

Cowell Family Cancer Center Marks 10 Years of Care, Celebrates with Generous Pledge

Traverse City, Mich. — The Cowell Family Cancer Center (CFCC) is celebrating 10 years of providing advanced, compassionate cancer care to Northern Michigan with a significant philanthropic investment that will help shape cancer treatment in the region for the next decade and beyond.

To commemorate its 10-year anniversary, the center’s namesake, Casey and Dana Cowell, are renewing their support with a \$1 million community rallying gift. Their vision is simple, yet powerful: to inspire our community to invest in the future of local cancer care.

“Dana and I are pleased to announce our \$1 million pledge supporting future growth of cancer programs and expanded services across our region,” said Casey Cowell. “We made this commitment to challenge others across northern Michigan to join us in building on this momentum.”

Community members can support this effort by making a gift at www.munsonhealthcare.org/cancercarechallenge. Gifts of all sizes make a meaningful difference and no amount is too small in helping advance cancer care close to home.

The pledge and donations made will help support key priorities, including:

- Enhancing access to advanced treatment options and technologies
- Expanding supportive care services for patients and families
- Strengthening clinical programs and care coordination

- Investing in future growth, research and innovation

Since opening its doors, the Cowell Family Cancer Center has grown into a comprehensive regional cancer network, expanding access to high-quality care close to home. Today, the network includes eight locations, 30 oncology providers and 197 dedicated staff members working together to deliver coordinated, patient-centered care.

“For the past 10 years, the Cowell Family Cancer Center has been a place of hope and healing,” said Debra Henderson, Chief Development Officer, Munson Healthcare. “This generous gift ensures we can continue to elevate care, invest in new technologies and expand programs that make a difference for patients and families across northern Michigan.”

Over the past decade, the center has made a profound impact across northern Michigan, serving more than 46,000 patients. Each year, care teams support 105,000 infusion visits and delivery approximately 72,865 radiation treatments. The center also offers 113 infusion chairs and 16 advanced treatment options, ensuring patients have access to leading-edge therapies without the need to travel far from home.

Growth continues through innovative clinics and programs designed to meet emerging patient needs including:

Cancer Drug Repository (2021), which has collected more than 280 unused cancer medication donations to support patients in need.

Oncology Diagnostic Clinic (2023)

which has already served 1000 patients.

High-Risk Breast Cancer Clinic (2025) which has received 1,175 patient referrals, helping with earlier identification and support for individuals at elevated risk.

In addition to clinical care, the center has built strong connections throughout the region, hosting and participating in 21 partnerships and community events that promote education, prevention and support.

The Cowell Family Cancer Center was founded through the generosity of the Cowell family and community donors committed to bringing world-class cancer care to the region. Over the years, the center has evolved into a regional leader in oncology care, offering a comprehensive approach that includes medical oncology, radiation oncology, infusion therapy, imaging and supportive services—all under one roof.

“We are proud of what has been accomplished over the past decade and deeply grateful for the

continued support of our donors and community,” said Kathy LaRaia, Vice President, Oncology & Professional Services. “Together, we are building a stronger future for cancer care in northern Michigan.”

As the center looks ahead, leaders remain focused on advancing innovative, patient-centered care while continuing to grow access across the region.

“Reaching this 10-year milestone is both a celebration and an opportunity,” said Ed Ness, President & CEO of Munson Healthcare. “As cancer care continues to evolve, so must we. This extraordinary pledge from the Cowell family helps position Munson Healthcare to meet growing needs, advance innovation and ensure that world-class care remains accessible here in northern Michigan for years to come.”

For more information about the Cowell Family Cancer Center or to learn how to support its mission, visit <https://www.munsonhealthcare.org/cancer>.



Ed Ness, Casey and Dana Cowell, Debra Henderson, Joe du Lac

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= MENTAL HEALTH CORNER =

Connection is a Nutrient

When I was younger, it seemed like I could eat and live however I wanted. At some point in our lives, we come to the realization that we cannot live, or live well, on poor food, no sunlight, movement or proper sleep. Well, what if healthy and supportive relationships were just as important? What if, like the food we eat, our relationships are an essential nutrient that cannot be ignored? What if, like hunger, loneliness is simply a way our soul reminds us that it needs to be fed?

As humans, we are designed for connection. As a species we develop in families, groups, neighborhoods and communities. These all provided the important nutrients we needed to grow into people who felt safe, learned to share responsibilities, create purpose and share emotional regulation. Our modern life may have created a whole bunch of new conveniences, but it has also proved to have fewer meaningful points of connection.

When we compare our friendships and in-person social connections with our physical health, it's easier to understand that we don't

get strong without exercising. We don't get a garden without watering it, and we don't develop skills without practice. In the same way, we cannot expect our relationships to survive or even thrive without being intentional about our investments in them.

Our connections don't typically disappear suddenly. They fade away slowly when we stop maintaining them. Here are several simple ways to cultivate the connections that we already have or ones that we just met:

- 1. Make the phone call you have been putting off
- 2. Schedule a time for coffee, a walk or some Bible study.
- 3. Check in on people and let them know right up front that this is what you are doing.
- 4. Join something locally that is meaningful like yoga, a painting class or something that gets you around others.
- 5. If possible and safe for all parties, repair damaged relationships when possible.

That feeling of loneliness is really a message. It's not a failure. Just as hunger reminds us that it is time to eat, loneliness reminds us that it is time to connect with others. Is there a relationship in your life that could use the nutrient of attention? If we want a healthy life, we will need both nutrients from our food and nutrients from connecting with those we share our lives with. This is another way that we win at life.

-Adam DeVaney, LCSW, CECF

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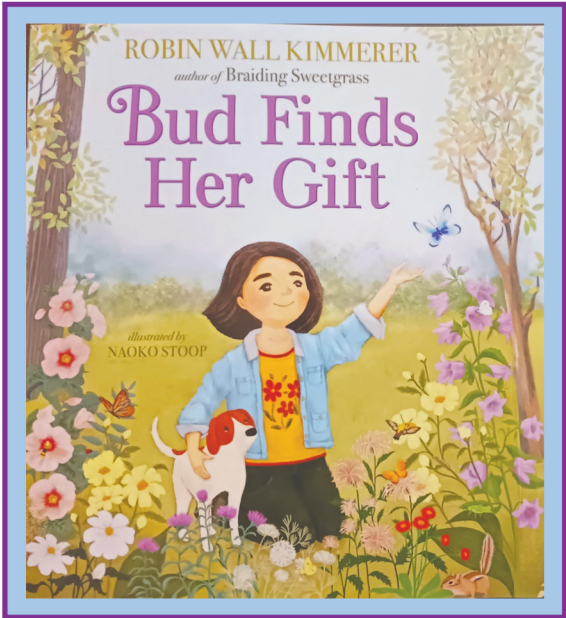
Adam DeVaney is a clinical social worker and therapist with over a decade of experience working with clients with a diversity of challenges from addiction and anxiety to overcoming trauma and helping people to learn what it takes to live their best lives. Along with his wife, Mandi, he founded Life's Work Clinic in Kalkaska, Michigan, and Life's Work Coaching with a local and global footprint. Adam has dedicated his life to serving others and walking with them on their healing journeys.



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