April 2017 Newsletter and Annual Report

Tri-Cities Cancer Center
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www.tccancer.org
7350 W. Deschutes Ave., Kennewick, WA 99336

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April 2017 Calendar
2016 was an extraordinary year for your Tri-Cities Cancer Center. This past year we were the first cancer center in the nation to receive the American Society for Radiation Oncology (ASTRO) Accreditation for Excellence (APEx®). This prestigious recognition focuses on quality patient care and safety, validating our statement that “world-class care” is available right here in our community and available at your Tri-Cities Cancer Center. Adding to this, we renovated and expanded our original clinic for the first time since our doors opened in 1994. Our new patient centric space focuses on patient privacy, comfort, convenience and offers the very latest in cutting edge cancer treatment.

As extraordinary as 2016 was, 2017 promises to be even more remarkable as we have developed partnerships and programs to improve the health and wellness of our community. Just as it was nearly 23 years ago when we opened our doors, the milestone achievements of the Tri-Cities Cancer Center are possible due to the outstanding support of our three owner hospitals, Kadlec, Lourdes Health, and Trios Health, and our community.

On March 18th, we hosted our second Colorectal Cancer Pre-Screening Event in partnership with our owner hospitals. Our region has a high incidence of late stage colorectal cancer. This disease is the 2nd leading cause of cancer death in the U.S. and is also very preventable through screening. With our communities help sparking conversations about this disease, we had roughly five-times the number of people register for our event. Remarkable. While we still have more work to do, we took a significant step forward. Help us keep the conversation going by encouraging those you know to be proactive, be healthy and get screened for this very preventable disease. Colonoscopies literally save lives. Literally. Together, we are building a healthier community.

This spring the Tri-Cities Cancer Center’s Breast Cancer Program, offered in partnership with our owner hospitals, begins the next step towards accreditation as a nationally recognized Breast Center of Excellence. This program includes participation by over thirty physicians and ancillary staff who specialize in the treatment of breast cancer. Patients benefit by having multiple second opinions provided by specialists from Kadlec, Lourdes, Trios and the Tri-Cities Cancer Center, all in a single setting. Nationally, programs like ours have improved time to treatment and patient outcomes. This is world-class care.
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Overcoming cancer and achieving “survivorship” is something to be celebrated. However, life after cancer is different. How do patients best manage the side effects of treatment or avoid a recurrence of cancer? Who follows their care post-treatment and how can physicians be best apprised about a cancer survivor’s unique needs? Our new Survivorship Clinic is the answer to these questions. This spring we are expanding our Survivorship Program and offering our new Survivorship Clinic, staffed by ARNP Lisa Rootvik, a seasoned survivorship provider who will work closely with patients and their doctors. Life after cancer just got even better.

Lung cancer remains the leading cause of cancer death in the U.S. and a significant concern for our region. Survivorship often begins with early detection. We are expanding our early detection lung cancer screening program by closely partnering with our owner hospitals to expand screening to their locations while continuing to offer screening at the Cancer Center. Through this program we are able to find lung cancers early when they are very treatable. Positive findings are presented at our Thoracic Center of Excellence, which includes physicians from all three owner hospitals and the Cancer Center, who specialize in the treatment of lung cancer. This life saving program is available to everyone in our community who meets screening criteria.

This is just a glimpse of the exciting partnerships and programs we are bringing to our community in 2017. Award winning coach and author Bruce Brown once told me, “If you want to run fast, run by yourself. If you want to run farther… run together.” Together we can turn back the clock on cancer. Please join us as we work to improve the health and wellness of our community. Together we can prevent cancer. Together we can find cancers early, allowing greater treatment options and improved outcomes. Together we are growing our community of cancer survivors.

We are the community leader in cancer prevention, early detection, world-class treatment and survivorship.

We are your Tri-Cities Cancer Center.
A Look Back at our Exceptional 2016

ASTRO Accreditation for Excellence (APEx®)
We were the first cancer center in the nation to receive the American Society for Radiation Oncology (ASTRO) Accreditation for Excellence (APEx®). APEx is an independent radiation oncology practice accreditation program developed by ASTRO, based on a comprehensive set of sixteen evidence-based standards of radiation oncology practice. We truly have world-class care right here in our community.

