

TRI-CITIES
Cancer Center
509-783-9894
www.tccancer.org
7350 W. Deschutes Ave.
Kennewick, WA 99336

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Cancer Center
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Pictured left:
The ribbon cutting of the
Tri-Cities Cancer Center.
Pictured right:
The official
groundbreaking.

YOUR TRI-CITIES CANCER CENTER FOUNDATION 25TH ANNIVERSARY

By: Elizabeth McLaughlin, Tri-Cities Cancer Center Foundation Director

This August marks the 25th Anniversary of the initial formation of our Tri-Cities Cancer Center Foundation. On August 13, 1993, community members gathered at Cavanaugh's Inn to formalize what was already an incredible grass roots effort to secure investments from community to build world-class cancer care right here, close to home.

At the time, the campaign to raise the \$2.1 million dollars to fund the building of the Tri-Cities Cancer Center (TCCC) was about 90% complete, mostly due to the work of the same community members who gathered at the meeting.

On the table for discussion were many topics, including updates to the construction of TCCC and the strategic goals that this Foundation would pursue, in order to build and grow our Tri-Cities Cancer Center. Attendees discussed financial goals for an endowment and the need for staff and patient support programs, capital support and the establishment of a core group of volunteers.

The goals of the Tri-Cities Cancer Center Foundation also identified needs beyond fundraising. The group was tasked to lead the development of the regional identity of the Cancer Center. The group knew that the Foundation would need to serve as the community relations arm of the TCCC, looking for ways to build regional confidence in the care and service of our Cancer Center.

Board members were selected and officers were identified to begin the process of incorporation and strategic development of the

TCCC Foundation. Joining the board in service in 1993 were:

- Hank McGuire, Chairman
- Gary McEachern, Vice Chairman
- Kris Kelley-Watkins, Secretary
- Sandra Gamble, Treasurer
- Bob Ashton
- Max Benitz, Jr.
- Jack Briggs
- Greg Carl, MD
- Jack Chapman
- Donald Cockeram
- Harold Cox
- Ron Hue
- Billie Jane Lampson
- Ed Ray
- Marilyn Robinson
- Joseph Spencer
- Donald Stancik
- Arlene Thompson
- Thomas C. Trotta, MD
- Sam Volpentest
- Sondra Wilson

These devoted Tri-Citians then worked to add additional members to the board, as well as discuss and monitor upcoming fundraising and community awareness activities. Joining these members were liaisons from our hospital owner foundations, who raised the needed support before the establishment of the Foundation to build the Tri-Cities Cancer Center:

- Mike McWhorter, KGH Foundation liaison
- Clayton Alford, Carondelet Foundation liaison
- Rollie Ehlers, Kadlec Foundation liaison

Support from a fundraising event honoring Billie Jane Lampson's birthday, a raffle held by local Kiwanis chapters, participation in the annual Nike Golf Classic and the proceeds from the yearly Rotary Duck Race sales were among the first fundraisers that benefited the newly formed Foundation.

Additionally, the Okeefinokee Golf Tournament found a home with the TCCC Foundation, after several past tournaments were held by the Kennewick General Hospital Foundation on behalf of the Cancer Center. The tournament, now named the HAPO Golf Classic, has raised nearly \$1.2 million dollars for cancer care in our community since becoming a part of the TCCC Foundation.

Volunteers hosted many other events as well. Bake sales, raffles, spaghetti feeds, chili cook-offs, volleyball tournaments and more, all created a base of support that still exists for the Foundation today. The establishment of our TCCC Guild and Men's Club was a critical factor in creating the far reaching support for the Foundation. These volunteers also served as tour guides once the Cancer Center was open and created the base for our volunteer program, which added over 12,000 hours in service to the Cancer Center in 2017.

