

# SPRING NEWSLETTER



2

First-Class Team. World-Class Treatment You Deserve.

Your **Investments** Make An **Impact**

6

9

Marjorie Felder - "You Pick Yourself Up and Keep Going"

Featured Spring 2020 Events

11





Pictured left:  
One of the dishes  
prepared for Dine OUT.

Pictured right:  
Cooking away for  
Cancer Crushing  
Cuisine with local chef  
Kyle Thornhill.  
(back)

# FIRST-CLASS TEAM. WORLD-CLASS TREATMENT YOU DESERVE.

By: Chuck DeGooyer, CEO, Tri-Cities Cancer Center

2019 was a year of celebrating 25 years of service in our community and continuing our focus to ensure cancer patients receive the world-class treatment they deserve, right here at home. As I reflect on 2019 and look at 2020 and beyond, there are a number of important updates that I would like to share about your Tri-Cities Cancer Center.

In 2019, we continued to educate and provide services throughout our community focused on the prevention and early detection of cancer. We completed over 1,000 patient screenings in 2019 and will continue to emphasize that effort in 2020. The early detection of lung and colorectal cancer will continue to be our primary focus because they are two cancers often diagnosed in late stage. Our goal is to detect cancer at an early stage to improve patient outcomes and save lives.

On the prevention front, we introduced two new offerings to the community in our 25th Anniversary year as part of our Cancer Crushing Cuisine program. First, we offered cooking classes at Red Mountain Kitchen in downtown Kennewick and partnered with local chef Kyle Thornhill, to bring delicious and healthy, cancer-fighting dishes to the plates of over 90 participants. In September, our Tri-Cities Cancer Center Foundation held an amazing culinary experience called DINE OUT at the Walter

**"2019 was a year of celebrating 25 years of service in our community and continuing our focus to ensure cancer patients receive the world-class treatment they deserve, right here at home."**

Pictured right: Your 2020 Cancer Crushing Team.



Clore Wine and Culinary Center in Prosser. Over 250 participants tasted and voted on their favorite cancer-fighting dish prepared by amazing chefs from ten local participating restaurants. Both of these successful programs will continue in 2020.

Our partnership with the Benton Franklin Health District began focusing on increasing HPV vaccination rates in 2019 throughout Benton and Franklin counties and will continue well into the future. We are emphasizing the increase of HPV vaccination of 9 to 14 years olds so that we can prevent HPV-related cancers later in their life.

Our partnership continues with large employers with our Cancer Crushing Executives program, which promotes evidence-based practices to keep employees healthy by targeting the leading causes of cancer. We continue to work hand-in-hand with the University of Washington, the Washington State Department of Health, and the most senior leaders from the region's largest employers to improve the health and wellness of their employees, who collectively represent 30,000 employees and 100,000 lives when you consider their families.

For the third time, the Tri-Cities Cancer Center was selected by Modern Healthcare as one of the 2019 Best Places to Work in Healthcare. This award is based upon our employees' responses to national survey questions about their satisfaction working at the Cancer Center. The award means so much to our team who take great pride in the care and service they offer our patients and their families.

To better serve our patients throughout the region, we opened a new satellite office in Hermiston in 2019 to care for patients in Oregon and to work in partnership with physicians at Good Shepherd Medical Center. We are also establishing strong partnerships with physicians at Prosser Memorial Health, Astria Sunnyside Hospital, and St. Mary's Cancer Center in Walla Walla to better serve their patients and their families.

The Tri-Cities Cancer Center has served our community for over 25 years and we look forward to expanding our partnerships and services throughout the region in 2020 and beyond. We thank our many volunteers and generous donors every day for your support of our efforts to improve the health and wellbeing of our residents. Together, we commit to ensuring that you receive the world-class treatment you deserve, right here at home, from our compassionate first-class team.

**We are your Tri-Cities Cancer Center.**



## 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

158 Total Screened  
 102 Mammograms at Screening Events  
 24 Ultrasounds at Screening Events  
 165 Mammogram/Ultrasound coupons issued at TCCC for: 166 Mammograms and 70 Ultrasounds  
 Through these efforts, we had six benign and five positive findings that led to early detection and prevention of cancer.