Our New Clinic Was Completed!
Thank you to tremendous support from our community, our expanded and renovated clinic opened up in November. Our new patient centric space focuses on patient privacy, comfort, convenience and offers the very latest in cutting edge cancer treatment. An extraordinary future is ahead for the Tri-Cities Cancer Center and for all those we serve.

1st Ever Colorectal Cancer Pre-Screening Event
On March 19th, 2016, we hosted our first ever Colorectal Cancer Pre-Screening Event in partnership with our owner hospitals. Our region has a high incidence of late stage colorectal cancer. This disease is the 2nd leading cause of cancer death in the U.S. and is also very preventable through screening. Over 20 people were screened and 15 colonoscopies completed.

Benign Disease Treatment
While cancer will always be our number one focus, our technology allows us to treat non-cancerous (benign) diseases as well. In 2016, we were able to treat over 100 patients with these diseases such as Dupuytren’s Contracture, Ledderhose, Plantar Fasciitis, Trigeminal Neuralgia and Epicondylitis (tennis elbow/golfer’s elbow) and many others!
WELLNESS PROGRAMS
The Cancer Center partners with several area businesses and individuals to provide health and wellness offerings to individuals facing the challenges a cancer diagnosis can bring. Partners include: American Cancer Society, Franki & Co, Aesthetic Journeys, Touch Wellness Center, Tri-City Court Club and others.

Each month we host a variety of educational classes and presentations, offered at no charge and open to the public. Topics include: cancer specific presentations, mental wellness, financial planning, and more. This year we had 28 community education presentations offered at the Cancer Center and 33 people attended our free monthly Quit Tobacco Classes.

PROGRAM PARTICIPATION
Crafts & Conversation .................. 32
Art Expressions (started Nov. 2016) .... 6
Ask a Pharmacist (started Feb. 2016) ... 8
Ask a Dietician .............................. 66
Facials (discontinued Dec. 2016) ....... 30
Hair Cuts & Wig Styling .................. 47

Mindfulness Meditation (started March 2016) ..... 59
Gentle Yoga (started 2nd qtr. 2016) .......... 38
Look Good.. Feel Better™ .................. 24
Chair Massage ................................ 144
WellFit™ ........................................ 57

SUPPORT GROUP PARTICIPATION
Breast ..................................... 126
Cancer (General) ...................... 70
Warrior Sisterhood .................... 120
Ovarian ..................................... 44
Laryngectomy .............................. 44
Lymphoma/Multi-Myeloma .............. 68
Prostate .................................... 39
Kids Konnection ......................... 41

CANCER SCREENING PROGRAMS
The Tri-Cities Cancer Center provides numerous free cancer screenings throughout the year. We partner with our hospital owners and area physicians to provide this valuable service to our community.

Breast Cancer Screenings
195 Total Screened
153 Mammograms at Screening Events
25 Ultrasounds at Screening Events
167 Mammogram Coupons Issued at TCCC
50 Ultrasound Coupons Issued at TCCC
Through these efforts, we had 12 abnormal findings.

Cervical Cancer Screenings
168 Pap Smears
Through these efforts, we had 9 abnormal findings.

Colorectal Cancer Screenings
21 Pre-Screened with 15 colonoscopies completed
18 Fecal Occult Blood Test (FOBT)/ColoCare Kits distributed. ColoCare Kits are available at no charge throughout the year at the Tri-Cities Cancer Center.

Lung Cancer Screening Program
247 Lung Screenings (low dose CT)
Through these efforts we had 17 abnormal findings presented at our Thoracic Conference and 3 positive cancer findings which is consistent with national findings. We were also able to connect many of these individuals to our free monthly Quit Tobacco Classes.

Prostate Cancer Screening Program
83 People Screened
Through these efforts, we had 5 abnormal findings.

Skin Cancer Screening Program
103 People Screened
Through these efforts, 30 individuals were referred for suspicious findings.

TYPES OF CANCERS TREATED (2016 BREAKDOWN)
Looking Towards Our Extraordinary 2017

The Opening of Our Survivorship Clinic
Survivorship is about health, wellness and living beyond cancer. You became a survivor the day you were diagnosed. When treatment is completed, you need a clear path for the future. This spring we are expanding our Survivorship Program and offering our new Survivorship Clinic, staffed by ARNP Lisa Rootvik, a seasoned survivorship provider who will work closely with patients and their doctors.