From its beginnings as a vacant lot at Vista Field, community support took the Tri-Cities Cancer Center from vision to reality and made a dramatic impact on the quality of healthcare in our region. The birth of the Tri Cities Cancer Center was a grassroots community project. The Tri-City Herald called it "a triumph for Tri-Citians who struggled into the thicket of conflict to bring a worthwhile project to conclusion (and)...gives the entire community a reason to be proud of its own dedication for contributing to the quality of health care available in the Tri-Cities."

There have been many members of our community who have invested in world-class cancer care for our region since the Foundation began in 1993. Since this time, over \$20 million dollars have been raised to create the level of care and service, grow the availability of world class technology and provide extensive outreach and support to our early detection and prevention efforts.

The true spirit of this Foundation is in the support from our community. The Tri-Cities Cancer Center began as a vision to bring the best in cancer care to the place we call home. The people, the stories and generous contributions from the community made the vision a reality.

Fundraising from then until now

Areas of Need	Goal in 1993	Raised in 2018
Endowment	\$10,000	\$2.9 Million
Support for Programs	\$75,000	\$750,000
Capital Support	\$250,000	\$1.5 Million*

*Most Recent Capital Campaign 2016



Pictured above:
The Tri-Cities Cancer Center Foundation receives a \$50,000 check from Battelle.



A TRULY INSIDIOUS CANCER

By: Joan Stewart, RT(T), BA HCA Clinical Services
Project Coordinator, TCCC

As I begin making plans for September and the multiple cancer awareness events on the horizon, I took to the Internet for inspiration. There must be something out there new for Ovarian Cancer. After all, we have made much progress in melanoma, lung and kidney cancer; some of our deadliest just 10 years ago!

In my search I came across a blog from a Dr. Saul Rivkin, Swedish Cancer Institute Medical Oncologist, Founder and Chairman of the Rivkin Center. The Rivkin Center, based in Seattle, seeks to promote collaborative work and innovative research in early detection and treatment of ovarian cancer worldwide. The blog Dr. Rivkin had written called ovarian cancer 'insidious'. That word jumped off the page; what a perfect descriptor!

Webster's Dictionary defines insidious as it relates to disease as "developing so gradually as to be well established before becoming apparent". As you may have heard numerous times, if we can find cancer early we have a much better chance of cure. There is no debating that fact. For ovarian cancer, women with Stage I or II disease can expect a 5 year survival. For women with Stage III or IV, the 5 year survival rate is a meager 28%. And unfortunately, 71-75% of all ovarian cancer patients are diagnosed in advanced stages – it was well established before becoming apparent!

There is no one test to diagnose ovarian cancer and the symptoms sound non-threatening, even routine:

- Abdominal fullness or bloating
- Pelvic or abdominal pain
- Difficulty eating or nausea
- Urinary frequency or urgency
- Constipation or diarrhea
- Vaginal bleeding

Most women experience one or more of these 'signs' each and every month. It is when more than one symptom or sign lingers more than a week and is unresponsive to the normal remedy that one should consider seeking medical attention.

I am sad to say my Internet search today found nothing new for early detection or innovative diagnostic testing for ovarian cancer. A visit to the National Cancer Institute's clinical trials page and a search for any trial related to ovarian cancer resulted in 271 trials. A review of the first 20 listed finds 50% are trials not specific to ovarian cancer and nothing associated with early detection. Every late stage ovarian cancer patient hopes for the next breakthrough in treatment and we hope one or more of these trials will result in long-term disease free survival for the estimated 22,400 women that will be diagnosed with this disease every year.

An article published in a recent issue of Science magazine reported on the development of a test called CancerSEEK¹ which, if successful, would detect several types of cancer at early stages; ovarian, liver, stomach, esophageal, pancreatic, colorectal, lung and breast. The test would look for gene mutations within the DNA found in blood that came from cancer cells and other biomarkers and proteins. The



Be sure to join us for our Teal the Bridge Celebration event listed on the back page of this newsletter!



study shows promise, but much more work is needed to understand the effectiveness of this test for the detection of cancer. If the test resulted in a false positive (a misleading wrong answer), much unnecessary testing and mental anguish would be the only result for the patient.