### Cervical Cancer Screenings

129 Pap Smears  
 Through these efforts, we had four abnormal findings that led to early detection and prevention of cancer.

### Colorectal Cancer Screenings

223 Fecal Immunochemical Tests (FIT) distributed. 142 were returned and sixteen positive. FIT Kits are available at no charge throughout the year at the Tri-Cities Cancer Center.

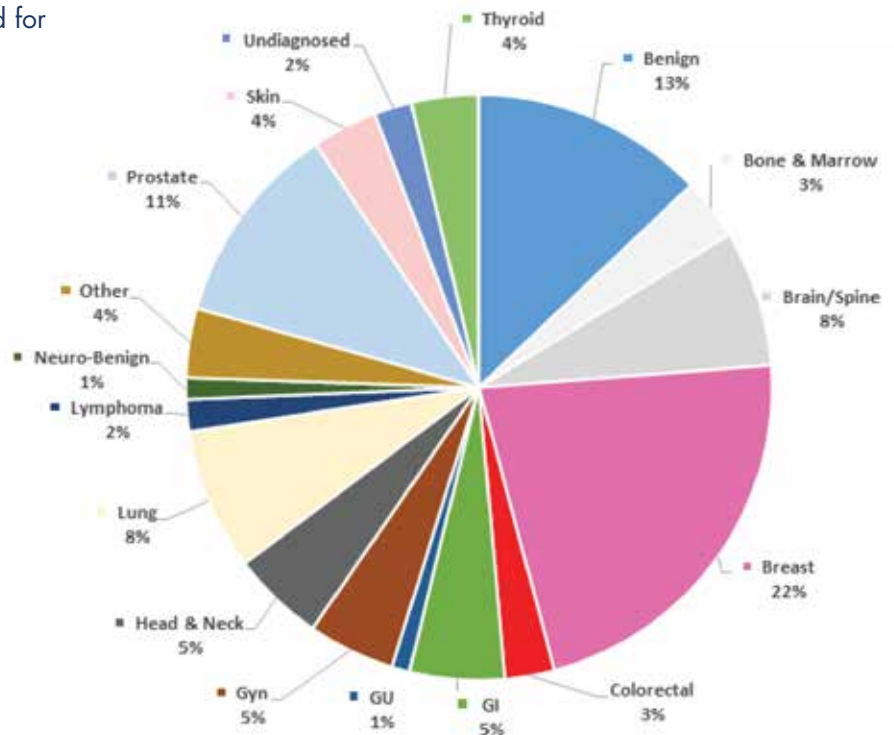
### Lung Cancer Screening Program

148 Lung Screenings (low dose CT)  
 Through these efforts we had 13 abnormal findings presented at our Thoracic Conference and one suspicious cancer finding which is consistent with national findings. We were also able to connect many of these individuals to our free monthly Quit Tobacco Classes.

### Skin Cancer Screening Program

66 People Screened  
 Through these efforts, eight individuals were referred for suspicious findings that led to early detection and prevention of cancer.

## TYPES OF RADIOTHERAPY TREATMENTS (2019 BREAKDOWN)



## 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, 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 10 community education presentations offered at the Cancer Center and 15 people attended our free monthly Quit Tobacco Classes.

### PROGRAM PARTICIPATION

Art Expressions	3
Ask a Dietician	12
Hair Cuts & Wig Styling	42
Mindfulness Meditation	44
Gentle Yoga	14
Massages	26
WellFit™	50

### SUPPORT GROUP PARTICIPATION

Brain Tumor	76
Breast	245
Cancer (General)	15
Warrior Sisterhood	19
Ovarian	46
Laryngectomee	47
Lymphoma/Multi-Myeloma	92
Prostate	94



# LUNCH AND LEARN EVENTS

March through May. All times are noon - 1pm unless otherwise noted. Please call (509) 737-3427 or visit [tccancer.org](http://tccancer.org) to register. Registration is required. Lunch is provided for noon time presentations.