Breast Accreditation
We continue to push forward to become an official Breast Center of Excellence. In May of this year, our program will undergo an onsite survey required for accreditation. We also offer a Thoracic and Genitourinary Center of Excellence as well. These three programs bring together physicians and ancillary staff from all three area hospitals and the Cancer Center to review cases, which leads to shortened time to treatment, improved outcomes and more effective treatment plans.

Prevention and Early Detection
The Cancer Center provides numerous free cancer screenings throughout the year. We partner with our hospital owners and area physicians to provide this valuable service to our community. Early detection saves lives. Be healthy. Get screened. Visit our calendar at tccancer.org to stay up to date with our screening events.

2nd Colorectal Cancer Pre-Screening Event
On March 18th we hosted our second Colorectal Cancer Pre-Screening event in partnership with our owner hospitals: Kadlec, Lourdes Health and Trios Health. This disease is the second leading cause of cancer death in the U.S. among men and women and is also very preventable. It takes community partnership to make significant improvements in the prevention and early detection of diseases such as colorectal cancer. We are happy to report our community responded to the call to Be Healthy and Get Screened by registering for our Pre-Screening event. While the final numbers are still being calculated, we had at least 5-times the number of people registered for this event compared to last year.

Lung Screening and Quit Tobacco
Lung cancer is the leading cause of cancer death in the U.S. among men and women. We are ramping up our efforts this year to reduce the late stage findings in our community as well as working even harder to prevent this cancer from occurring. Our free Quit Tobacco program is offered on a monthly basis – we are here to partner with you to beat the tobacco habit. To increase early detection screenings in our region, we are working more closely than ever before with our hospital owners to get more people screened. Any positive finding(s) detected of patients screened at the Cancer Center or any of our participating hospital owners will have their cases presented at our Thoracic Center of Excellence. It’s world-class care with community-wide convenience.
Thank you all so much for your ongoing support of world-class cancer care in our community. The community support of the Tri-Cities Cancer Center has been critical in creating the best care for our region.

For nearly 23 years, the Center has stood strong in the fight against cancer. And thanks to this vital community support, the Center’s future looks strong as our ability to greatly expand the service we provide rests on this abundant support we receive.

The combination of the world-class treatment, comprehensive support services and community education and cancer screenings has a dramatic impact on our community.

In 2016, services and programs funded through contributions to our Foundation have made an impact in many ways:

- Support for our Foundation helped fund the completion of the recent expansion of our radiation clinic, improving patient privacy and comfort and improving technology available in our community. This community support raised over $1.5 million dollars to fund this critical expansion.
- Our Navigation program combines nursing support with chaplain services to ease the burden of cancer by providing support to patients and their families. Through these services we are able to reduce patient distress by up to 75% in areas such as treatment decisions, financial challenges and physical issues.
- Providing our community with over 800 no-cost or greatly reduced cost cancer screenings in 2016, is improving the health of our community and reducing barriers to screenings. In 2017, the Cancer Center is planning a major roll out of initiatives designed to not only promote early detection of cancer in our community, but to educate and facilitate the prevention of cancer through healthy lifestyle choices. By supporting the Foundation, you can help stop cancer in its tracks.

Your support of the Tri-Cities Cancer Center Foundation provides so much to patients and their families in our region. Through your support of vital programs, early detection and screenings, advancements in technologies or implementation of clinical research trials, YOU and your contributions are ensuring that no one in our community will fight cancer alone.

Thank you for making a difference in the lives of cancer patients, their families and our community.

Warmest Regards,
Liz

Cancer Crushing Volunteers

In 2016, the Tri-Cities Cancer Center volunteers gave their incredible time and talents and together accounted for 10,456 hours of volunteer time! In doing so, the Cancer Center saved $250,944 in staff wages! Wonderful comments from our patients and staff have been said throughout the year about our volunteers and the presence that they bring to the Cancer Center. Each one of our volunteers chips in to help each other, our staff and our patients.

During the construction process for our new and remodeled clinic, our volunteers worked tirelessly and passionately to serve our patients and navigate their families through the building. They also worked on many projects at the Cancer Center for staff members and off-site for special events. Many organizations in the community provided teams of volunteers for events like our screenings and health fairs. Battelle Volunteers, MSA Cares, HAPO Community Credit Union, WSU and CBC Nursing, and The Kohl’s Team, to name a few, are some of the community organizations whose staff members dedicated their precious time to the Cancer Center. (continued on next page)
Cancer Crushing Volunteers (cont.)

