

# BETTER<sup>🍏</sup> HEALTH

*Better Life. Better Community.*

1422 Bragg Boulevard  
Fayetteville, NC 28301  
(910) 483-7534  
BetterHealthCC.org



**Diabetes Education • Financial Assistance • Medical Equipment Loan • Childhood Obesity • Founded in 1958**

## Thank you to our 2019/2020 Board Members

Jennifer Hammond  
*President*  
Joe Running  
*Vice President*  
Caitlin Evans  
*Secretary*  
Stuart Walters  
*Treasurer*

Magda Baggett  
Vera Bell  
Allison Davis  
Will Haithcock  
Jim Kerchmar  
Jessica Kouba  
Sonoyia Largent  
Brad Laub  
Angie Malave  
Susan Miller  
Sarah Moorman  
Mick Noland  
Russet Rogers  
Chris Tart

**Executive Director**  
Amy Navejas

## New Beginnings

It was such a blessing to serve as the President of the Board of Directors for Better Health of Cumberland County in 2019-2020, and I am honored to be serving in the same role in 2020-2021. We have a truly wonderful team of staff and volunteers and seeing the impact they have on the residents of our great city and surrounding areas truly warms my heart.

As we begin our 62nd fiscal year at Better Health, I am both proud and bittersweet to announce that Amy Navejas, our esteemed Executive Director, is stepping up to fill the position as the Executive Director of the United Way of Cumberland County. This is a testament to her skill, her devotion, and her extremely good work at our organization. Better Health is a United Way-affiliated agency, and while we are going to miss Amy in our day-to-day operations, we are thrilled that we get to continue working with her. We have begun the search for a new Executive Director and are confident that our wonderful staff and dedicated Board of Directors will keep Better Health operating smoothly during our period of transition.

If you would like to make a gift to the Better Health of Cumberland County Endowment Fund in Amy's honor you can give online by visiting [www.cumberlandcf.org/better\\_health/endowment.html](http://www.cumberlandcf.org/better_health/endowment.html) or you can mail a check to Cumberland Community Foundation, PO Box 2345, Fayetteville, NC 28302. (All checks should be made payable to Cumberland Community Foundation with "Better Health Endowment" in the memo line.)

In these uncertain times, Better Health's support of our community's residents is more important than ever.

We are continuing our programs virtually, adapting to necessary government restrictions, and are re-tooling our fundraising activities as needed. We are so grateful for your continued support and look forward to another wonderful year. Cheers to another great year!

Fondly,  
Jennifer McFadyen Hammond

## Ways to Donate:

Online at [betterhealthcc.org](http://betterhealthcc.org)

Click the "Donate Now" app  
on our Facebook page

Give to our Endowment Fund  
at Cumberland Community  
Foundation

Consider including  
Better Health in your will

Mail contributions to  
1422 Bragg Blvd.  
Fayetteville, NC 28301

Call us at 910-483-7534

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Section at (919) 807-2214. The license is not an endorsement by the State.



## Interested in getting involved in your community?

Better Health is always in need of volunteers and committee members for our fundraising events, as well as, volunteers for our weekly diabetes clinics, Fayetteville Fit, special projects, and community events. For more information, or to fill out a volunteer application go to our website at [www.betterhealthcc.org](http://www.betterhealthcc.org) or [cher@betterhealthcc.org](mailto:cher@betterhealthcc.org). We look forward to working with you soon!



## Direct Aid Clients Served



### My Why

I joined Better Health's mission because of the impact they are having on the community. They have diversified their ability to give back to the community: children, general medical needs, medical equipment, and specialized needs. I love that working with them brings in so many different stories. In a time when people are focusing on growing in diversity, this is the type of organization that personifies that! Once joining, meeting the others that have joined the cause between staff and volunteers has only increased my passion for Better Health. I love the team work that goes into helping the clients that come our way.  
– Felicia Smith



### Fayetteville Fit!

Our Evening at Casino Royale fundraising event had a very special guest speaker this year! Fayetteville Fit participant Peyton, and her mother Crystal, stopped by to let everyone know how Fayetteville Fit has affected their lives. Peyton got the chance to mingle with the guests and was heard saying that this was the best night of her life!

## Welcome to the Board!

We would like to extend a warm welcome to our new board members for 2020/2021!

