

H.E.R.O.C. INC. CANCER MISSION TRIP TO GUYANA
OCTOBER 24 – NOVEMBER 4, 2019

MEMBERS WHO TRAVELED TO GUYANA FOR THE MISSION:

Lorna Welshman- Neblett – President
Barbara Chase – Event Coordinator
Francien Williams – Public Relations Officer
Shirley Collins – Asst. Secretary
Felicia Henry – Nursing Team

SUPPORTING PATRONS IN GUYANA:

Norma Daniels
Cheryl Noel

Our Team H.E.R.O.C. arrived safely on October 24 and we started a hectic schedule immediately.

Friday, October 25 - Our team met at the office of Guyana based Patron, Norma Daniels bringing with them the donations received for the mission.

Thirty-five (35) gift bags were assembled for the Look Good Feel Better Event for our Survivors and 'Thrivers.' As always, the gift bags were filled with essential items for their personal usage. This year's gift bag for each person included:

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|------------------------------|---|
| • One bed pillow | • Lemon, Ginger and Peppermint Tea Bags |
| • One sheet sized bath towel | • Toothbrush and toothbrush case |
| • Hand and body lotions | • Ginger Candies |
| • Laundry Bag | • Fresh Mint Chewing Gum |
| • Wig caps | • Nutri- Health Protein Bars |
| • Hand sanitizer | • Pro-Enamel Toothpaste compliments of East Side Dental Medicine, NY. |
| • Hand massage kit | |
| • Lip Balm | |

The items were enclosed in a thermal tote Bag compliments of Claire Patterson-Monah and Elmhurst Hospital, New York, USA.



Members of team H.E.R.O.C assembles the gift bags

Upon completion and assembling of the bags, team H.E.R.O.C joined our sister organization, The Giving Hope Foundation for their Annual Candlelight Vigil at the 1763 (Cuffy) Monument, Square of the Revolution, in Georgetown. Survivors, 'thrivers,' and their family and friends were in attendance, along with representatives from Ministry of Health, Lions Club and Guyana Telephone and Telegraph Co. (GT&T). Family and friends of deceased cancer patients were also among the participants wearing t-shirts with photos of their loved ones.



Section of the supporters at the Candle light Vigil

Muneshwar Ltd. provided the battery operated candles for all in attendance.

Speeches were delivered by First Lady, Sandra Granger and representatives of the organizations present. The famous song 'Go Light Your World' by Kathy Troccoli was performed by Ms. La Shawna Brown which added to the solemn event.



Team H.E.R.O.C. with First Lady, Sandra Granger at the Candle light Vigil

Saturday, October 26 - This year's Breast Cancer Walk was in conjunction with GT&T, other companies and organizations in which there was a sea of pink that stretched for miles along the route. This started at Durban Park, Georgetown and continued along Vlissengen Road, then to Irving Street and unto the conduit to the 'round about' at the Georgetown Seawall and back to Durban Park.

Our team and supporters arrived at 6am in bright pink T-Shirts to support their family members and friends. From this overwhelming support, the main objective of Cancer Awareness was achieved as more persons are becoming knowledgeable of the importance of extending a hand of support.



Breast Cancer Awareness Walk 2019 as seen from the drone



*Teams H.E.R.O.C. and GHF
with their supporters at the Breast Cancer Awareness Walk*

Monday, October, 28

There were no planned events due to the National Holiday – Deepavali (Diwali).

Tuesday, October 29

The annual 'Look Good -Feel Better' event for thirty-five (35) Cancer Survivors and 'Thrivers' was hosted by a first time patron, Muneshwar Ltd. at its Water Street/Stabroek location in Georgetown. Decorations of pink and purple saturated the atmosphere that encouraged synergy among those in attendance. Our guests were adorned with their respective survivor or 'thrivers' sashes.



*Thirty-five Cancer survivors and 'thrivers' at
the 'Look Good – Feel Better' event*



*First Lady, Sandra Granger
with the Staff of Muneshwar Ltd. in Georgetown.*



*One of our survivors being
sashed by our team member,
Shirley Collins – Asst. Secretary*

Survivors and Thrivers were treated to manicures and pedicures while others were given makeovers afterward they were given the opportunity to select a wig of their choice.



*Our guests were treated to Manicures and
Pedicures done by Volunteers*





Makeovers were done by GHF volunteers

Makeovers
lifted the
spirits of
everyone
involved in
this event



One of our survivors selected her wig and it was styled by our Event Coordinator, Barbara Chase

After the makeovers, the latter hours evolved into an afternoon at 'TEA with the First Lady.' Refreshments of fresh fruits and delicious assorted pastries were served with beverages of tea and coconut water.



'TEA with the First Lady' was a splendid surprise for our guests



At the culmination of the day, each person departed with their gift bag of assorted needed items, a bed pillow and luxury bath sheet towels provided by H.E.R.O.C. They also received a gift hamper and floral arrangement that was provided by Muneshwar Ltd.



H.E.R.O.C.'s Public Relations Officer, Francien Williams with the gift bag compliments of H.E.R.O.C.

One of our Survivors receiving her floral arrangement and gift hamper compliments of Muneshwar Ltd. and H.E.R.O.C.'s gift bag from Shirley Collins – H.E.R.O.C.'s Asst Secretary.

Wednesday, October 30 – H.E.R.O.C. and G.H.F held an Outreach event at the Eddie Grant Educational Resource Center in Plaisance, East Coast Demerara.

We extend our gratitude to **Ms. Beryl Haynes** for coordinating the venue to facilitate the activities of the day. This event was attended by members of Plaisance and neighboring communities. Those in attendance benefited from Breast Cancer Screenings, Pap Smears, and Prostate checks, blood pressure and blood sugar testings.

The Seniors in attendance experienced a session of light physical exercise that promotes healthy living that they can also implement in their daily lives.



'Thrivor' presenting her journey with Cancer at the Plaisance Outreach



Felicia Henry from H.E.R.O.C's Nursing team



Dr. Gooding promoting a healthy lifestyle through exercise

Later in the evening, members of team H.E.R.O.C. met with our local patron, Mrs. Roslyn Corlette, where we discussed the process for patient care supplies to Guyana.



Team H.E.R.O.C. meets with Mrs. Corlette

Thursday, October 31 – Team H.E.R.O.C. travelled to Beterverwagting (BV) Health Center, East Coast Demerara to present a donation of patient care supplies for use in their clinic. These supplies were transported by the G.H.F team.



Beterverwagting (BV) Health Center, East Coast Demerara

The shipment of patient care supplies donated to Guyana by H.E.R.O.C are managed and distributed by the G.H.F team under the supervision of Dr. Latoya Gooding and recommendations by H.E.R.O.C.



Patient care supplies donated by H.E.R.O.C

Friday, November 1 thru Monday, November 4

Members of Team H.E.R.O.C. started their departures back to New York from November 1 while others remaining spent quality time with Family and friends. Feeling accomplished after a successful mission, as we prepare for another years' undertaking to 'Give Cancer the Boot.'

We would like to take this opportunity to express our gratitude to all persons and businesses who have contributed to all our fundraising events throughout the years. We are requesting your continued support so that we can advance this project to another level.

Cancer has touched each of our lives in some form or the other and we are sure that it has been the same for you. Please feel free to access our website with your favorably donations that are tax deductible.



Persons wanting to contribute and donate to our Cancer Missions, please mail checks to:

Health & Education Relief Organization for Cancer
P.O. Box 21727
Brooklyn, New York 11202-1727

OR VISIT



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