From our Front Desk, Resource Center and Patient Attendants to our Data Entry Personnel and Third Party Event volunteers, each one of them comes in with a passion for the Tri-Cities Cancer Center, our patients and our mission: **To provide and coordinate the highest quality, compassionate cancer care for the communities we serve.**

By believing in the true value of what the Cancer Center brings to this community, our volunteers advocate for what they believe is the best cancer care in the region.

In 2017, we hope to exceed our volunteer hours by working with even more people of the community who have the passion to help others and want to be a part of this Cancer Crushing team, all while serving more patients and providing truly World-Class Cancer Care!

**Thank you to our volunteers!**

### 2016 Special Events

**Annual Fundraising Breakfast**
On March 17, 2016, over 750 community members gathered at our annual Fundraising Breakfast, generously sponsored by Mission Support Alliance. Our mission of the breakfast was to educate the community about the Tri-Cities Cancer Center and to raise funds in support of cancer patients and their families. Thanks to the incredible community support, just over $103,000 was raised to support the Tri-Cities Cancer Center!

**Run for Ribbons**
On May 7th, over 1,200 people participated in the 10k, 5k, 1 mile run/walk which raised nearly $60,000 for the Tri-Cities Cancer Center Foundation. With the help of over 60 volunteers, fun was had by all. We thank those who support the Tri-Cities Cancer Center, especially our 2016 sponsor, Numerica Credit Union. We are looking forward to continuing the tradition for the 8th annual event on Saturday, May 6th, 2017 and welcome our new presenting sponsor Lynx Healthcare!

**HAPO Golf Classic**
Over $75,000 was raised last year at the HAPO Golf Classic Tournament. Thanks to our lifetime title sponsor, HAPO Community Credit Union, participants enjoyed fun games and prizes, awesome tournament apparel and delicious margaritas at the Cancer Center Cantina! We are so grateful for the many businesses and individuals who have supported this tournament and the Tri-Cities Cancer Center mission. The 2017 HAPO Golf Classic will be held August 18th!

**Autumn Affair**
Over 500 community members celebrated an evening at the “Vintage Circus” 16th Annual Autumn Affair. Thank you to our Platinum Sponsor CH2M and to businesses and individuals in our region who together raised over $238,000. The 2017 Autumn Affair will be held on Saturday, November 4th at the Red Lion Hotel Pasco.
Thank You to Our Generous Community

The following donors provided essential support in 2016 to fund programs at the Tri-Cities Cancer Center. Donors at the Philanthropist, Visionary, Patron, Benefactor and Sponsor levels are recognized at their cumulative level of giving in recognition of their ongoing support of the Foundation.

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<th>Philanthropist</th>
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<td>HAPO Community Credit Union</td>
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<td>Columbia Center Rotary Club</td>
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<td>Healed With A Kiss</td>
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<td>June Hendrickson</td>
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<td>Kadlec</td>
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<td>Susan Lindsay</td>
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ALD Architects, P. S.
Allen Kirkpatrick
Ann Shattuck
Becky & Greg Armstrout
Ben & Vicki Dunn
Benton Franklin Head Start
Bernard & Constance Patterson
Bob Martin
Bob Moon
Bonnie & Matthew Taylor
Boys & Girls Clubs of Benton & Franklin Counties
Brashear Electric
Burbank Elementary PTO
Cary Counts
Chan Chiropractic
Christopher Murray & Carla Chiotti
Claudia & Doug Minnich
Colby Watling
Dan Breen
David Painter & Lori Selby
Deborah Larson
Dennis Simmelink
Diesel Performance Unlimited LLC
Duane Schmoke
Eli Lilly & Company
Fastsigns
Frank Shay
Girls Night Out
Go Creative, LLC
Gray Salon Services
Heintzberger Payne Advisors
HERO Ryder Cup Scrambler
Janine Hales
Jean Fillafer
Jeff & Roberta Clark