**Felicia Smith**  
Homemaker/Community Volunteer

**Faith McGee**  
Southern Regional AHEC

**Cyndi Levine RN, BSN**

**Natasha Barone**  
Attorney at Hutchens Law Firm LLP

**Lucas Henry**  
Physical Therapist (Retired)

**Thank You to our 2019/2020 Corporate Sponsors for supporting all 3 of our fundraising events!**

**Noah Computers**

**The Cobb Tilghman**

**Group of Merrill Lynch**

**Cape Fear Valley Health**

**Rand and Gregory Attorneys at Law**

**Horne Bros. Construction**

## Wish List

**Inventory scanning system \$2,000**

**Night security for a year \$3,000**

**Fund Fay fit for 5 months \$5,000**

**Staff Development \$2,250**

**Team building \$400**

### Additional wish list items:

liquid nutrition, Diabetes testing supplies (unexpired, any brand), Ostomy supplies, Household cleaning supplies; bleach, Clorox/ Lysol wipes or spray, Paper towels, toilet paper, facial tissues, Medical Equipment (clean and in good working condition): Wheelchairs, Rollators, Transfer benches, and knee scooters.

## \*2019/2020 Award Recipients

**Volunteer of the Year Award:**  
**Anja Gillespie**

**Care Provider of the Year Award:**  
**Dr. Brunilda Cordero**

**Benevolent Support Award:**  
**Patti Landy**

**Business of the Year Award:**  
**Cape Fear Discount Drugs**

**Ruth Peters Award Winner:**  
**Jennifer Hammond**



### My Why

I'm passionate about Better Health because the organization does so much for underserved and under-supported members in our community. Better Health does everything we can to say yes when someone comes in and needs us, from a tooth extraction to help with diabetes medication, to a gas card to help someone get to a doctor's appointment at Duke or Chapel Hill.  
– Jennifer McFadyen Hammond



**Please contact our health education coordinator at [healthed@betterhealthcc.org](mailto:healthed@betterhealthcc.org) for our remote and limited enrollment diabetic education opportunities.**

**\$70,302 in Dental Services Provided**

**80%**

**of Take Charge of Diabetes clients reduced their A1C at their 90 day follow up**

### My Why

I love that we teach people how to live well with Diabetes!  
– Susan Miller



### Upcoming Dates:

**Virtual Diabetes Symposium**  
More information coming soon

**Red Apple Run**  
Virtual November 13-15

**Purchase Better Health Holiday Cards**  
November 1st- December 20th

**Evening of...**  
TBD



Thank You, Donors...

Edgar Allen  
David and Lauren Allred  
James Ammons  
Terry Andrews  
Jessica Armendariz  
Carolyn Armstrong  
David and Magda Baggett  
Ellenor Barker Advised Fund  
Joshua Barkman  
Blair Barnhill  
Natasha Barone  
Janet Belk  
Vera Bell  
Richard and Arleen Best  
Michael Blight  
Doug & Raylene Brisson  
Bruce and Karen Brown  
Judy and Tom Brown  
Michael Bryant  
Kristopher and Rebecca Calhoun  
Carolyn Campbell  
Jeanne Cannady  
Leeanne Carlucci  
Debra Chestnutt  
Anna Chott  
Louis and Edwina Clark  
Marilyn Coffield  
Warren Coleman  
Arrow Pest Control  
Chelsy Crawford  
James M. and Pauline M. Crocker  
Dorothy Crutchfield  
Yvonne Daniels  
SarahMarie Daughtry  
Brad Davidson  
Allison Davis  
Carolinas Dentist  
Jeff Null and Laura Devan  
Browns Duty Service  
Bill Jordan and Tim Edwards  
Gerald Ellison  
Richard and Pam Falter  
Manning Family  
David Fell  
John Paul and Susana Ferreira  
Novy Geraldo  
James C and Margie F Gibbs  
Melissa Gilbert  
Anja Gillespie  
Robert Girouard  
Liz and Tom Glockzin  
Prescott Godwin  
Robert Goodwin  
McBryde Grannis  
Winifred Grannis  
Nicole & David Greyshock  
Donna Gritten  
Brenda Gruver  
Rita Gunter  
Rakesh and Vinita Gupta  
Donna Guzman  
Dana and Nancy Haithcock

