



509-783-9894

www.tccancer.org

7350 W. Deschutes Ave.
Kennewick, WA 99336

2

Long-time Employee
Shares Her
Perspective on
25 Years of
Caring

4

HPV Effects on
Cervical Cancer

6

Our Community
Cares!

8

January 2019
Calendar

You have the power to prevent certain cancers in your children. Find out more about the HPV vaccine in this newsletter!



Pictured left:
Kristi with her husband
Jeff at Autumn Affair
Pictured right:
Three of their kids and nine
of our 11 grandkids at
her father-in-law's
house in Kansas

LONG-TIME EMPLOYEE SHARES HER PERSPECTIVE ON 25 YEARS OF CARING

By: Ken Gamboa, Director of Marketing and Business Development, TCCC

We are extremely proud to be celebrating our 25th year of providing world-class cancer care to our community. As we kickoff this amazing year, I wanted to sit down with long time employee, Kristi Rhodes, Radiation Therapist, who started with the Tri-Cities Cancer Center when we first opened our doors back in 1994.

Tell me about when you first began working at the Tri-Cities Cancer Center?

I will never forget the weekend that we moved and unpacked all of the boxes the old Kennewick General. We were excited because the new space was so huge and we thought there was no way we were ever going to be able to fill it. It was overwhelming and beautiful and within six months, we knew we had to need to expand our patient services and get new equipment.

Can you talk a little about what the Cancer Center was like when it first opened in 1994?

There were 12 employees who started working the very first day. Most of us were transfers from Kennewick General as well as a few new employees. It was such a small group and from the very get go we were a very close knit family. That is one thing I've always cherished about working here - we are family. We take care of each other, we look out for each other, and we help each other. Even with the growth, we are still a family.

"If I had to pick one word, it would be hope. I feel like we offer our patients and their families hope."

Pictured right: Three of Kristi's grandkids having fun at a pumpkin patch during Halloween



As a long-time employee of the Cancer Center, if there is one thing you would like to share about our 25 year history, what would it be?

I am just so proud of what the community has done in creating the Cancer Center. It started as an idea, one little spark and it took off. It is exciting to see what our donors and three owner hospitals have been able to accomplish by pulling resources and building one great facility. I am very proud of our community and our donor hospitals.

The technology inside the Cancer Center is cutting edge; can you share your thoughts on our world-class treatment?

It makes me so excited to know that people in our community can actually receive world-class treatment right here at home. There are many things that are on par and or exceed what they are doing in some of the bigger cities around us. We have many patients that go to these bigger facilities to get second opinions and they are referred right back to us to get their treatment. They are able to get treatment right here at home where their support network is and that's very exciting. That's where you should be. You should be where your support is, where your loved ones and the people that want to rally around you are, so they can support you when you are going through your cancer treatment.

What has been the impact of the Tri-Cities Cancer Center on you?

For me personally, I can't imagine having a more rewarding career. When I started in radiation therapy, I was a young 22 year old woman, newly married, and expecting my first child... I have grown up with the Cancer Center. I am so excited and proud of what we've been able to accomplish.

Over the years, there are usually personal memories that will always stick with you. Are there any that you will always remember?

Many years ago, I had a rough day and I was feeling tired and unaccomplished. We were treating one of the greatest guys, a young man with a bad disease and yet he had a super great attitude. We got done with his treatment and he said, "Hey, why don't you come out to the waiting room so I can introduce you to my wife." I thought, "Okay, I can do that." So, I walked out to the front with him and this tiny little blond girl from across the room squeals, "Daddy, daddy, daddy," and leaps out of her chair and runs across the room and jumps into his arms. He turned and looked at me and said, "Just in case you wondered, that's why you came to work today." It touched my heart and it meant so much to me. We all have bad days once in a while or when you're not getting things accomplished the way you'd like. That's when I remember the reason I am here today, and it's to take care of people and I am honored to do that. Sometimes you just need those touchstone moments to put everything in perspective.

When you think of the Tri-Cities Cancer Center, what word comes to mind?

If I had to pick one word, it would be hope. I feel like we offer our patients and their families hope. Hope that things are going to get better. Hope for positive outcomes. Hope for more time with loved ones. Hope for improved quality of life. There's always hope. The Cancer Center does a really great job with our navigation programs, support services, giving our patients and their caregivers and their families hope and support to help get them to a better tomorrow. That means a lot to me.