## March 12th - Conquering Colon Cancer: A Personal Story

**Speaker: Judy Simpson, Therapy Solutions**

Chemo, surgery, clinical trials, fatigue, fear; a cancer patient faces all this and more. Judy Simpson, a trainer at Therapy Solutions, found by personal experience what it takes to get through cancer care. She wants to share her story in the hopes she can help others get through it with strength, hope and dignity.



## April 16th - Advanced Directives & Power of Attorney Workshop

**Speakers: Hector DeLeon, MSW & Lorie MacIsaac, BSW, Tri-Cities Cancer Center**

When serious illness happens, having important decisions made and documented ahead of time can minimize stress and maximize caring. We will have the documents on hand, instruction on how to fill them out and a notary available. Celebrating National Health Care Decisions Day!!!



## April 30th - LDCT: Finding Lung Cancer Early

**Speaker: Dr. Jones, Radiation Oncologist, Tri-Cities Cancer Center**

There are two things we know for certain! First, cigarette smoking causes lung cancer. Second, a low-dose CT scan can find lung cancer in its earliest (**and curable!**) form. If you smoke, used to smoke or know someone who smokes, please join us to learn the who, when and how on life saving lung cancer screening.



## May 21st - Skin Care for Cancer Conquerors

**Speaker: Jennifer Hamilton, Oncology Esthetician, Jen Hamilton Beauty & Medical Tattooing**

Let's talk about skin care for those in cancer treatment or just finishing. Did you know you have special skin care needs? An oncology esthetician can show you what products to use during and after treatment to avoid rashes, dry skin and acne breakouts. Useful information as well on sunscreens and how to maximize their benefits. Samples of products discussed will be available as well.





# YOUR INVESTMENTS MAKE AN IMPACT

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

Thanks to our wonderful and exceptionally generous community, 2019 was an incredible year of support for world-class cancer care in our region. The trust and confidence shown through the INVESTMENTS made in the Tri-Cities Cancer Center Foundation has made a significant IMPACT in the lives of cancer patients, their families and the region we serve. Thank you for being a part of 25 years of world-class care. We are honored and blessed to serve our community. Without you, there is no us.

Warmest Regards,

*Elizabeth McLaughlin*

Community fundraisers make important **INVESTMENTS** by organizing and planning promotions that support the Foundation! Nearly **\$125,000** was raised last year which **IMPACTED** important services such as free mammograms, breast cancer awareness, nurse navigation and education for medical professionals.



Over **10,000** hours a year of volunteer service is at the heart of our world-class cancer care! **INVESTING** your time can make a huge **IMPACT** on the caring environment we provide for patients and the success of our fundraising endeavors!

Early Detection is critical to building a healthier community! **INVESTMENTS** from our generous community provide over **1000** no-cost screenings each year. Our community is making a significant **IMPACT** in catching cancer when its curable and saving more lives!



Our expansive campus was built through the **INVESTMENTS** of our community. Most recently, **\$1.5 million** was given to drive our 2016 expansion. Equipment, building additions and lifesaving technology have also been purchased through Foundation contributions, **IMPACTING** the comfort, privacy, and technology offered to our patients, their families and the community we serve.



The Tri-Cities Cancer Center Foundation is committed to **INVESTING** in programs that help prevent cancer. Over **2,500** lives have been positively impacted through outreach efforts funded by our community! Dine OUT, Cancer Crushing Cuisine, and FIT Kit distributions are just some of the things that you can **INVEST** in to make an **IMPACT** on preventing cancer!



HAPO Community Credit Union has the designation as the largest cumulative donor in Foundation history. HAPO's **INVESTMENTS** in world-class cancer care have created a strong legacy of **IMPACT** for generations to come.

**INVESTMENTS** large and small make a difference in ensuring that our region has the finest comprehensive cancer care available. From lemonade stands to golf tournaments, galas to garage sales, you can make an **IMPACT** on the health of our region.



Warrior Sisterhood works to ensure that women fighting cancer in our community have the necessary support, resources and care! Warrior Sisterhood makes critical **INVESTMENTS** in our Foundation and makes an important **IMPACT** as a game changing support network.

