'Teal the Bridge Celebration'

Join us from 7-9 pm while Ovarian Cancer Together and the Tri-Cities Cancer Center raise awareness about ovarian cancer. The Cable Bridge will light up in teal that evening and through the month of September.

Thursday, September 1, 2016 • Clover Island Inn
435 N Clover Island Inn Drive • Kennewick
WITH A LITTLE HELP FROM HER FRIENDS: Living with ovarian cancer

By: Carl Berkowitz, TCCC Volunteer

What’s the first thing one does after starting the day at Sunday morning church, ending the day in the Kennewick General Hospital ER, and learning Monday morning that x-rays have revealed a large abdominal mass that will have to be surgically removed by specialists at Seattle’s Virginia Mason Hospital and Medical Center?

The first thing Jane Hunt did was contact tennis teammate Debbie Berkowitz to reschedule her playing schedule. “Debbie, Fran Sharpe and Elaine Chapman were there for me from beginning to end,” says this 12 year survivor of ovarian cancer. “Community support, from my tennis friends, my church friends, friends in the Tri-Cities American Contract Bridge League, and next-door neighbors, Mike & Danette Keegan and Mark & Karen Byrnes, helped me get through living with on-again and off-again cancer.”

Following her 2004 surgery in Seattle, Jane returned to Tri-Cities where physicians at Columbia Basin Hematology and Oncology (now Kadlec Hematology and Oncology) consulted with colleagues at Virginia Mason to develop and implement her post-surgery therapy.

Having follow-up care here in the Tri-Cities was a terrific benefit to her for many reasons including “…being able to stay in regular...
Jane came back to the tennis courts 8 weeks after her 2004 surgery ("My partners went easy on me for a little bit"). The surgery and chemo were successful, with no sign of cancer between 2004 and 2012.

It was during this time that Jane played on the local 6.0 level USTA team that went to and won Nationals. "Team members hiked up Badger Mountain many times before the big tournament. It definitely got us in shape for competition!"

With all this conditioning, Jane recognized something was wrong in June 2012 when she experienced chest pain and extreme shortness of breath, not while tramping up Badger Mtn. or playing tennis, but during a bridge tournament. "I took the unheard of action of walking away from the tournament! It was a good thing she did. Her trip to Kadlec Hospital resulted not only in finding an abnormal amount of fluid between her heart and pericardium but also resulted in a finding of malignant cells in this fluid. Her cancer had returned.

Proteins in the blood typically used to identify the source of these malignant cells gave ambiguous results. But her medical history and other symptoms led physicians at Kadlec Hematology and Oncology to suspect a return of ovarian cancer. Jane began a second regime of chemotherapy, similar to what she had received in 2004. While once again there was no nausea or diarrhea with this second round, neuropathy in her feet put an end to her days on the tennis courts. But not to her days near the tennis courts, where she still volunteers during tournaments at Columbia Basin Racquet Club. “I didn’t want to lose track of my tennis friends.” Or her bridge club friends (she’s been unit president twice), her church friends (she’s the head usher) or neighbors. “All are still part of my life.”

Now Jane makes every day special. In addition to her tennis, bridge, church and neighborhood activities, she participates in many of the Tri-Cities Cancer Center’s (TCCC) support programs and is also a TCCC volunteer with husband John. The Hunts have travelled extensively on all seven continents and last month returned from a 3-week trip to Hungary and surrounding countries. They have plans for more travel in the future.

As a young girl, Jane spent 6 years living in Washington D.C., where her father was active in national politics. It was a stimulating environment, with debates around the dinner table being common. But age differences between her older parents and families with youngsters her age resulted in a lack of other children with whom she and her sister could interact.

Books, however, were present in abundance. “Scarlett O’Hara from ‘Gone with the Wind’ was one of my favorite childhood characters. I’ve always been impressed by her strength under adverse conditions.”