Thanks for taking time to share your story, Kristi.

Be sure to stay up-to-date with all of our stories and information on our website at tccancer.org/anniversary



HPV EFFECTS ON CERVICAL CANCER

By: Dr. Daniel Bahn Miller, DO, Columbia Shores OBGYN

Recent changes have altered the age of receiving the HPV vaccine from ages of 9-25 to the ages of 9-45. This is exciting news, since high risk HPV accounts for causing over 99% of cervical cancers. HPV 16, and 18, which are two of the strains covered by the vaccine account for 50% and 20% of cervical cancers caused by HPV. This in turn will reduce cervical cancer up to 70%, depending on the number of women vaccinated, which is significant since cervical cancer is the second most common cancer in women.

Pap smears have reduced cervical cancer up to 80%, but these programs are expensive and are limited to those who have access. HPV vaccine prevention costs much less and has the potential to reach not only those with access, but those without. So the compliment of pap smears and HPV vaccination offers a bright future of significantly reducing cervical cancer.

HPV VACCINATIONS FOR ADULTS

By: Joan Stewart, RT(T), BA HCA Clinical Services Project Coordinator, TCCC and Ambassador, American Cancer Society Mission: HPV Cancer Free

As some of you may have heard, a three dose regimen of the HPV vaccine has been approved by the FDA for adults from 27-45 years of age in October 2018. Prior to this, the vaccine in a two dose regimen was approved for children from ages 9-14 and a three dose regimen for those from age 15 through 26. So what does this mean? Should every adult under the age of 45 who has not had the HPV vaccine run out and get it?

The FDA approval was based on a 3.5 year study of 3200 women ages 27-45. The study showed the vaccine was 88 percent effective in the prevention of HPV infection and the various disease states related to the virus such as genital warts and precancerous cervical lesions. But FDA approval is a far cry from a public policy or medical professional recommendation.

According to the CDC, every year about 14 million Americans become infected with HPV; about 12,000 women are diagnosed with, and about 4,000 women die from, cervical cancer caused by certain HPV viruses. Additionally, we know HPV viruses are related to several other forms of cancer affecting men and women. Thus, a vaccine that can prevent an infection that could someday lead to a cancer is a good thing, but it may not be a necessity for every adult over the age of 26.

We await the recommendations for this vaccine from the Centers for Disease Control, the American Cancer Society and the United States Preventative Services Task Force. At this time, any decision regarding the use of this vaccine in the adult population should begin with a discussion with your family physician. Some people may find it would be prudent, others may find it unnecessary. In all cases, it may not yet be covered by insurance and will be an out-of-pocket expense. We recommend in this case, a conversation with your health care provider.

MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS

By: Lindsey Josephson, Naturopathic Physician, TCCC



According to a recent survey by U.S. News & World Report, 80% of New Year's resolutions are abandoned by February. There are a number of reasons for this staggering statistic, but here are a couple strategies to help you beat the odds this January:

1. Small changes sustained over a lifetime will have far more impact on your life and well-being than a mad rush to do everything "perfectly" for the duration of January.
2. If you fail to plan, you plan to fail. This means breaking down your goal into actionable steps you can take every day.
3. Make your goal specific. This allows you to know if you are on track to achieving that goal. One of the most common goals every new year is to "get healthier". While everyone wants to be healthier this is a goal you can never achieve. If you get more specific, however, you can achieve it. So a goal like "quit smoking", or "eat fish twice per week" will make you healthier if you follow through on it.

With those things in mind, I would like to propose some small, measurable goals that can go a long way to improving your health with little or very little effort. Also, remember that while the New Year is a very popular time to enact new positive changes you can actually adopt positive lifestyle habits at any time of year, so once you have gotten into the habit of one of these changes you can start another or make a new change that's all your own.

1. Increase your vegetable intake by one serving every day.
2. Increase your water consumption by 8oz (1 cup) every day.
3. Take three deep, calming breaths every day.
4. Go for a five minute walk after lunch every day. If you already exercise regularly, try increasing your exercise by five minutes every day.

January is Cervical Cancer Awareness Month. The American Cancer Society's estimates for cervical cancer in the United States for 2018 are:

13,240 - The number in which new cases of invasive cervical cancer will be diagnosed

4,170 - The number of women who will die from cervical cancer

Midlife - The time where cervical cancer tends to occur

35 and 44 - Between these ages that cervical cancer is most frequently diagnosed in women

20 and younger - The age that cervical cancer rarely develops in women

15% - The percentage of cases of cervical cancer that are found in women over 65



OUR COMMUNITY CARES!