The best recommendations we can make at this time for the early detection of ovarian cancer are for women to pay attention to their body and subtle changes, maintain a strong relationship with a primary care physician, and pursue a physical exam with a gynecologist annually. Though the US Preventative Services Task Force does not recommend routine screening for ovarian cancer, all healthcare agencies recommend an annual Well Woman Check for a physical exam, documenting health status and setting health goals. Remember, a PAP test is not an ovarian cancer test. Inform your doctor if you have a family history of breast and/or ovarian cancer as you may be at increased risk. Other factors that increase your risk of ovarian cancer include hormone replacement therapy, obesity or a history of endometriosis. If you have difficulty finding a healthcare provider or want more information, reach out to one the Tri-Cities Cancer Center's Nurse Navigators at 783-9894.

1Reference: Cohen et al. (2018) Detection and localization of surgically resectable cancers with a multi-analyte blood test. Science. PMID: 29348365 DOI: 10.1126/science.aar3247

OVARIAN CANCER STATISTICS

A woman is diagnosed with ovarian cancer every

3.5
hours

22400 women will be diagnosed with ovarian cancer this year.

If diagnosed and treated before it spreads outside the ovaries, the

5-year survival rate is 92%

The overall **10-year survival rate is 35%**

In Washington state, a woman dies every day of ovarian cancer.

14,800 women will die of ovarian cancer this year.

Ovarian cancer is the leading cause of gynecological cancer-related deaths among women between the ages of

35-74

The BRCA gene mutations are also related to ovarian cancer.

More than **70%** of women diagnosed with ovarian cancer are found to have advanced disease.

Seven in 10 women die within five years of an ovarian cancer finding.



OUR COMMUNITY CARES!

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



**Make a Difference • Support a Cause
Give Back • Attract Customers
Help raise money for Breast
Cancer Awareness.**

This October, support breast cancer patients in our community and partner with the Tri-Cities Cancer Center Foundation. **Sign up to receive a FREE breast cancer awareness box.**

Each box contains:

- Donation canisters to collect money
- Pink promotional items
- Staked signs to designate your business
- Fundraising activity ideas

100% of the funds that are raised in the program benefit breast cancer patients in the community. Contact Hannah, Donor Relations Coordinator at 509-737-3452 or hannahs@tccancer.org for more information.

Please join us the morning of Friday, September 28th from 6:30-8:00am at the Tri-Cities Cancer Center for our Let's Make Pink Just Another Color event! There will be fun booths, treats, and raffles to benefit Breast Cancer Awareness efforts in our region! We will be lighting the building pink once again in honor of those impacted by breast cancer. The first 100 people will receive free t-shirts! Come out and learn why TCCC is your best choice in the fight against breast cancer.



Friday, September 14

6pm-11:00pm - Bella Fiori Gardens
219605 E Perkins Rd
Kennewick, WA 99337

\$100 includes dinner, beer, wine
and non-alcoholic drinks

**Proceeds
Benefit**



SERVING OUR COMMUNITY

Founded in 1994 as the radiation oncology service of Kadlec, Lourdes Health 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.

2018 GOVERNING BOARD

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Sue Mandell, MD

Elizabeth McLaughlin



FEATURED SEPTEMBER EVENTS

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

Teal the Bridge Celebration

Date: Thursday, August 30th, 7:00 p.m. - 9:00 p.m.

Please join us the evening of August 30th at the Clover Island Inn, 435 N Clover Island Inn Drive in Kennewick, as the Tri-Cities Cancer Center Foundation celebrates and remembers those impacted by ovarian cancer! Drink and food specials available all night. The bridge lighting will be at dusk.

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

Presentation: Functional Medicine in the Cancer Clinic: Chapter 1, Microbiome

Speaker: Dr. Lindsey Josephson, Naturopathic Physician, Tri-Cities Cancer Center

Date: Thursday, September 6th, 12:30 p.m. - 1:30 p.m.