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Supporter (cont.)
Jeff Clun
Jen Gateley
Jerome & Judith Zoelick
Jerry & Connie Simiele
Jim Kion
JoAnn & John Deichman
John & Carol Serle
John & Kresa Dreher
Judy & Ralph Myrick
Karen & Justin DuBois
Katherine Gracie
Keith & Linda Klein
Kevin Gunn
Kohl’s
Korina & Tim Clements
Kyle Lapper
Lane & Jill Savitch
Len & Ronni Dreisbach
Leslie Drake
Linda Wierenga
Lisa Chapman Rosa
Lorie Orozio
Marco Solterino
Margaret & Joel Ley
Martha Zieger
Matt Backlund
Megan Maxwell
Melody O’Neal
Michael & Carol Tesky
Michael & Leanna Miller
Michael & Pamela McWhorter
Nick Gonzales
Nicole Prince
Oasis Physical Therapy
Obie & Kirby Amacker
Orthopedic Specialists of Seattle
Patrick & Angela Mohondro
Paul & Shirley Beaudet
Perfection Glass
Pfizer Inc
Prosper Professional Center
Raymond Geimer
Rick & Sandy Dunn
Robert & Sue Marple
Ronnie Walls
Ruth Allen
Scott Tingey
Sean Hutteball
Shawna Edinger
Sheila Coffey
State Farm Insurance
Steve Anderson
Steven Ghan
Sunriside Christian Schools
Suzanne Norris
System One Services
System Solutions Northwest
Tesarco Inc.
The Advisor Benefits Group, Inc.
Three Rivers Pathology
Tri-Cities Prep
Trish Jessop
Visiting Angels
Wanda Lee
Wesley & Sue Wheatley
William Robertson
Wingstop
Ying Zhuo

Advocate
AgReserves, Inc.
Aileen Ogata-Mendoza
AJ & Tracy Hill
Amy Coffman
Angel Trump
Anthony & Lori Peurung
AREVA Federal Services, LLC
Babe Nyberg
Barbara Forester
Beer and Bacon Festival
Betsy Miller
Beverly Hahnlein
Bill and Debbie Robertson
Bobby Bates
Boehringer Ingelheim USA
Corporation
Brandon & Brianna Schmidt
Carolyn & Don Shafer
Cesar & Vanessa Martinez
Chad & Janice Bartram
Cl Support, LLC
Clem & Patricia Walker
Colleen Staudinger
Community First Bank
Connell High School
Craig & Angie Jamieson
Craig Hewitt
Craig Timmons
Craig Walker
Dan & Kathy Bunn
Dave & Leanne Guyll
David Heimbrook
Dennis & Denise Clapp
Dennis & Susan Kreid
Ed Darcy
Elaine Baldwin
Erin Knivet
Esperanza Orozco
Felix & Lana Miera
Gary & Jacqueline Harvey
Globus Medical North
Greg Johnston
Gretchen & Scott Saunders
Gus Myers
Guy & Cindy Steen
Harley & Nikki Huston
Heidi Russell
Home Health Care Solutions
J & S Moon Farm, Inc
Jack & Jamie Burger
Janet Mokler
Jeff & De’ Anna Reiten
Jessica Dinsdale
Jim Buell
Joan Osborne
JoAnne Shadel
John & Gretchen Bookwalter
John & Kathy Conrad
John Cook
John Lafemina
Keith & Lois Johnson
Kendra Wallin
Kevin Byrne
Kyle Cox
Life Flight Network, LLC
Lifecare Solutions, Inc.
Lori Humphrey
Lori Lott & Greg Anderson
Lori Wilson
Lorie Melva Naccarato
Novartis Honorarium
Patrick Warrick
Peter Burke Family
Phillip & Theresa Sheely
Prosser High School
Renee & Neil Davis
Riverton Retirement and Assisted
Living Community, LLC
Rob & Nancy Clemmer
Robert & Nancy Rosselli
Robert Cook
Ryan & Jessica Lukson
Sally O’Neal
Sandra Anderson
Sarah Cushman
Sarah Timmons
Scott & Kathy Story
Sharon Walker
Shelley Cole
Skip Novakovich
Sondra Wilson
Sperline Raekes Law Office
Stanley Lu
Steve & Anita Young
Steve Ralston
Story Group, Inc.
Sunny Almeida
Susan & Jonathan Kon
Susan Holstein
Takeda Pharmaceuticals USA, Inc.
The Center for Dental Health
Thomas Moak
Tim & Cindy Doyle
Tim Culhane
Tim Fredrickson
Todd Corn
Tony & Linda Ingersoll
Townsquare Live Events
Tri-Cities Area Journal of Business
Tri-City Country Club
Trish Stephens
Valley Steel Construction
Vel Wright
Victor Ruiz & Joan Stewart-Ruiz
Vista Park Mini Storage, LLC
Wayne & Maureen Bell
Wendy West
West Richland Golf Course
Yoplicity Frozen Yogurt

