



Pictured L to R: Kat, Bob, Amanda, Maribel, Mary Margaret, Susan, Rozee, Melanie, Betty, Tiffany L, Pam, Rachel, Allysa, Tiffany W, Ryan, Olivia

A GIFT FOR THE COMMUNITY:

A Place for Local Cancer Survivors to Call Home.

At the Harrington Cancer and Health Foundation (HCHF), we know that hearing the words, “You have cancer,” can take life in a new, often difficult direction. Every step forward may feel uncertain—but with effort and support, it can also be filled with strength, resilience, and hope. Whether someone is newly diagnosed, in the middle of treatment, or adjusting to life post-treatment, they are a survivor. And every survivor deserves the resources they need not just to survive—but to thrive after a diagnosis.

The Cancer Survivorship Center was created in 2015 to be just that place. Since then, the Center has relocated several times—most recently to Bivins Pointe. When Bivins Pointe announced its closure in 2021, HCHF leadership saw an opportunity to reimagine what was possible. They envisioned more than just bricks and mortar—they dreamed of a haven where survivors could feel supported, empowered, and equipped to heal. Their goal: to give individuals in our community who are facing

cancer the lasting Survivorship Center they deserve.

The Harrington Cancer and Health Foundation, established in 2013 from the sale of the Harrington Cancer Center, has granted more than \$24 million to individuals and area nonprofits. In alignment with the Foundation’s mission, HCHF leadership set out to build a permanent home for both the Foundation and the Cancer Survivorship Center. *Thanks to careful stewardship, the project was funded entirely with investment income—incurring zero debt and preserving every donor dollar for the direct support of local cancer survivors. This building truly is a gift to the community.*

In 2023, construction began on what is now a lasting symbol of hope, healing, and connection. Inside the new Center, survivors are supported by a compassionate and diverse team. From Pam, our oncology nurse who brings calm and clarity to complex treatment decisions; to Olivia, our gym manager who tailors fitness plans to each survivor’s journey; to Rachel, the registered dietitian who



PHOTO CREDIT: RALPH DUKE FOR SWGC

In 2023, construction began on the new Cancer Survivorship Center, a lasting symbol of healing, community, and support.

helps survivors rediscover nourishment through joyful, meaningful food choices—every team member plays a vital role. Alongside them are our Patient Assistance Program Manager, counselors, instructors, support group leaders, and wellness experts who all work together to create an environment where survivors feel stronger, healthier, and more hopeful every day.

All services at the Center are offered at no cost—made

possible because of you. *Your generosity ensures that survivors are surrounded with the care and resources they need to move from surviving to thriving.*

The Cancer Survivorship Center is more than a building—it’s a promise. A promise that we are here, walking alongside every person affected by cancer in our community—from today, and until the day there is a cure.

A Glimpse at the Free Support Offered to Cancer Survivors



ONCOLOGY NURSE

Providing reassurance, guidance, and whole-person care, survivors are empowered to prioritize their well being and are connected to the many resources the Center offers.

Pam, RN, OCN
Adult Oncology Nurse



GYM

Cancer survivors receive a personalized fitness plan, expert guidance, and access to state-of-the-art equipment designed to help them grow stronger every day.

Olivia, CPT, CYT 500
Cancer Survivorship Center
Gym Manager



NUTRITION

Survivors find a safe, supportive space to explore how nutrition fuels healing —through fun group classes and personalized one-on-one guidance.

Rachel, MS, RD, LD, CNSC
Registered Dietician



A Place for Survivors like Trinie to Call Home

After a colonoscopy in 2023, Trinie was diagnosed with Stage 3 colon cancer and underwent surgery followed by 12 rounds of chemotherapy. During treatment, a friend told her about the *Cancer Survivorship Center*—and her life changed.

At the Center, Trinie found more than support—she found hope. She connected with a counselor, joined wellness classes, and began working with Olivia in the gym to set health goals. “These resources help my neuropathy and my entire being. I’m now excited about life and all that is to come.” A proud new grandma, Trinie is deeply grateful to the donors who make this care possible. “Your gifts have given me more life. Words can’t express what the dollars do. Thank you for being in tune with the needs of people like me.”

