

The McConnell-Raab Hope Lodge Project

NC Schweitzer Fellows Program

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Through the support of the NC Schweitzer Fellows Program, the Hope Lodge Project served more than 65 people in Eastern North Carolina. Although cancer patients undergo medical treatments, not enough attention is given to their psychological, social, and emotional well-being. Thus, the primary goal of our project was to promote holistic healing for cancer patients by establishing therapeutic programs to enhance their quality of life, emotional well-being, and outlook on personal health.

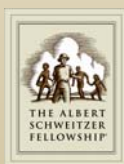
The objectives for our project included the following:

1.To provide an encouraging and comfortable environment where cancer patients could interact with each other and develop a support network within the Hope Lodge.

2.To help patients interact and work with their peers more intimately, communicate more effectively with their family members and physicians, and further develop their inner strength to better cope with treatment regimens.

3.To plan activities that helped with coping and improved their mental and physical well-being. Some activities we hosted included:

- Light physical activities, such as yoga and Chinese traditional dance
- Cooking classes focused on making nutritious and palatable recipes specific for the needs of cancer patients undergoing treatment
- Social activities, such as board games, ice breakers, and arts and crafts



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