In Memory Of
Albert Gomez
Alice Shaw
Allen Hess
Arnold Cheney
Audrey Orr
Becky Denke
Claudia Smith
Chano Cuello
Dana Fishback
Daniel Kosczewski
Daniel L. Shobe
Daniel Lemler
David Epperly
Deborah D. Gilbert
Delmer R. Vantine
Diane Bartlett
Diann Kummer
Dorothy Youngs
Ed Chapman
Elizabeth Shelby
Eric W. Davis
Eva Hubbard
George Jones
Gina Lupino
Gordon Brand
Greg Mumford
Harold E. Clark
Irm A Farnworth
Jan Morrow
Jean Evans
Jessie Mendoza
Jim Miles
Johnny Gower
Karla Schliep
Kay Kerbyson
Kyoko Muraoka
Linda J. Cowdrey
Marjorie Williamson
Marquita Jan Hubbard-Paulsell
Michael Mensinger
Miette Nelson
Mike Gilbert
Mollee Cloninger
Norbert Hoppe
Penny Taylor
Phil Williams
Phillip C. Doto
Randy Ray
Rhonda Simmelink
Richard Halverson
Richard Ingersoll
Roger Carter
Sally Blycert
Sue Peters
Terry Schouviller
Walter Frohn

In Honor Of
Martha Sandusky
Sue Wheatley

Please accept our sincerest apologies for any omissions we have inadvertently made.
The most common cancer in our society today is skin cancer. It is estimated there will be 3.5 million cases diagnosed in the US this year. While it is most prevalent in those with fair skin, anyone can get skin cancer. Basal cell carcinoma is the most common form of skin cancer followed by squamous cell and melanoma. People with a close relative diagnosed with melanoma are at a higher risk of getting melanoma and should have a physician check their moles and other spots at an annual skin check.

Treating skin cancer can be as easy as minor surgery with a local anesthetic. But what if your skin cancer surgery would be disfiguring? Or your overall health makes you a poor surgical candidate? In those cases, radiation therapy offers excellent results. Side effects from the radiotherapy approach are minimal such as reddening or peeling of the skin in the treatment area. These effects will pass within a few weeks.

We would prefer everyone reduce their risk of skin cancer and thus avoid those treatment choices. We encourage everyone to consider getting checked for skin cancer by their family physician or dermatologist. For those that need assistance, the Tri-Cities Cancer Center offers a free skin cancer screening event every spring. Please check our May newsletter for the next free skin cancer screening event.

How to Reduce Your Risk for Sunburn, Skin Cancer, and Early Skin Aging Caused by the Sun

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some—but often not enough—protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun’s rays are most intense.
- Wearing clothing to cover skin exposed to the sun—such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if the manufacturer intends to make a medical claim.)
- Using broad spectrum sunscreens with a Sun Protection Factor (SPF) value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun’s ultraviolet radiation.)

Always read the label to ensure you use your sunscreen correctly, and ask a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days, and apply it in the following ways:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. And more often if you’re swimming or sweating. (Remember to read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don’t have much hair, apply sunscreen to the top of your head, or wear a hat.

Also know these other facts:

- No sunscreen completely blocks UV radiation, and other protections are needed, too.
- No sunscreens are waterproof

Portions of this have been reprinted from the following website: www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm?source=govdelivery
FEATURED APRIL EVENTS

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

Presentation: Enhancing Oncology with Naturopathic Medicine
Speaker: Dr. Lindsey Josephson Bell
Date: Thursday, April 13th, 12:00 - 1:00 p.m.
Naturopaths are general practitioners that focus on healthy living. They use nutrition, exercise, herbs, and homeopathy that are all designed to support and enhance the body’s ability to regain health. Cancer treatments challenge many of the body’s systems and can benefit greatly from the support and care a naturopath can bring to the cancer care team. Please call 737-3427 to RSVP by Tuesday, April 11th. Lunch will be provided with RSVP.

Art Expressions
Facilitator: Brigette Phillips
Date: Wednesday, April 26th, 3:00 p.m. - 4:30 p.m.
Sometimes a cancer patient wants to relax and forget about the medical world. We hope our new Art Expressions class can do that and more. This monthly meeting provides an opportunity for cancer patients to make something special with the help of an art coach. Each month participants will leave with a completed project of varying modalities. Please call 737-3427 to RSVP by April 24th at noon. The class fee is $5 to cover materials. Registration is required.