She’s also thankful for the new Survivorship Center space. *“Waiting for the building to be completed felt like we were waiting to open a gift wrapped especially for us. It’s wonderful! Coming here is like coming home – it’s family.”*



**24 HOURS IN THE CANYON:
*The Race That Built the
Cancer Survivorship Center***

24 Hours in the Canyon is just around the corner. On May 31, cyclists and supporters from across the country—and even the world—will gather in Palo Duro Canyon, united by one mission: to help local cancer survivors.

Since 2007, this event has grown into the only simultaneous 24-hour road and mountain bike race in the country. But it all began with one person.

In 2006, Ryan Parnell heard the words no one wants to hear—he likely had cancer. Though later cleared, those weeks gave him a glimpse of the fear and uncertainty so many face. *“We have to do something about this,” Ryan said.*

After attending a fundraising summit, he returned with a vision: a 24-hour bike ride in Palo Duro Canyon to raise funds and awareness for cancer survivors. The first ride in 2007 raised \$14,400 and took place in a single campground. Within two years, it had expanded to the entire park.

In 2013, when 24 Hours became an event of the newly formed Harrington Cancer and Health Foundation, Ryan asked a new question: What do cancer survivors need most? The answer: a place focused not on treatment, but on living well after diagnosis—a place for healing, connection, and support, all free of charge.

The vision aligned with HCHF’s mission to reduce the burden of cancer in the Texas Panhandle. Ryan and the Foundation moved forward, hiring experienced oncology nurse Pam McMillan to bring the dream to life.



Ryan Parnell
Director of Operations and Special Programs

“Caring for survivors has taught me that true strength isn’t about surviving the storm,” Pam says, “—but learning to thrive in its aftermath. It’s been a blessing to witness this side of survivorship and be reminded of what truly matters in life.”

Thanks to generous donors, community partners, and a spark of inspiration, the Center opened in 2015. Since then, 100% of funds raised by 24 Hours in the Canyon—more than \$3.5 million—have supported its free services for anyone in our region impacted by cancer.

As we gear up for this year’s event, we reflect on how far we’ve come—and how many lives have been touched—because of people like you.

Save the Date: May 31–June 2, 2025

Whether you ride, give, or cheer from the sidelines, mark your calendar for 24 Hours in the Canyon. Together, we’re building something lasting for survivors in our community. Visit 24hoursinthecanyon.org to learn more and register.

**Save
the Date**

*Join us to celebrate survivors and see the NEW
Harrington Cancer and Health Foundation!*

OPEN HOUSE + SURVIVOR CELEBRATION
Thursday, June 5, 2025
 1732 Hagy Blvd
 4-6 pm
More details to come!



Caring for Kids

Harrington Cancer and Health Foundation is proud to partner with Children's Miracle Network (CMN) of Amarillo to enhance and support pediatric healthcare across our region.

CMN serves children in 26 counties of the Texas Panhandle, plus select counties in New Mexico, Oklahoma, and Kansas. Any child living in this area is eligible for assistance—and 100% of funds raised stay local to help sick or injured kids.

Donations to CMN make a lasting impact by:

- Providing family grants for medical expenses and home care needs
- Supporting Child Life Programs at BSA and Northwest Texas Hospital
- Funding life-saving equipment for Texas Tech Pediatrics and rural hospitals

Together, we're creating miracles close to home.



OUR COLORS
RUN TOGETHER 5K



OUR COLORS RUN TOGETHER 5K & 1 MILE FUN RUN/WALK SEPTEMBER 27, 2025

COMPETITIVE START 9 AM • NON-COMPETITIVE START & 1 MILE FUN RUN/WALK 10 AM
START/FINISH AT AMARILLO COLLEGE/AMoA PARKING LOT

Join us on September 27th to Celebrate, Remember, and Honor all those affected by a cancer diagnosis! Registration opens May 1st. Scan the QR code to learn more and register!

Sur·vi·vor:

Any person diagnosed with cancer, from the time of diagnosis... for life.

For more information about the FREE resources available to cancer survivors please visit 24survivorship.org

Our biggest wins are the programs that are part of the Harrington Cancer and Health Foundation. Together, we work to create meaningful and lasting change in the health of our community.



CANCER SURVIVORSHIP CENTER



Children's Miracle Network Hospitals