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

TWENTY-FIVE
YEARS OF
CARING

Tri-Cities Cancer Center Foundation

2019 *Save the Dates!*

Fundraising Breakfast – March 19, 2019

Join us at the Three Rivers Convention Center for our annual Fundraising Breakfast. The mission is to educate the community on the progress of the Cancer Center and to raise funds in support of cancer patients and their families. Table host spots available!

Run for Ribbons – May 11, 2019

Be sure to mark your calendar for Run for Ribbons in the beautiful Howard Amon Park. Rally your friends, families or coworkers to celebrate a cancer survivor or honor a loved one's memory. You don't want to miss this 10k, 5k, and one mile event. Registration begins in January, visit runforribbons.org for more information. Sponsorship opportunities available!

25th Anniversary Celebration – July 20, 2019

Since 1994, the Tri-Cities Cancer Center has been providing cancer care, education, and support to residents of Kennewick, Richland, Pasco, and the surrounding rural communities in eastern Washington. We are proud to celebrate 25 years of providing world-class cancer treatment, survivorship, prevention and early detection programs delivered with excellence here at home. Join us on Saturday, July 20th at Bookwalter Winery as we celebrate our 25th anniversary. Tickets will be on sale in our Foundation office in 2019 so stay tuned for more details for the exciting things we have in store this coming year!

HAPO Golf Classic – August 16, 2019

Thanks to the generous commitment by HAPO Community Credit Union, title sponsor in perpetuity, participants enjoy many fun games and prizes, awesome tournament apparel featuring hole-in one opportunities, great tee prizes, delicious food, and so much fun. We are so grateful for many businesses and individuals who have supported this tournament and the Tri-Cities Cancer Center mission. Sponsorship opportunities available!

Over the Edge – September 21, 2019

Brave Edger's will have the opportunity to rappel down the HAPO Business Complex, in exchange for donations back to OUR amazing local non-profit organization, Tri-Cities Cancer Center Foundation. Our event will be on Saturday, September 21st, 2019 at the HAPO Business Complex (Yes, the flashcube building) in Kennewick. How do YOU participate? Sign up now to become an Edger at <https://give.overtheedge.events/TCCCF2019>. Easily set up your personal fundraising page, Fundraise \$1,000 or more and experience the once-in-a-lifetime opportunity to rappel down the HAPO Business Complex!

Autumn Affair – November 9, 2019

The 19th annual Autumn Affair six course dinner, silent and live auction along with entertainment will be on Saturday, November 9th, 2019. Reserve your table of 8 or 10 today!

If you are interested in our various sponsorship opportunities, hosting a table, making a reservation at any or all of our events, please call Lori Lott, Special Events Coordinator at (509) 737-3373. Have you always wanted to volunteer? Give your time and talents as a volunteer at the Tri-Cities Cancer Center or at our events, contact Babe Nyberg, Volunteer Coordinator at (509) 737-3434.

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.

2019 GOVERNING BOARD

Jeff Petersen
CHAIR

Reza Kaleel
VICE CHAIR

Wanda Briggs
SECRETARY & TREASURER

Tim Doyle

Julia Hamrick

Basir Haque, MD

Susan Kreid

Bob Smith

Jennifer Smith, MD

John Solheim

Kevin Taylor, MD

ADMINISTRATION

Chuck DeGooyer

Michele Caron

Vicki Dehler

Ken Gamboa

Elizabeth McLaughlin



FEATURED JANUARY EVENTS

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

Warrior Sisterhood

Date: Wednesday, January 9th, 5:30 p.m. - 7:00 p.m.

A group for active women balancing job, family and a busy life along with cancer treatments and recovery. The location varies due to planned activities or special interests of the group. For more information, please visit tccancer.org/warrior-sisterhood or on Facebook at facebook.com/warriorsisterhood.

Please call (509) 302-1151 for location of the meeting.

Ask a Dietician

Facilitator: Audrey McGary, RD, CD, Lourdes Health

Date: Tuesday, January 15th, 4:00 p.m. - 5:00 p.m.