William and Lauren Haithcock  
Kim Hall  
Mary Hamlet  
Mitchell & Pamela Harris  
Nancy Henderson-Hines, MD  
Mary and John Holmes  
Priscilla & Harry Hooks  
Gloria Hunter  
Sue Hunter  
Delorice James  
Antaziah Johnson  
Franklin and Jo Beth Johnson  
Wes and Lucy Jones  
Patricia Kasper  
Beth Keeney  
Elizabeth Keever  
William Kelly  
James and Beth Kerchmar  
Roxanne King  
Toni King  
Audriaunna Kitterman  
Fred and Judy Klinck  
Jessica and Scott Kouba - Klenzak  
Patti and Fran Landy  
Steve and Georgiann Lawrence  
Frank and Catherine Leader  
Suzanne Ledoyen  
Sharon Lewis  
Charellitta Littlejohn  
Dennis Long  
Ricky & Donna Lopes  
Barbara Lyle  
Elizabeth Mackey  
Kaitlyn Mahan  
Dona Marlowe  
Anna Matteson  
Dot Matthews  
Christopher Mayle  
Milo and Lorene McBryde  
Corey McDowell  
Janice McFadyen  
Douglas McFarlane  
Faith McGee  
Grace McGrath  
Daniel McInnis  
William McQueen  
Yolanda Medina-Greenidge  
Sherry Miller  
Susan and Tom Miller  
Sarah Miranda  
Sylvia Moore  
Frank and Sarah Moorman  
Michael and Sharon Mueller  
Lisa Murphy  
Joseph Nagel  
Kimberly Nagowski  
Gerald Nave  
Vance and Delores Neal  
Roy Nettles  
Mick and Karen Noland  
Scott Panagrosso  
Josh & Samantha Paquette

Elizabeth Pate  
Kamlesh and Hemangini Patel  
Ramesh Patel  
Greek Orthodox Ladies Philoptochos  
Adelphotis Society  
Guy & Victoria Place  
Mike and Donna Pleasant  
Vernon Reeves  
John Reichart  
Arturo Rodriguez  
Russet Rogers  
Christine Rummel  
Joseph and Maureen Running  
Kevin Salamanca  
Ann and Wayne Searcy  
Sanjay Shah  
Ashley Shick  
Sammy and Carol Short  
Ferron Smith  
Worth and Felicia Smith  
Debra and Corene Snider  
Saundra Stanley  
Mark Sternlicht  
Sam & Marcia Stryker  
Walter Swing  
Chris and Serena Tart  
Matt Thewes  
Kent and Sandra Van Belois  
Roberta Waddle  
Debra Ward  
Ned White  
Eva Williams  
Judith Marcy Williams  
Pat Wright  
Paching Yang  
Virginia Yarborough  
Stella Young  
Amerihealth Caritas North Carolina  
Ammons Group Inc  
Andy Anderson Moving Co.  
Beth Israel's Federated Charities  
Blue Cross and Blue Shield  
Callahan & Rice Insurance Group  
Cape Fear Discount Drugs  
Cape Fear Eye Associates  
Cape Fear Physical Medicine  
Rehabilitation Associates, PLLC  
Cape Fear Valley Health System  
City of Fayetteville  
Coastal Gyms, LLC  
Devan & Null PLLC  
Eaton Corporation  
Edward Jones Investments  
First Citizens Bank  
Five Pillars Realty  
Healy Wholesale Co.  
Holt Oil Co.  
Horne Brothers Construction  
Hutchens Law Firm  
KidzCare Pediatrics @ Northside  
Kimrey Law PLLC  
Lafayette Ford Lincoln

Level Five Trampoline Parks, LLC  
Piedmont Natural Gas Co.  
RAD Landscaping & Lawn Care  
Services LLC  
Rand & Gregory PA  
Smith Chapel Church  
SR-AHEC  
St. Matthews Thrift Shop  
Systel Business Equipment Co, Inc  
The Cobb Tilghman Group at  
Merrill Lynch  
The Hatley Law Firm  
The Master Exterminators Inc.  
The Orozco Firm, PLLC  
Valley Auto World Inc.  
Valley Radiology  
Valley Regional Imaging  
Village Family Dental  
Village Pharmacy  
Wells Fargo Bank, N.A,  
Members of Fayetteville  
Running Club  
Presbyterian Women of First  
Presbyterian Church  
Ryan P. Kishbaugh  
Memorial Foundation  
S. Leon and Judith Lewis Shackleford  
Advised Fund  
YourCause, LLC, Trustee for  
Duke Energy Foundation

Special Thank You to all our Anonymous Donors!

