

making a DIFFERENCE

September 2026

As we recognize the first day of fall this week, we are reminded of the busy season ahead. There are many fun and important initiatives happening throughout our health system and community, and we encourage you to participate. One initiative we look forward to every year is our partnership with Spirit of Children and the impact they have on our Child Life program at Cape Fear Valley Health. Through their giveback program, we have been able to ensure that the playroom on the pediatric unit at Cape Fear Valley Medical Center is equipped and stocked with the best items to support our young patients. We understand that being in the hospital can be scary for anyone, but especially a child. By supporting our Child Life program, we hope to help our pediatric patients feel more comfortable and ease their fears. You can participate simply by shopping at Spirit Halloween stores this season. See the coupon and additional details below to learn how you can save while making a difference.

Continue scrolling to learn about an inspiring donation from a 12-year old, upcoming breast cancer community events and more!



In Good Health,

Sabrina Brooks
Vice President
Cape Fear Valley Health Foundation

P.S. New construction, renovations and expanded facilities are helping us create more space and services to care for our growing community. As construction continues, some entrances, parking areas and traffic routes may be affected. We appreciate your patience as we continue investing in the future of health care in our region. Click [here](#) to learn more.



The Music, the Moments, and the Fight

September is Prostate Cancer Awareness Month. Learn about one veteran's courageous fight against Prostate Cancer and the care he received at Cape Fear Valley Cancer Center.

[Read Carl's Story](#)



Employee Spotlight: Arianna Bannerman

Get to know Arianna Bannerman, Development Coordinator for Cape Fear Valley Health Foundation. Arianna leads the Foundation's signature events and plays a key role in our community events and donations. She is a strong asset to our team and we are grateful for her dedication to serve our patients and programs!

[Meet Arianna Here](#)



"Pillows of Hope" Donation

Meet Kori, a 12-year old high school student who recently donated mastectomy pillows to support patients at Cape Fear Valley Health. Through her "Pillows of Hope" project, she has learned that mastectomy pillows are more than handmade items - they are a symbol of love, passion, hope and the belief that small acts of kindness can make a remarkable impact in someone's life.

[Learn More About Kori's Impact](#)



Heading to Spirit Halloween this season? Make your spooky shopping count! [Shop in stores or online to receive 10% off your entire order AND Spirit Halloween will give 10% to support hospitalized children and families at Cape Fear Valley Health.](#) For online orders, use code "HOPE26" at checkout. Shop, save and giveback all in one! Store locations below:

Spring Lake

Former Team Room Fitness
1135-1137 North Bragg Boulevard
Spring Lake, NC 28390

Ramsey Street

Former Jasie Vinyl Blanks
3725 Ramsey Street
Fayetteville, NC 28311

Owen Drive

Former AT&T Call Center
208 Owen Drive
Fayetteville, NC 28304

Goldsboro

Next to Staples
1101 N Berkeley Blvd Suite C
Goldsboro, NC 27534

Community Events to Support Breast Cancer Awareness

Your participation in community sponsored fundraisers help to support our cancer patients. Please check event websites for more information and updates.

Saturday, October 3 | **SEC Pageant** | Peace Presbyterian Church | 11 a.m. to 2 p.m.

Saturday, October 3 | **New Mission Baptist Church Breast Cancer Walk** | 375 Platinum St. | Noon

Saturday, October 3 | **Methodist University Play4Kay Soccer Game** | Methodist University | 5 p.m.

Sunday, October 18 | **King's Grant 3rd Annual Pink Golf Tournament** |

King's Grant Golf & Country Club | 7:30 a.m. Registration

Saturday, October 24 | **Puppy Creek Fire Department Run for a Cure 5k** |

Hoke Hospital | 7:30 a.m. Sign In, 10 a.m. Race



Upcoming Events



Teeing Up for a Healthier Harnett

presented by Aon

Join us for a fun day filled with golf, fellowship, food and awards. Register as an individual or team of four.

Thursday, October 1, 2026

11 a.m. to 5 p.m.
Keith Hills Golf Club

[Learn More](#)



Biennial Gala

*presented by Dr. Josh & Mary Jon Barkman and
Dr. Benjamin & Cyndi Levine*

You're invited to an unforgettable evening of delicious bites, fellowship, dancing, music and fun!

Saturday, January 30, 2027

6 p.m.
Center for Medical Education

[Learn More](#)



Step Up 4 Health & Wellness Expo

Mark your calendar for a fun morning featuring 4k and 1-mile walking routes through MU campus, Wellness Expo, giveaways and more!

Saturday, April 10, 2027

9 a.m.
Methodist University

[Learn More](#)