And while a young Jane Hunt may have been impressed by Scarlett O’Hara, it’s easy to imagine Ms. O’Hara being equally impressed with today’s Ms. Hunt.
We all know good nutrition is important for good health. We also know to make adjustments in our diet when we are sick, such as good old fashioned chicken soup. Cancer and the treatments used to fight it create challenges to good nutrition. Chemo can cause mouth sores, changes in taste, nausea or diarrhea. Radiation can also cause these same problems depending on the area treated. Thus cancer patients, more than most, need adjustments to their diet or eating habits to maintain the strength necessary to get through treatment. Eating well is important before, during and after treatment to feel better and regain strength. Therefore, a good cancer treatment plan needs the help of a good nutritional expert.

In an effort to assist our patients with the challenges to good nutrition that cancer treatment can affect, we began a program last year called “Ask a Dietician,” This casual, open forum is facilitated by a registered and experienced dietitian. In an informal setting cancer patients and/or their caregivers can pose questions and get immediate answers to common or familiar issues. More difficult issues may need research and a later response.

Currently, our program is led by Alison Licquia MS, RDN, CD. Alison is a Nutrition Support Dietitian here in the greater Tri-Cities area with over a decade of experience in the field of nutrition support. She works primarily with patients both young and old, with a wide variety of diseases and conditions, who require nutrition through an IV or feeding tube. She loves every chance she gets to support the community through the “Ask a Dietician” program at the Tri-Cities Cancer Center.

“IT’S SUCH A REWARDING OPPORTUNITY. I GET TO SIT FACE TO FACE WITH THESE STRONG AND DETERMINED INDIVIDUALS, TO PROVIDE SUPPORT AND ENCOURAGEMENT ALONG THEIR JOURNEY TO REMISSION. I AM TRULY INSPIRED BY EVERYONE I MEET THROUGH THIS PROGRAM.” - ALISON

Serving cancer patients in a volunteer role, Alison comes to the monthly event with tips and tricks learned over the years and recipes or handouts on a variety of subjects. Those coming for advice or knowledge often have the same issues as others in the room even though their conditions are unrelated. In those moments participants find they are part of a larger community; a community of people determined to get through the cancer experience feeling better and gaining strength.

Our Ask a Dietitian program occurs on the first Tuesday of every month at 4:00 PM. Reservations are not needed. Alison will have a feature topic each month but leave plenty of time for the open forum question and answers. In addition, Alison has agreed to share her knowledge in a monthly newsletter column. You may pose a question on diet and nutrition for the cancer patient and potentially see your answer in our newsletter. We will publish as many responses as space allows. Send your questions to Joan Stewart, Community Education via email to: joans@tccancer.org.
Blood is the most precious and powerful gift that we can proudly give to another life. Our blood contains a myriad of components essential to life and health. Our blood can be readily transformed and tailored to meet the need of an individual patient, such as acute loss of blood or chronic illness. It is such an achievable, yet priceless pride that is endowed to every human being.

On average a healthy adult has around 10 pints of blood in his body. Only 10% of blood is drawn at each blood donation. Fortunately our bone marrow has this amazing ability to renew blood. We can quickly and easily replace the amount of blood we donate. A healthy adult can donate one pint of blood every 56 days. The amazing power of blood donation is that each donation of one pint of blood can potentially save up to three lives. If we start donating blood at age of 17 and donate 1 pint of our blood every 56 days, each of us is blessed with the power to save more than 1000 lives by the age of 76!

There is a constant and urgent demand of blood for health care of patients. Every two seconds one patient in the US needs blood or its derived products. About one in seven patients entering a hospital needs blood. 4.8 million Americans would die every year without blood transfusion. Unfortunately, blood cannot be stored for long period. Neither can blood be manufactured. The only reliable and lasting source of blood is compassionate donors like you. Regular blood donations by a sufficient number of healthy people are needed to ensure that safe blood will be available whenever and wherever it is needed. However not every human being is healthy enough to donate blood.

Only 37% of our country’s population is eligible to give blood. What makes the shortage of blood more dire and urgent is that less than 10% of the eligible donors donate annually. If you are eligible for blood donation, you are blessed with the power to give the gift of life.

Blood donation is a community’s responsibility. While you are reading this, one patient in our community needs blood. This patient could be a victim of an auto accident, a victim of hemophiliacs, a victim of acute loss of blood, and so on.

Let’s show the pride and compassion of our community. Donate blood and be a hero!
OUR COMMUNITY CARES!

Visit the Tri-Cities Cancer Center Foundation office or call (509) 737-3413 for more information.