Honorariums

In honor of My Fellow Board  
Members from William and  
Lauren Haithcock  
  
In honor of Edward D. Jones from  
William and Lauren Haithcock  
  
In honor of Col. and Mrs. Jack C.  
Zeigler from William and  
Lauren Haithcock  
  
In honor of Dr. and Mrs. William  
D. Haithcock Jr. from William and  
Lauren Haithcock  
  
In honor of Murphy/Navejas Families  
from Robert Fredrick  
  
In honor of CCF Board of Directors  
from Mary and John Holmes  
  
In honor of Mick Noland from  
Louise Brooks  
  
In honor of James Kerchmar from  
Elizabeth "Ashley" Booker  
  
In honor of Joy Miller from  
Christine Plummer  
  
In honor of Ramon & Virginia  
Yarborough from Cathy Bain  
  
In honor of Helen & Bob Fredrick and  
Judy & Dan Fredrick from Cherrie  
and Kerry Murphy  
  
In honor of Ann Smith from  
Carlton Smith

In honor of Candee and Eason Bryan  
from Bowman and Melissa Smith  
  
In honor of Aria Marie Perry from  
Staff at Better Health  
  
In honor of Better Health Board  
of Directors from Amy and  
Heraldo Navejas  
  
In honor of Judy Klinck from  
Amanda Klinck

Memorials

In memory of Joseph William Devan  
from Amy and Heraldo Navejas  
  
In memory of Bernardino (Nina)  
Cajigas from Angie Malave  
  
In memory of Bob Chott from  
Anna Chott  
  
In memory of Lisa Curry from  
Carolyn Clark  
  
In memory of Ida R Mitchell  
from Emma Page  
  
In memory of Tillie Gatewood from  
Eve Holden  
  
In memory of Malcolm (Mac)  
Fleishman from Jo Ellen Hirsch  
  
In memory of Anne Bryant Stuart  
from Rick Bryant  
  
In memory of Walter C. Moorman  
from Susan and Tom Miller

Grants

Cumberland Community  
Foundation Inc.  
  
Fayetteville Kiwanis Club  
  
First Presbyterian Church  
  
Community and Developement  
Block Grant  
  
Kiwanis Club of Cape Fear  
  
Foundation of the Carolinas -  
The Longleaf Fund  
  
Sanjay and Margi Shah Advised  
Fund of Cumberland Community  
Foundation, Inc.  
  
St. John's Episcopal Church the  
Elliott Memorial Fund  
  
Manning Family Advised Fund  
of Cumberland Community  
Foundation, Inc.  
  
The Bank of America  
Charitable Foundation

Virginia L. Yarborough Advised  
Fund of Cumberland Community  
Foundation, Inc.  
  
The Florence Rogers Charitable Trust  
  
Ellenor T. Barker Advised Fund  
of Cumberland Community  
Foundation, Inc.  
  
United Way of Cumberland County  
  
Kistler-Holstein Community Fund  
of Cumberland Community  
Foundation, Inc.  
  
Youth Growth Stock Trust of United  
Way of Cumberland County  
  
Leon and Judith Lewis Shackleford  
Advised Fund of Cumberland  
Community Foundation, Inc.  
  
Association of Bragg Spouses  
  
William C. and Susanna H. McFadyen  
Charitable Fund of Cumberland  
Community Foundation, Inc.

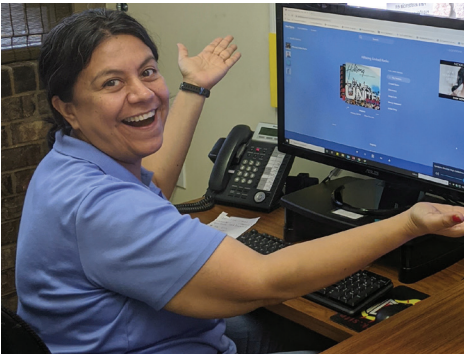
Elizabeth Kornegay Fund of  
Cumberland Community  
Foundation, Inc.  
  
Elizabeth A. Hudspeth Endowment  
of Cumberland Community  
Foundation, Inc.  
  
Women's Giving Circle Fund  
of Cumberland Community  
Foundation, Inc.  
  
Covid-19 Rapid Response Fund  
of Cumberland Community  
Foundation, Inc.  
  