Corporate **INVESTMENTS** can change the health of your company. Resources provided by the Tri-Cities Cancer Center like Quit Tobacco, FIT Kit distributions and important educational presentations can make a difference for your employees in the fight against cancer. Make an **IMPACT** through a gift to our Foundation.



## *Speaking of Volunteers... Volunteer Appreciation Week is April 13th-17th!*

At the Tri-Cities Cancer Center, our volunteers are an integral part of the services we provide. From welcoming patients to the building to serving in the Resource Center, Ralph R. Peterson Library or other areas of the Center, visitors and staff alike appreciate their friendly faces.

Volunteer opportunities are available for making pillows and pillowcases! Looking for those able to sew. Interested in applying to volunteer? Please visit [tccancer.org/foundation/volunteer](http://tccancer.org/foundation/volunteer) for more information!

# SPECIAL EVENTS

# 2019



## Cancer Crushing Fundraising Breakfast!

Each year we are so grateful to our community members for exceeding our attendance goals. A record number of nearly 950 community members supported our annual "Cancer Crushing" Fundraising breakfast on Tuesday, March 19, 2019, generously sponsored by Leidos & Centerra Group, parent companies of Mission Support Alliance. This one hour of power is our opportunity to educate the community about the Tri-Cities Cancer Center and to raise funds in support of cancer patients and their families. Thank you to our community supporters in helping us raise more than \$123,000!



## Run for Ribbons

Fun in the Sun for our Run on Saturday, May 11, 2019 was experienced by nearly 1,100 community members. A fabulous turn-out for the 10k, 5k, 1 mile Run for Ribbons walk-run event which raised over \$52,000! Volunteers are the heart of this event with over 60 people to help us in Howard Amon Park and at our Ribbonfest Health Fair which provides opportunity to educate our community. We thank the numerous supporters of the Tri-Cities Cancer Center and we are looking forward to introducing some new ideas, a new name for one. Introducing our "Cancer Crushing Challenge" on Saturday, May 9, 2020 once again with the festivities in Howard Amon Park!



## 25th Anniversary Celebration

As the saying goes "in a blink of an eye" and look how far we've come. 2019 marked 25 years for the Tri-Cities Cancer Center and celebrate we did at J. Bookwalter winery with great food, fabulous wine, entertainment and best of all fireworks! Thank you all for your continued support of the Tri-Cities Cancer Center, we truly are a community who cares. <3



## Final Year of the HAPO Golf Classic

Thanks to our sponsor HAPO Community Credit Union for many years of being our title sponsor of our prestigious golf tournament. Over 160 participants enjoyed the greens at Canyon Lakes Golf Course, fun games, prizes and delicious margaritas at the Cancer Center Cantina! Thank you to the many businesses and individuals who have supported this tournament throughout the years. In 2019 we raised nearly \$50,000 in funding the Tri-Cities Cancer Center mission.



## Dine OUT

Our first annual Dine Out was on September 19, 2019 at the Walter Clore Center in Prosser. Our new culinary event invited local restaurants to compete for title of Cancer Crushing Restaurant of the Year. Attendees sampled the best in healthy cuisine prepared with cancer fighting foods from ten restaurants and voted for their favorite. Congratulations to 2019's winner J. Bookwalter. Come and enjoy the 2nd Annual DINE OUT event on Saturday, September 12th. Stay tuned for more information.



## Autumn Affair

The 19th Annual Autumn Affair Benefit Auction was a "Kentucky Derby" theme and a huge success. Thank you to our many sponsors, individuals, and businesses in our region for another banner year which raised a record amount of over \$276,000 for the Tri-Cities Cancer Center Foundation. Drumroll.....The 2020 20th Annual Autumn Affair will be held on Saturday, November 14th at the HAPO Event Center with a veterans celebratory theme; U.S.O! Join us at the best charity gala in the Tri-Cities!