An evening full of food, wine, shopping, live auction, drop ticket raffle and live music!

Tickets $50

Date: Friday, September 30, 2016
Time: Begins at 6 pm
Venue: Bella Fiori Gardens

Tickets available at the door, at Franki & Co, or the Tri-Cities Cancer Center Foundation Office

Benefactors: Tri-Cities Cancer Center Foundation and Lourdes Foundation

Make a Difference

RAISE MONEY FOR BREAST CANCER AWARENESS

Business boxes are a turnkey fundraising program that, with the help of your business, will create fun and awareness all month long.

Each box contains
- Donation Canisters to collect money
- Promotional items for added incentive
- Staked sign to designate your business
- List of easy and fun fundraising activities

Contact the Foundation today to receive a breast cancer awareness box and support patients with breast cancer in our community!

509.737.3413
foundation@tccancer.org
FEATURED SEPTEMBER EVENTS

Gentle Yoga
Facilitator: Teena Giulio
Date: Tuesday, September 13th, 10:00 - 11:00 a.m.
Yoga is known for its health and wellness benefits. Join us for a gentle, introductory yoga that can improve posture, stretch your body and relieve tension. At this class you will learn sitting yoga flow and yoga from a stance using a chair for stability. Whether you are a cancer patient, survivor or caregiver, we would like you to try yoga and explore how it can benefit you! Please call (509) 737-3427 for more information, reservations are not necessary.

Prostate Cancer Support Group
Facilitator: Margaret Ley and Dave Gossage
Date: Thursday, September 22nd, 5:30 p.m. - 7:00 p.m.
This is a brand new support group. Men facing prostate cancer have many treatment options and questions about the path that is right for them. This group is for men who want to gain insight from others on how they made their decisions, and how they manage beyond treatment to regain a healthy active lifestyle. Please call (509) 737-3427 for more information, reservations are not necessary.

Presentation: Pathology; The Science of Diagnosing Cancer
Presenter: Tomas King, MD
Date: Friday, September 23rd, 12:00 - 1:00 p.m.
Today’s cancer doctor needs a great deal of cellular information before they can choose the right treatments. Many in the industry would say the care plan can’t begin until the pathologist is done. Dr. King of Incyte Pathology would like to help you understand the many levels of tissue examination that goes into a cancer diagnosis. Please call 737-3427 to RSVP by Wednesday, September 21st. Lunch is provided with RSVP.

Presentation: Taking Care of the Caregiver
Presenter: LeAnne Turnbull, Lead Case Manager
Date: Wednesday, September 28th, 12:00 p.m. - 1:00 p.m.
Caring for an ill family or friend can be challenging and difficult. Too much to do, too little time and absolutely no time for yourself. Lead Case Manager, LeAnne Turnbull will be exploring caregiver supports available through Aging and Long Term Care. Please call 737-3427 to RSVP by Monday, September 26th. Lunch is provided with RSVP.

RSVP for presentations by calling (509) 737-3427 or visit tccancer.org. Presentations offered at no cost unless otherwise stated.

SERVING OUR COMMUNITY

Founded in 1994 as the radiation oncology service of Kadlec Regional Medical Center, Lourdes Health Network and Trios Health, the Tri-Cities Cancer Center has grown to be the community’s leader in cancer prevention, early detection, world-class treatment and survivorship.

Our mission is to provide the best cancer care for patients by working with key specialists, our owner hospitals, volunteers and our community. We are the regional provider of comprehensive cancer solutions. We are your Tri-Cities Cancer Center.

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Visit the Tri-Cities Cancer Center Foundation office or call (509) 737-3413 for more information.

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## SEPTEMBER 2016 CALENDAR OF EVENTS

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### September 30th, 2016 | 6:30am - 8am
Join us as we recognize **Breast Cancer Awareness Month** and light the Tri-Cities Cancer Center building in 3,000 pink LED lights. Education & fun will fill the early morning along with yummy snacks and treats. Free t-shirts to the first 150 people through the doors, limited to one per person. Fun promotions & booths will delight your day.

**There is no cost to attend this event.** For more information call the Foundation office at (509) 737-3413.

### OCTOBER 2016 CALENDAR OF EVENTS

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