Giving Together Catalog Fund  
of Cumberland Community  
Foundation, Inc.  
  
Elisabeth Keeney Advised Fund  
of Cumberland Community  
Foundation, Inc.  
  
Sammy and Carol Short Advised  
Fund of Cumberland Community  
Foundation, Inc.



**Covid-19 Relief**  
Better Health was the grateful recipient of several grants to assist with COVID-19 relief within our community. With these additional funds, we are able to provide much needed direct aid and dental services to members of our community that have been affected by the coronavirus pandemic. Thank you so much, Cumberland Community Foundation and United Way of Cumberland County.



**Better Health Goes Remote!**  
On March 17th Better Health went remote due to COVID-19. Although we were working remotely, that did not stop us from serving our clients and keeping our mission going strong! The staff has worked tirelessly to ensure that client needs are still being met.



**Foundation of the Carolinas - Longleaf Fund grant**  
Better Health is grateful to be the recipient of a Longleaf Fund grant that is allowing us to upgrade all of our computer and phone systems. The staff is enjoying the new equipment because it is making their jobs so much easier. We could not be more appreciative!



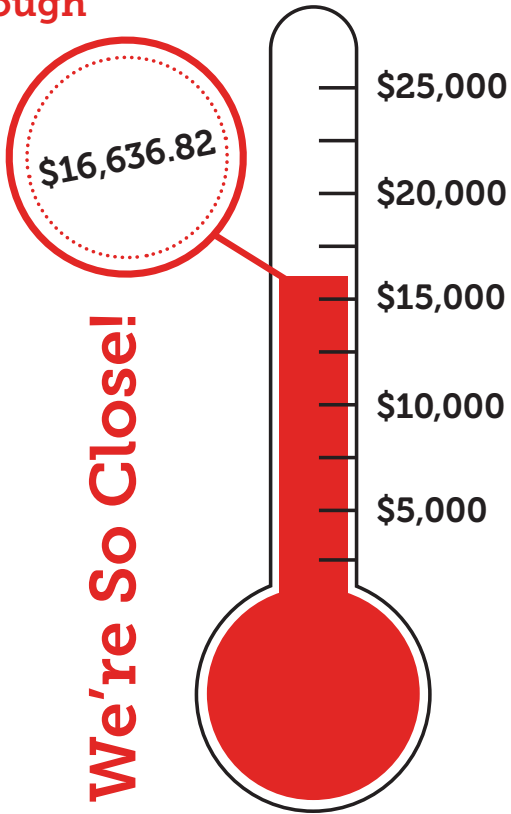
**2019 Symposium**  
Our 3rd annual Diabetes Symposium held November 2nd 2019 was very well received. Bringing a wealth of diabetes knowledge to our community, our topics ranged from carb counting to vision to foot care. All this culminated in a healthy chicken and veggie lunch. We are so thankful for the continued support of this worthwhile event. A very big thank you to all our presenters, we could not do it without you! Be on the lookout for information regarding our 2020 symposium. We will be going virtual!



**Endowment Match through an Anonymous Fund of Cumberland Community Foundation, Inc.**

Dollar for dollar matching makes your donation go farther! Help us reach our goal!

If you would like to make a gift to the Better Health of Cumberland County Endowment Fund you can give online by visiting [www.cumberlandcf.org/better\\_health/endowment.html](http://www.cumberlandcf.org/better_health/endowment.html), or you can mail a check to Cumberland Community Foundation, PO Box 2345, Fayetteville, NC 28302. (All checks should be made payable to Cumberland Community Foundation with "Better Health Endowment" in the memo line.)



**My Why**  
During the Christmas season of 1996, I turned to Better Health for assistance in providing an infirmed and blind Cumberland County resident with a Merry Christmas. This resident's only request was for some costly medical items. Better Health was able to qualify the fellow and purchased the items for him and allowed me to deliver them along with my purchased traditional Holiday gifts on that Christmas Eve. Better Health's caring and empathetic action brought great cheer to him and made Christmas 1996 one of my most memorable. I am continuously gratified by Better Health's activities to meet this community's unmet health care need.  
- Jim Kerchmar




**In October**, Cher attended an ARCHES symposium where our Fayetteville fit sister sites all converged to brainstorm and share stories in order to better serve our communities. The symposium was fun-filled and very informative!

