsors and Supporters

- Fly-Jamaica and Ms. Anna French for affording us a special group fare.
- Mr. Michael Yansen of Yansen Enterprises, Ms. Pamela McKenzie of Pam's Bakery, Mr. Ian Beckles of Beck's Automotive and Mr. Aubrey Stephenson of Federal Management Systems Inc. for their contributions for Air Travel.
- Guyana Cultural Association of New York , Mrs. Claire Patterson-Monah, Ms Claire Gloring, Ms. Anna-Carina Sporri, Dr. Robert Castracane of East Side Dental Medicine, Ms June Gill and Mr Stephen Balgobin and all H.E.R.O.C. members for their contributions towards the gift bags.
- Ms. Norma Daniels of CSR Computers, our host-base in Guyana.
- Mr. Bonny Stewart for hosting dinner, Mr and Mrs Fitzroy Corlette for hosting our welcome lunch and Ms. Coleen Parkinson and Ms. Suzette Charles for hosting our scrumptious lunches.
- Ms Margaret Lawrence and Ms Desiree Edgehill for including us on the 'Big People Show' on VYBZ station. Ms. Andrea Joseph for hosting on her show, 'A Better World' on Voice of Guyana.
- Francis Quamina Farrier for featuring H.E.R.O.C. in his newspaper Article – Guyana Chronicle.

Conclusion

Over the period of ten days, we managed to touch over two thousand persons in various communities who visited the outreach programs conducted by the teams working together to educate and promote, 'Early Detection, Saves Lives.' We look forward to many more years of growth and success with our future cancer missions as we work towards our motto, 'Give Cancer the Boot.'