



CRYSTAL COAST CANCER REHAB

2023

# ANNUAL REPORT

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JAN 2024// PREPARED BY JESSICA DIAZ



**Dear Friends,**

**As we reflect on 2023, we cannot help but feel an overwhelming gratitude for everyone in the Crystal Coast Cancer Rehab community. The dedication and commitment of our board, staff, volunteers and donors allowed us to acquire more grant funding than in previous years!**

**Crystal Coast Cancer Rehab proved itself to be resilient, like the Cancer Survivors we serve, who are always ready to put in the hard work despite the hardships and struggles of treatment and recovery. And we remained purposeful - and focused on our mission of ensuring that all Crystal Coast Cancer Survivors have a safe, supportive and motivating environment to thrive in.**

**We're proud of what we have accomplished this past year, with your support.**

**We hope that you will enjoy this report and learning more about our work, our people, as well as the local Cancer Survivors that we have been able to help.**

**Thank you for being there for us and local Cancer Survivors.**

**In the greatest gratitude,**

**Jayne and Leanne**



*Jayne Limbaugh*  
Founder



*Leanne Mustello*  
Board President

# MISSION

**CRYSTAL COAST CANCER REHAB PROVIDES CANCER SPECIALIZED EXERCISE REHABILITATION SERVICES AND DIETETIC SERVICES AT LOW OR NO COST TO LOCAL SURVIVORS. CRYSTAL COAST CANCER REHAB'S PRIMARY GOAL IS TO IMPROVE LOCAL CANCER SURVIVORS' QUALITY OF LIFE AND OFFSET ANY SYMPTOMS OR SIDE EFFECTS EXPERIENCED AS A RESULT OF DIAGNOSIS, TREATMENT OR PRIOR MEDICAL HISTORY. THIS SERVICE IS NOT PROVIDED ANYWHERE ELSE IN OUR COMMUNITY.**

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## BOARD AND STAFF

### BOARD OF DIRECTORS

**Jayne Limbaugh**, Founder, Crystal Coast Wellness & Performance  
**Leanne Mustello**, President  
**Karen Wagoner**, Vice President  
**Norma Skinner**, Treasurer, Harvell CPA  
**Rachel Love-Adrick**, Secretary, NC Fisheries  
**Susie Collins**, Board Member, Cancer Survivor  
**Ruth Roberts**, Board Member, Cancer Survivor  
**Jolene Walker**, Board Member

### LEADERSHIP

Founder:

**Jayne Limbaugh**

Clinical Director:

**Jacob Miller**

Director of Communications :

**Jessica Diaz**

Cancer Exercise Specialist:

**Taylor Edmundson**



## DID YOU KNOW?

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**Did you know that an average of 522 Carteret County Residents are diagnosed with Cancer annually?**

Crystal Coast Cancer Rehab provides cancer specialized exercise rehabilitation services and dietetic services at low or no cost to local survivors. Crystal Coast Cancer Rehab's primary goal is to improve local cancer survivors' quality of life and offset any symptoms or side effects experienced as a result of diagnosis, treatment or prior medical history. **This service is not provided anywhere else in our community.**

Many of the survivors are struggling with medical bills, insurance and other out of pocket fees for their treatment. This severely reduces opportunity for impactful care from exercise physiology therapy that is not covered by insurance.

**Crystal Coast Cancer Rehab operates solely on generous donations and needs your help to continue to provide these vital services.** Please consider making a donation today on our website [www.nccancerrehab.org](http://www.nccancerrehab.org) or by mailing a check to **Crystal Coast Cancer Rehab 4913 Bridges Street Ext. Bldg. B Ste 101 Morehead City, NC 28557.** Any amount will directly help a cancer patient right here in our community.



We need your  
**HELP**

# FUNDRAISING OPTIONS

**One Time Donations** are accepted in the amount of your choosing (\$50, \$100, \$150, or \$200).

**Scholarship Donations** are designed for supporters to sponsor a survivor in our program directly. We will collect the survivor you wish to support's name in order to ensure it goes directly to funding their scholarship. Support your loved one by gifting them a Cancer Rehab Scholarship. \$100.00 for a one month scholarship. \$270.00 for a three month scholarship.