**CDCES Corner with Patti**  
**Did You Know?**

- A person's Type II diabetes may be managed with monitoring your blood sugar, oral medications, injectable medications, diet, exercise, or any or all of the above.
- People with diabetes should look in between their toes and at the tops, bottoms and sides of their feet every day. Feet need to be kept clean and dry. Report any blisters, open, swollen, red or discolored areas to your provider. Never perform self-surgery on your feet and wear comfortable, well-fitting shoes. Use care not to burn your feet on hot surfaces by wearing shoes and checking the temperature of water with your elbow.
- 12-ounces of soda or juice contains about the number of carbohydrates that some people should have for an entire meal.
- Monitoring your blood sugar gives you valuable information to help you make decisions about food, medications, exercise and why you feel the way you do.
- A person with diabetes should have an annual eye exam.
- The ABC's of diabetes refers to knowing and managing your A1C (A), blood pressure (B), and cholesterol(C).

The Take Charge of Diabetes class has been Recognized by the American Diabetes Association for Quality Diabetes Self-Management Education\* and Support.



**American Diabetes Association**

\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

**Thank you Diabetes... Dodge it!**

**Extreme Dodgeballer**  
Horne Bros. Construction

**Court Sponsors**  
The Cobb Tilghman Group of Merrill Lynch  
Edward Jones  
Eaton Corporation

**Gold Ball Sponsor**  
Hatley Law Firm  
Rand and Gregory  
Valley Radiology  
Piedmont Natural Gas

**Bronze Ball Sponsors**  
Five Pillars Realty  
Cape Fear Valley Health  
Lisa Marie Photography  
Noah Computers  
Trufit Gym  
Kimrey Law, PLLC  
Vera Bell  
Jim and Beth Kerchmar  
LTC (R)Tom and Dr. Susan Miller



# BETTER HEALTH

*Better Life. Better Community.*

1422 Bragg Boulevard  
Fayetteville, NC 28301  
(910) 483-7534  
BetterHealthCC.org

**Thank you to our event Sponsors!**



## Red Apple Run 2019

### Big Apple

Horne Brothers  
Construction

### Apple Pie

St Joseph of the Pines  
The Cobb Tilghman Group  
of Merrill Lynch  
Valley Auto World  
Master Exterminators  
Tim Edwards,  
Attorney at Law

### Apple Sauce

Cape Fear Physical  
Medicine and Rehab  
Kimrey Law, PLLC  
Rand and Gregory  
Healy Wholesale Co.  
SRAHEC  
C-store  
Smith Chapel Free Will  
Baptist Church  
Jim and Beth Kerchmar  
Sarah and Frank Moorman

### Apple Seeds

Dana Haithcock MD  
Dr. Wes and Lucy Jones  
Vera Bell  
Ramesh V. Patel MD  
Callahan and Rice  
Valley Radiology  
Valley Regional Imaging  
Noah Computers  
Cape Fear Valley Health  
Devan and Null  
Copiers Plus  
Cape Fear Valley Hospice  
and Palliative Care  
Lafayette Lincoln  
Wells Fargo  
Red Lion Hotels  
Cape Fear Discount Drug  
RAD Landscaping  
Orangetheory  
Village Pharmacy  
Termites Landscaping  
Will and Lauren Haithcock

## Evening at Casino Royale 2020

### Casino Sponsor

The Cobb Tilghman Group  
of Merrill Lynch

### Aces

Horne Bros Construction  
Tim Edwards  
Attorney at Law  
Tom and Susan Miller  
Cape Fear Valley Health  
The Carolina Barn

### Kings

*The Fayetteville observer*  
The Orozco Firm, PLLC –  
Attorney Brenee Orozco  
LIFE at St Joseph  
of the Pines  
Bradley J. Laub

### Queens

UPS at Westwood  
and Fort Bragg  
Cape Fear Eye  
Associates, PA

Hatley Law Firm, PLLC  
Sarah and Frank Moorman  
First Citizens Bank

### Jacks

Rand and Gregory, PA  
NOAH Computers  
Lafayette Lincoln  
Dr. Wes and Lucy Jones  
Holt Oil  
Arrow Pest Control  
Hutchens Law

### Liquor and Culinary Sponsors

The Wine Café and  
The Coffee Cup  
Elite Catering  
Top of the Hill Distillery  
Social House Vodka  
Humble Bakery