# MARJORIE FELDER - "YOU PICK YOURSELF UP AND KEEP GOING"

By: Carl Berkowitz,  
TCCC Volunteer

Pictured right: Chuck (front, left) and Marjorie (front, right) with Kristi, Radiation Therapist, Tri-Cities Cancer (back)



In 1995 a physician predicted lung cancer patient Marjorie Felder had only 4 ½ to 6 months to live. A second physician confirmed this grim prognosis. Reflecting on these predictions, Marj notes "I'm still here, 25 years later, with two wonderful children, two beautiful grandchildren and lots of good memories."

## From a basement to a state-of-the-art campus

Marj's first cancer diagnosis was in 1992. She's frank to admit that this news simply "shut me down." Worse, there were few places in the Tri-Cities at that time where she and husband Chuck could learn more about treatment options or surgeons who could perform the specialized procedure she needed. The procedure was eventually done at St. Vincent's Medical Center in Portland with the follow up radiation treatment initiated at Kennewick General Hospital (KGH), which was the early home of the Tri-Cities Cancer Center.

She and two others were the very first to be served by the Center at a time when construction of a new facility was just getting underway. This construction work has taken the Center from 4 small rooms in the basement of KGH to a beautifully landscaped campus and a 36,000 square foot building housing (among other facilities) 10 exam rooms, an on-site reference library and cutting edge radiation oncology technology. There have been other changes; Marj recalls that things were slower back then with 15 employees serving mostly local patients. In contrast, the Center now has over 50 employees assisting more than 700 patients a year coming from all over southeast Washington. While she appreciates most of the changes, she wistfully recalled that protocols were more relaxed during her first visit when Chuck was allowed to sit alongside her during the radiation treatment. But asked to contrast the Center then and now, she said 'today it's simply beautiful.'

One thing that has not changed is the care and personal attention patients receive. A familiar face to current patients is Kristi Rhodes, TCCC Radiation Therapist. Kristi was in the basement with Marj for her first treatment and is still serving Cancer Center patients. "She has the same professional, warm and personable tone I remember from back then", Marj says.

## Loving support and laughter are key

Like many patients, Marj found it crucial to have a companion with her during medical exams. This support person takes notes, asks questions and is there to discuss issues after each visit. Marj's companion was her husband, Chuck, who was with her for all her appointments.

They were married two years after she was first diagnosed with cancer. He's stuck with her through subsequent cancer diagnoses, bouts with ischemic colitis, the discovery of 'spots' on her optic nerve, lumpectomies, a collapsed lung and a painful mass on her hip. And he continues to support Marj today for all her ongoing therapies.

A love of travel was a common bond when they met and they still try to venture out after the completion of each treatment. Their favorite trips included one to Whistler, Canada ("...where we had great fish!") and another to Las Vegas ("...where I walked Chuck's legs off."). Not all trips were perfect. They both laugh when talking about a road trip along the U.S – Canadian border where they just packed up and took off with little planning. "The scenery was fantastic" Marj says, "but the hotel we picked ...not." Both were laughing as they told this story and wanted to encourage other patients to travel. But they had two important caveats. First, check with your physician before taking off. And second, "Don't stay in the first hotel you come to ...unless you want some really good stories for later."

## Getting through it all

Maintaining a feeling of normalcy was important to Marj during her many medical battles. Although she continued working for the City of Richland during her treatments, she was hesitant to share her health status with colleagues, friends or relatives. "I'm a very private person and felt uncomfortable opening up to everybody about how I was coping or how I felt." She did have an outlet, with Chuck always there to help her cope with challenges. But Marj suggests that 'private people', like her, consider speaking with counselors or other professionals. "Everyone has to do what they think is right for themselves, but for some reason, I found talking to strangers easier than talking with friends or relatives."

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## MARJORIE FELDER - "YOU PICK YOURSELF UP AND KEEP GOING"

(Continued from page 9)

Asked how she responded to her many close calls and amazing rebounds Marj said "I just wasn't ready to die yet. I had things to learn and do." She implemented this philosophy by practicing living one day at a time or, when things got really rough, "just 5 minutes at a time." Staying active and knowledgeable about the treatment plans also helped her control her future, which she has always wanted to do "on my own terms but with flexibility to change my mind as more information becomes available."

She acknowledges still having fears about any upcoming visit to the doctor and concerns about future therapies. But 25 years after that first diagnosis, Marj says "you can get knocked down but you just have to pick yourself up and keep going."