A monthly meeting for cancer patients and their loved ones to learn more about nutrition and its role in the fight against cancer, maintaining health during treatment and cancer prevention overall. A portion of the meeting will focus on a topic of interest in general and at least 30 minutes each month will be available for general questions from the attendees or discussion of dietary concerns.

Please call (509) 737-3450 for more information, reservations are not necessary.

Presentation: Cancer Care for Our Children

Speaker: Dr. Judy Felgenhauer, Pediatric Oncologist, Providence Sacred Heart Spokane

Date: Friday, January 18th, 12:00 p.m. - 1:00 p.m.

When a child is sick, the comforts of home help in the healing. Often the comforts of home are not an option for a child with cancer. The Tri-Cities can accommodate some pediatric cancer care but much needs to be addressed by a pediatric oncology care center. Dr. Judy Felgenhauer, Pediatric Oncologist at Providence Sacred Heart Spokane, clarifies for us what can be done locally and what (and why) cancer care needs to be taken "out of town" for many childhood cancer diagnoses.

Please call 737-3427 to RSVP by January 16th. Lunch is provided with reservation.

Mindfulness Meditation for Health and Wellness

Facilitator: Chris Murray, Insight Meditation of the Mid-Columbia

Date: Thursday, January 24th, 12:00 p.m. - 1:00 p.m.

Mindfulness includes acceptance of the present moment and recognizing that everything changes. Clinical studies have shown mindfulness meditation practice to be an effective and safe way to reduce stress-related medical problems, anxiety, and depression while brain imaging has shown that a regular mindfulness practice can change brain function and structure in a positive and significant way. In each support group session, we will review techniques to enhance mindfulness and discuss how these techniques can be used to complement cancer therapies. Then we'll practice mindfulness meditation in a group setting. Patients, caregivers, friends and family are invited to participate.

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

Stick to your New Year's Resolutions!

Quit Tobacco - Two sessions, one of them after work hours!

Facilitator: Joan Stewart, BA, HCA and Rebecca Sutherland, MPH, Tri-Cities Cancer Center

Date: Tuesday, January 8th, 3:30 p.m. - 5:00 p.m. and Thursday, January 31st, 5:30 p.m. - 7:00 p.m.

This program will help you identify triggers, come up with ways to beat them, and discuss the use of stress reduction and nicotine replacement therapy. First time participants will be offered the choice of nicotine replacement patches, nicotine gum or lozenges.

Please call (509) 737-3427 to RSVP. May register up until the day of the classes.



JANUARY 2019 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Be sure to keep updated on future events and presentations by visiting our online calendar at TCCancer.org		1 Closed for New Years Day. Have a safe and happy holiday!	2 OVARIAN CANCER SUPPORT GROUP ^{FS} 1:00PM - 2:30PM	3 CANCER SUPPORT GROUP ^{VCR} 10:00AM - 11:30AM	4 BREAST CANCER SUPPORT GROUP ^{FS} 9:00AM - 11:00AM	5
6	7	8 MEN'S CLUB MONTHLY MEETING ^{WC} 7:30AM - 8:30AM QUIT TOBACCO ^{VCR & RR} 3:30PM - 5:00PM	9 WARRIOR SISTERHOOD CALL (509) 302-1151 FOR LOCATION 5:30PM - 7:00PM	10	11	12
13	14 WOMEN'S GUILD MONTHLY MEETING ^{WC} 9:30AM - 11:00AM	15 ASK A DIETICIAN ^{FS} 4:00PM - 5:00PM	16 LOOK GOOD... FEEL BETTER® ^{VCR} (PRE-REGISTRATION REQUIRED) 1:00PM - 3:00PM	17 BRAIN TUMOR SUPPORT GROUP ^{VCR} 10:00AM - 11:30AM	18 BREAST CANCER SUPPORT GROUP ^{FS} 9:00AM - 11:00AM PRESENTATION: CANCER CARE FOR OUR CHILDREN ^{WS} 12:00PM - 1:00PM	19
20	21	22	23 ART EXPRESSIONS ^{VCR & RR - \$5 FEE} 3:00PM - 4:30PM	24 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	25	26
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						
27	28	29	30	31 QUIT TOBACCO ^{VCR & RR} 5:30PM - 7:00PM	Reservations can be made by calling (509) 737-3427 or visiting online at TCCancer.org Would you like a tour of the Tri-Cities Cancer Center? Call (509) 737-3413 to reserve a time.	