What is functional medicine and how can it add to your cancer risk reduction? Dr. Lindsey Josephson will be unwrapping the mysteries of functional medicine and how it improves overall health and reduces cancer risk one topic at a time. Join us for our first chapter this month with the miracles of our gut microbiome! Learn how the living organisms in your gut take care of you and how you can return the favor for better health. A new chapter coming every month this year!

Please call 737-3427 to RSVP by September 3rd. Lunch is provided with reservation.

Brain Tumor Support Group

Facilitator: Margaret Ley, Chaplain, Tri-Cities Cancer Center

Date: Thursday, September 20th, 10:00 a.m. - 11:30 a.m.

Brain Tumor Support Group meets monthly, the third Thursday of each month at 10:00 am at the Tri-Cities Cancer Center. This group is open to patients and caregivers seeking support, and willing to share ideas and information about surviving and thriving with brain tumors during and after treatment.

Please call (509) 737-3427 for more information. Reservations are not necessary.

Let's Make Pink Just Another Color

Date: Friday, September 28th, 6:30 a.m. - 8:00 a.m.

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 100 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.**

Teal the Bridge Celebration

Thursday, August 30, 2018 • Clover Island Inn
435 N Clover Island Inn Drive • Kennewick

Social Gathering 7 - 9 PM - Bridge Lighting Ceremony at dusk

Please join us the evening of August 30th as the Tri-Cities Cancer Center celebrates and remembers those impacted by ovarian cancer. Drink and food specials available all night. Please call (509) 737-3413 for more information.



SEPTEMBER 2018 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENT INFORMATION KEY All classes offered free of charge at the Tri-Cities Cancer Center unless otherwise noted. WC - Wellness Center LIB - Library RR - Reservations Required ACR - Admin Conference Room RC - Resource Center VCR - Volunteer Conference Room FS - Fireside Room			Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.	30 (August) TEAL THE BRIDGE CLOVER ISLAND INN 7:00PM - 9:00PM	31 (August)	1
2 Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org	3	4	5 OVARIAN CANCER SUPPORT GROUP FS 1:00PM - 2:30PM	6 CANCER SUPPORT GROUP VCR 10:00AM - 11:30AM PRESENTATION: FUNCTIONAL MEDICINE IN THE CANCER CLINIC WS 12:30PM - 1:30PM	7 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM	8
9	10 WOMEN'S GUILD MONTHLY MEETING WC 9:30AM - 11:00AM LARYNGECTOMY SUPPORT GROUP VCR 12:00PM - 2:00PM	11 MEN'S CLUB MONTHLY MEETING WC 7:30AM - 8:30AM GENTLE YOGA WC 10:00AM - 11:00AM ASK A PHARMACIST FS & RR 4:00PM - 5:00PM	12 WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	13	14 TRUCK STOP EXPERIENCE BELLA FIORI GARDENS 6:00PM - 11:00PM PROCEEDS BENEFIT THE TRI-CITIES CANCER CENTER FOUNDATION 	15
16	17	18 ASK A DIETICIAN FS 4:00PM - 5:00PM	19 LOOK GOOD... FEEL BETTER® VCR (PRE-REGISTRATION REQUIRED) 1:00PM - 3:00PM	20 BRAIN TUMOR SUPPORT GROUP VCR 10:00AM - 11:30AM	21 BREAST CANCER SUPPORT GROUP FS 9:00AM - 11:00AM QUIT TOBACCO VCR & RR 1:00PM - 2:30PM	22
23 Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org	24	25	26 ART EXPRESSIONS VCR & RR - \$5 FEE 3:00PM - 4:30PM	27 MINDFULNESS MEDITATION FOR HEALTH AND WELLNESS VCR 12:00PM - 1:00PM LYMPHOMA-LEUKEMIA MULTI-MYELOMA SUPPORT GROUP VCR 3:30PM - 4:30PM PROSTATE CANCER SUPPORT GROUP VCR 5:30PM - 7:00PM	28 LET'S MAKE PINK JUST ANOTHER COLOR 6:30AM - 8:00AM 	29
30						