

*Your generosity helps survivors like Annie thrive.*



2024  
WINTER  
**FULL  
CIRCLE**  
NEWSLETTER

# THE GREATEST GIFT:

## *A Community for Survivors Like Annie*

AT JUST 18 YEARS OLD, Annie's world was turned upside down when she discovered a lump in her neck in October of 2022, her senior year of high school. A year that should have been filled with excitement, was overshadowed by doctor's appointments and the sobering reality of a cancer diagnosis. After an ultrasound and a bone marrow biopsy, Annie was diagnosed with Hodgkin's lymphoma. Over the next several months, she endured 12 rounds of chemotherapy, a port for medication, and the emotional toll of losing her hair—yet through it all, she refused to let cancer define her.

*“Cancer doesn't mean you can stop living,” Annie says. “You have to keep going.”*

Annie remained determined to finish her senior year at Dalhart High School, but prom, an important event for any teenager, posed one problem. That's when the Cancer Survivorship Center stepped in. Thanks to the generosity of donors like you, Annie was able to find the perfect wig to wear to prom. It wasn't just about a wig—it was about reclaiming a sense of normalcy and confidence



*“Thank you for your gifts. Even small amounts add up. It takes a village to raise someone up sometimes. It takes a village to create a community.”*  
— Annie

during an already difficult time. Dressed flawlessly in the perfect green gown and styled to perfection from head to toe, Annie attended her prom – a joyful milestone on her way to graduating from Dalhart High School that spring.

After graduation, Annie moved to Texas State University but soon returned home to the Panhandle to be closer to family and her medical team. She turned once again to the Cancer Survivorship Center for support, finding comfort in counseling services that helped her navigate the emotional challenges of survivorship.

*“The biggest benefit of the Cancer Survivorship Center is how they’ve helped me heal,” Annie says. “You can talk about your journey with others who truly understand.”*

Annie’s story is a testament to the life-changing impact of

the Cancer Survivorship Center. Through counseling, fitness programs, and resources like wigs for survivors, the Center is a place for both emotional healing and community.

Today, 20-year-old Annie is thriving at West Texas A&M, pursuing her passion in the agriculture program and enjoying time with friends. Grateful for the support she’s received, Annie shares, *“Thank you for your gifts. Even small amounts add up. It takes a village to raise someone up sometimes—it takes a village to create a community.”*

Every donation, no matter the size, ensures that survivors have access to the care, support, and community they need to heal and move forward. Thank you for helping us create a village where cancer survivors like Annie can not only survive—but thrive.

## *The Gift of Restoration: Susan Helps Survivors Find Their Own Strength*



SUSAN TROLLINGER

At the Cancer Survivorship Center, Susan, the Cancer Exercise and Recovery Specialist, is a guiding force for survivors as they rebuild their strength, balance, and resilience. With a passion for wellness, Susan holds many certifications including Cancer Exercise Specialist and Balance Recovery Specialist, bringing exceptional expertise to every interaction.

Susan’s journey with the Center began years ago when she formed a team to participate in 24 Hours in the Canyon. Motivated by her family’s personal experiences with cancer, she dedicates herself to helping others. Through personalized sessions, group fitness classes, and memorable experiences like moonlight hikes in Palo Duro Canyon, Susan helps survivors regain confidence, connect with others, and find moments of joy.

*“Everything at the Cancer Survivorship Center is free” Susan shares. “With the costs of medical care piling up, survivors can come here, find a wig, try a new class, and simply enjoy themselves.”*

## DONOR SPOTLIGHT: LINDSEY MURPHY *The Gift of Service*

Lindsey Murphy, Executive Coordinator for Education Credit Union, has witnessed the devastating impact of cancer firsthand. Several members of her family, including her mother and grandmother, have faced diagnoses, and in 2011, her mother-in-law lost her battle with stage 4 lung cancer. These personal experiences have instilled in Lindsey a deep compassion for those affected by cancer and a heart for giving back to ease their burden.

For Lindsey, the mission of the Harrington Cancer and Health Foundation is personal. *She says, "It's hard to meet someone who hasn't been affected by cancer."* That understanding fuels her dedication to the foundation's work in reducing the burden of cancer and serving the healthcare needs of our community. Lindsey views her role as a link—connecting people who may not have heard of HCHF with the resources and support the foundation provides.



resources to improve women's health in the Panhandle. As a member of the grants selection committee, she helps identify deserving non-profits whose missions support women's health in our community. *"I've enjoyed digging my roots deeper into the community," she shares. "It's*

*"What are you waiting for?  
Your time and talents are treasures.  
If not you, who?"  
— Lindsey*



Lindsey channels her passion into action, serving on the *Our Colors Run Together* committee, where she oversees registration for the annual event. Her favorite moment every year is seeing survivors unite. *"Watching survivors gather for one purpose—not one cancer—is incredibly moving," she says. "The sense of inclusion that day is palpable."*

Lindsey is also involved with the Women's Circle, a program of HCHF that merges time, talent, and

*rewarding to see the impact organizations are making in our area and to help support their efforts."*

For Lindsey, servant leadership is a calling. She believes HCHF embodies everything it represents—valuable partnerships, lifelong friendships, and a strong sense of belonging. Lindsey's message to others is simple yet powerful: *"What are you waiting for? Your time and talents are treasures. If not you, who?"*



## On September 28th, We Ran Together



Our Colors Run Together 5K and 1-Mile Fun Run/Walk brought our community together to celebrate, remember, and honor all those affected by cancer.

Thanks to your incredible support, this year's event raised **\$124,344**, which will go directly toward assisting local cancer survivors, ensuring access to vital resources like wigs, rides to oncology appointments through ChemoCars, nutrition counseling, group activities, and more.

### 2024 OUR COLORS RUN TOGETHER STATS

**1,164**  
PARTICIPANTS

**75**  
TEAMS

**144**  
SURVIVORS



Thank you for making this event—and its life-changing support for survivors—possible. Together, you are making a difference!



## Panhandle Gives: The Gift of Hope

Your generosity during the Panhandle Gives campaign provides life-changing resources to those who need it most. Thanks to you, local survivors can access exercise classes, transportation to treatment, and support programs; and children in our community will receive vital care and medical equipment to navigate their health journeys.

*Thank you for making a difference and turning hope into action!*

## 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](https://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.