Presentation: Oral Cancers: Treatable and Beatable
Speakers: Dr. Guy Jones, Tri-Cities Cancer Center and Dr. Terry Wigley, Lourdes Health
Date: Thursday, April 27th, 4:00 p.m. - 5:00 p.m.
Cancers of the mouth and throat can be in the cheek, tongue, tonsil or voice box. These cancers can cause problems in all facets of life from talking to swallowing. Like most cancers, they can be cured when found early. Dr. Wigley will be here to explain the diagnosis and surgical issues while Dr. Jones will explain how we control the disease that the surgeon can’t get! Light refreshments provided with reservation. Please call 737-3427 to RSVP by Tuesday, April 25th. Light refreshments will be provided with RSVP.

Run for Ribbons T-Shirt Decorating Party
Facilitator: Tri-Cities Cancer Center Foundation
Date: Friday, April 28th, 4:00 p.m. - 6:00 p.m.
Join us for our annual Run For Ribbons T-shirt Decorating party complete with supplies! Run For Ribbons is a 1-mile run/walk, 5K & 10K cancer awareness event taking place on Saturday, May 6th. Registered Run For Ribbons participants receive an event t-shirt featuring a blank cancer ribbon. It’s the Run for Ribbons tradition to decorate it, customize it, use it to honor a memory, celebrate survival, or to simply encourage hope. Also, special Cancer Survivor shirts are available exclusively to survivors to recognize their triumph over cancer. You can register for Run For Ribbons by visiting runforribbons.org or calling 737-3413. You can also register at our t-shirt decorating party. We will have t-shirts available for you!
# April 2017 Calendar of Events

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Event Information Key</strong></td>
<td>All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted.</td>
<td></td>
<td>Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org</td>
<td>Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org.</td>
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</tr>
<tr>
<td>WC - Wellness Center</td>
<td>FS - Fireside Room</td>
<td>RR - Reservations Required</td>
<td>LIB - Library</td>
<td>ACR - Admin Conference Room</td>
<td>VCR - Volunteer Conference Room</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>LARYNGECTOMEE SUPPORT GROUP</td>
<td>WC</td>
<td>1:15PM - 3:00PM</td>
<td>3</td>
<td>ASK A DIETICIAN</td>
<td>FS</td>
</tr>
<tr>
<td>7</td>
<td>PROSTATE CANCER SUPPORT GROUP</td>
<td>FS</td>
<td>5:30PM - 7:00PM</td>
<td>8</td>
<td></td>
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</tr>
<tr>
<td>9</td>
<td>WOMEN’S GUILD MONTHLY MEETING</td>
<td>WC</td>
<td>10:00AM - 11:30AM</td>
<td>10</td>
<td>MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS</td>
<td>WC</td>
</tr>
<tr>
<td>14</td>
<td>ASK A DIETICIAN</td>
<td>FS</td>
<td>4:00PM - 5:00PM</td>
<td>15</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
</tr>
<tr>
<td>19</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
<td>1:00PM - 4:00PM</td>
<td>20</td>
<td>LARYNGECTOMEE SUPPORT GROUP</td>
<td>WC</td>
</tr>
<tr>
<td>24</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
<td>1:00PM - 4:00PM</td>
<td>25</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
</tr>
<tr>
<td>29</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
<td>1:00PM - 4:00PM</td>
<td>30</td>
<td>FREE BREAST &amp; CERVICAL SCREENING</td>
<td>(See top of page)</td>
</tr>
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Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.
Run for Ribbons
TRI-CITIES CANCER CENTER

$25 Adults / $15 Youth
10k, 5k and 1 mile Run - Walk
Howard Amon Park in Richland

SATURDAY May 6th, 2017

What will you run for?
Join the Tri-Cities Cancer Center Foundation in support of local cancer patients and their families. Run for Ribbons is a 10k, 5k and 1 mile run/walk community event to raise awareness and promote prevention of all forms of cancers.

All funds raised from this event stay LOCAL.

Participants will receive an event t-shirt featuring a blank ribbon. It’s the Run for Ribbons tradition to decorate it, customize it, use it to honor a memory, celebrate survival, or to simply encourage hope.

8:30am - 11:00am: RibbonFest Cancer Awareness Health Fair. Free to the community.

Register online: www.runforribbons.org
Register by phone: 509.737.3413