## NANCY THURSTON: MOTHER, ARTIST, BUSINESSWOMAN AND FOUNDATION BOARD MEMBER



Art has always been an important part of Nancy Thurston's life. She had been studying fine arts in college when she and husband Doug moved to Tri-Cities in 1974 to be closer to family. But her life had some interesting twists and turns that took her away from her passion to draw and turned her into a successful business woman who has recently returned to her support of arts in the community and to the campus of the Tri-Cities Cancer Center as a board member of the Cancer Center Foundation.

Doug was diagnosed with Stage IV colon cancer in 1987 when he and Nancy were parents to children ranging in age from 3 to 13. Despite a multitude of trips to the Mayo Clinic in Minnesota for a wide variety of treatments and therapies, Doug passed away in 1990. With his passing, Nancy chose to take on the family business, which then consisted of 5 QuickLube shops throughout the Tri-Cities. "I had no business background, and friends told me I was crazy. But I love a challenge."

And she rose up to this challenge, growing the business to 22 shops after 10 years and then selling it to a national chain. She's still an active business lady with holdings throughout the community but says "I let my 35 year old son do all the heavy lifting." Now she spends more time traveling throughout the community with other members of 'Urban Sketchers' with whom she practices drawing on location. She's also pursuing an interest in making fine wines, her latest label being 'Naoi Cailini Óga' made from Carménère grapes grown on her small vineyard. And before you ask ... 'Naoi Calii Og' (spoken Ní Ca-lē-nē Ō-ga) means 'Nine Young Maidens' in Gaelic. Nancy was one of nine girls in her family and this name felt like a way to also honor her Irish heritage.

The Tri-Cities Cancer Center didn't exist when Doug was diagnosed with cancer but Nancy has come to know the TCCC as a board member of the Center Foundation where, like other members, she's involved in many activities. But she's the team leader for a special Foundation project to bring more art to Cancer Center patients and to make an already good environment even better.

The idea to add more art to the Cancer Center came from a young man whose father was undergoing chemotherapy. The young man told one of the TCCC staff that some paintings hanging near a window in the infusion center made his father happy. This triggered an idea in the mind of Liz McLaughlin, Executive Director of the TCCC Cancer Center Foundation. "We had a lot of empty wall space that would be perfect to hang paintings and photographs from and which would help improve the state of mind for our patients."

Much fine art already hangs in many of the medical facilities in the Tri-Cities bringing a bit of pleasure to otherwise stressful situations. And Nancy knows how to place art in public places having taken the lead in bringing art to the recent redesign of the Tri-Cities Airport in Pasco. She worked with the expansion architect, the Columbia Center Rotary Club and the Port of Pasco to place many of the paintings and wall etchings visitors now see when they arrive in our community. Now Liz hopes visitors to the Cancer Center will have similar experiences in the not too distant future as a result of Nancy's efforts to bring more art and add to the beauty of the TCCC campus.

Persons interested in learning more about the Cancer Center's art project, or who want to volunteer in any way, can contact Liz or Nancy through the Foundation office at (509) 737-3413 or [foundation@tccancer.org](mailto:foundation@tccancer.org)



# Tri-Cities Cancer Center Foundation's

## 20TH ANNUAL CANCER CRUSHING BREAKFAST

Thursday, April 2nd, 7:30 a.m.  
Three Rivers Convention Center, Kennewick

This is a "can't miss" event for Foundation supporters as we share exciting news in cancer care in our region at this year's breakfast!

**MAKE AN INVESTMENT. MAKE AN IMPACT.**

Reserve your seat before March 19th by calling (509) 737-3373

Though there is no cost for the breakfast, the hope is you will join in financially supporting our community Cancer Center.



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**MAKE AN INVESTMENT.  
MAKE AN IMPACT.**



It's time for something new.

**JOIN US!**

(Stay tuned for more details on [tccancer.org](http://tccancer.org))



TRI-CITIES  
*Cancer Center*  
FOUNDATION

This event will be replacing Run for Ribbons in the future.