**Individual Donor Subscriptions** are small regularly occurring donations at increments of your choosing. Choose from as little as \$5, \$8, \$10, or \$15 recurring payments. This allows consistent funding for the program and other services needed by survivors.

**Corporate Donor Subscriptions** are regularly occurring donations at increments of your choosing. Choose from This allows consistent funding for the program and other services needed by survivors. Corporate donors using this option will have their logo displayed on this website, Kindful, social media outlets, and are opted in to sponsorship of any fundraising event we host. Corporate sponsor logos will be displayed on our digital and print marketing materials.

Any of the above donation options are a great way to support local cancer survivors through our implemented four phase exercise program at Crystal Coast Cancer Rehab Center. Your support funds staffing, equipment, and facility costs to help keep our doors open. *All donations are collected through Kindful, a web-based donation software.*



## HEAR FROM SURVIVORS

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*"As a Certified Public Accountant, exercise had been my stress outlet prior to my diagnosis, however after my surgery I was unsure what I could/should do and how quickly. Jacob Miller and the program assessed my capabilities after surgery, monitored each and every session and challenged me to get back to my pre-surgery strength, cardio and endurance levels."*

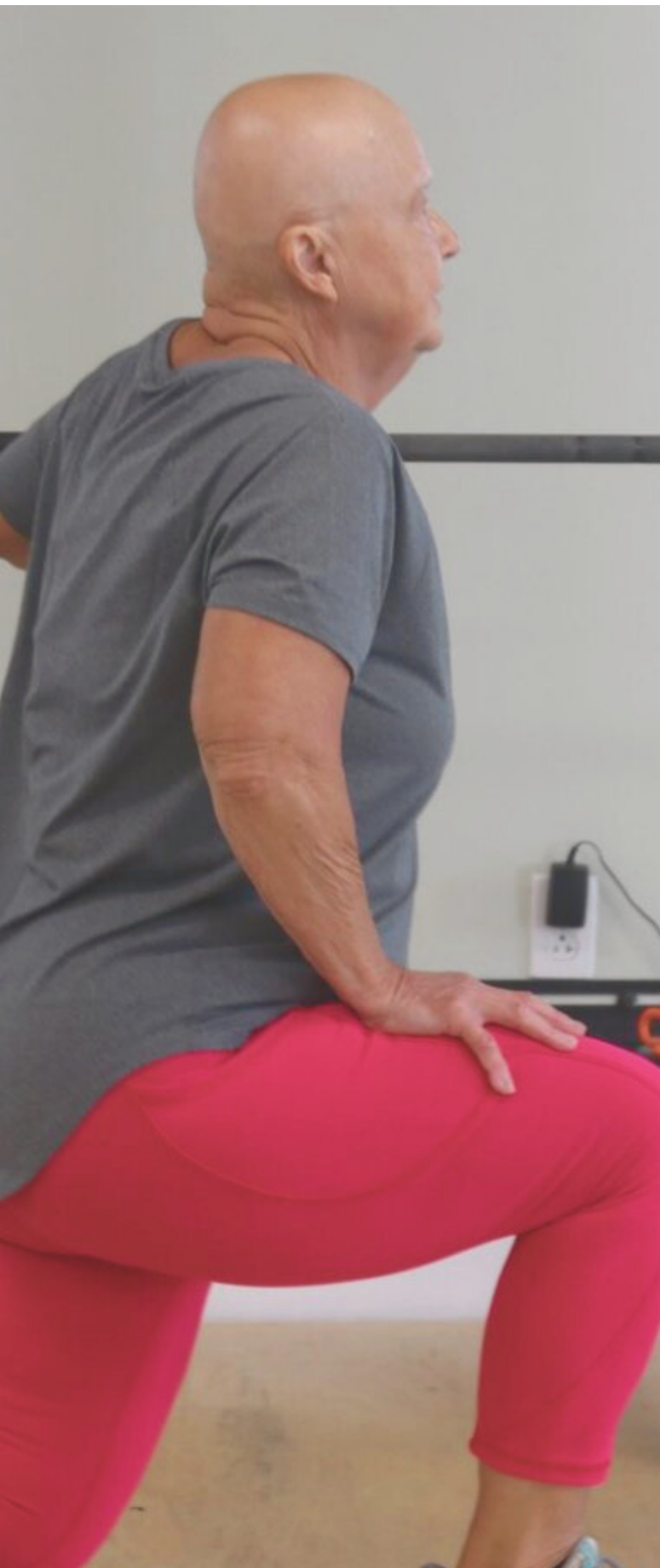
*-Debra Harvell, Survivor*

*"I feel like going to training each week and working out has helped me mentally. I think when diagnosed with cancer, you get scared and depressed. Working out and being told how good you are doing weekly helps your self-esteem. It truly helped me to be able to get up by myself when I could not use my arms."*

*-Ruth Roberts, Survivor*

*"Before I began working out at Crystal Coast Cancer Rehab, I felt like my body was dragging and I was just going through the daily motions. I now feel so much happier and I am proud of what my body can do that I previously could not do. I began about seven months ago, and while I love working out, my favorite part would be seeing all the familiar faces. I recommend this program to anyone I meet that is fighting cancer and I love telling my friends about all the work I am doing!"*

*-Debbie P, Survivor*

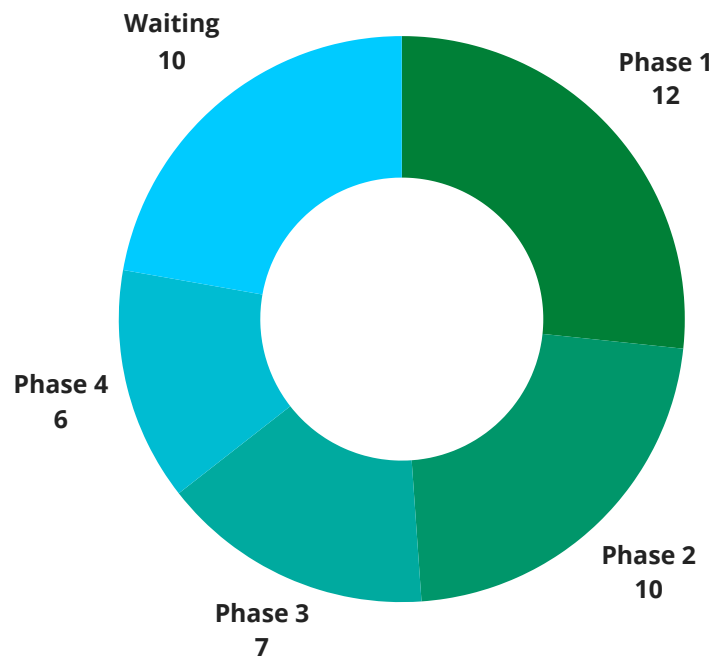


# ABOUT

Our program's main goal is to improve the survivor's quality of life and to offset any symptoms or side effects they may be experiencing as a result of their diagnosis, treatment, and prior medical history while maintaining flexibility on the client's behalf through the stages of the program. The intake process allows staff to understand the client as a whole, not just their cancer diagnosis. The exercise specialists meet with the client for Intake A, which provides the specialist with information on who the client is, what their goals are, and any possible speed bumps that they may encounter. The second session involves baseline testing for the specialist to gain a basic understanding of the client's physical abilities such as flexibility, cardiovascular endurance, and muscular strength. This assessment allows the specialist to create a fully customized, 12-week exercise program consisting of one on one hour long sessions with undivided attention from the specialist.

After 12-weeks, Cancer Survivors undergo a re-assessment which give us some tangible measurements of their progress. Take for example the results of one particular Cancer Survivor reassessments. This particular Survivor saw a **70% increase in strength measurements since beginning the program in April 2023.**

As indicated by the pie graph, you can see that we have at least 14 referrals waiting to schedule intake appointments to begin their rehabilitation program. Each week more referrals come in, but our Cancer Exercise Specialists' schedules are filled. We hope to bring on an additional specialist should the funding arise.



## 3 \$10,000 GRANTS AWARDED

