

SUMMER NEWSLETTER



2

A Great Big Thank You

4

Misty Ovens: Cancer Survivor and
Foundation Board Member

6

Featured Summer 2020 Events

Visit [tccancer.org](https://www.tccancer.org)
for our most
up-to-date virtual
community
education classes.



Pictured right:
Chuck DeGooyer, CEO,
Tri-Cities Cancer Center

A GREAT BIG THANK YOU

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

We're nearly six months into 2020 and we've each had to face many challenges from the COVID-19 virus. It has thoroughly stressed each of us to our limits, but through it all, I am proud to say we have continued providing world-class care at your Tri-Cities Cancer Center. And in spite of this challenge, I have personally gained many "learnings," the most important are related to the courage of our patients and their families, my team and their families, and our community that we serve. I'd like to share a few with you.

The Tri-Cities Cancer Center is a mission-based organization and because our patients, their families, and their physicians entrust their cancer care to us, I'd like to say **THANK YOU** for allowing us to serve you. No one wishes for a diagnosis that says "you have cancer" but when you do need care, we promise to serve you with world-class cancer care. This is our mission and we **THANK YOU** for entrusting your care to us.

We have built a team of caring professionals who have committed their careers to caring for patients and for providing the very best each and every day. In spite of having to wear masks, gloves, face shields, and protective gowns, our TCCC team is committed to providing you the very best care and I say **THANK YOU** to my team because they are here to care for you in the very best way. In spite of the COVID virus risk to themselves or to their families, they take careful precautions every day with every single patient. **THANK YOU** to my team for providing world-class care each and every day.

"The Tri-Cities Cancer Center is a mission-based organization and because our patients, their families, and their physicians entrust their cancer care to us, I'd like to say **THANK YOU** for allowing us to serve you."



And finally, I want to say **THANK YOU** to our community for your ongoing assistance to our mission and to our TCCC Foundation so we can continue offering no-cost support services for our community. From meals for our cancer patients to masks for our staff, patients, and community to wear, we continue to be so appreciative of your assistance. Financial gifts from donors continue to come in different ways to support our efforts and it's this extra value that makes the difference to our patient's care. **THANK YOU** Tri-Cities community for your continued support that has never wavered during our entire time in service to our community.

In one of the most difficult times in my career and our lives, my greatest learning is to say **THANK YOU** to so many that have earned our thanks. We are your Tri-Cities Cancer Center.

For a complete listing of our 2019 donors, please visit tccancer.org/2019donors



We wanted to take a moment to say **THANK YOU to all of the amazing community members who have donated personal protective equipment and other items to help our employees and patients during these trying times.**

Tina Smith - Cloth Masks
Kelly Neal - 3D Masks & Filters
Deni Starnes - Cloth Masks
Ted Bowyer - Mask Extenders
Peter Burke - Isolation Gowns
Tri-Cities FaceShield Makers
(Debi Atkinson) - Face Shields
Meline Baghdasarian - Face Shields

Arsine Baghdasarian - Face Shields
Abbey Cameron - Mask Extenders
Tiffany Caballero - Face Masks
Ching Pa Yang - Face Masks
Donna Blakley - Scarves
Chef Kyle of Tsunami Catering
Wendy Slattery - Masks
The Lodge at Columbia Point

Bethlehem Lutheran Church
Sewing Ladies - Masks
Jackie Brandt - Masks
Margaret Dunn - Masks

MISTY OVENS: CANCER SURVIVOR AND FOUNDATION BOARD MEMBER

By: Carl Berkowitz, TCCC Volunteer



Though the coronavirus pandemic has upended health care in the region, Tri-Cities Cancer Center Foundation board member Misty Ovens wants the community to know that the nonprofit stands ready to adapt to our rapidly changing world.

"We're having to change the nature of our activities, moving from in-person fundraising events to virtual events and doing more home outreach activities for our patients," she said, adding that she's confident that the Foundation will continue to serve the community in the days to come by providing important care and education for cancer patients, survivors and their families.

The Big 'C'

Misty is no stranger to living through trying and scary times. The Richland woman was 34 when she discovered she had breast cancer. She had been given a clean bill of health during a general physical exam a year after getting married. But while doing a self-examination after her appointment, she felt a small lump in her breast. Her husband, Bryan, convinced her to return to her doctor, who confirmed Misty's suspicion and sent her for an ultrasound, which identified a second lump. This was followed by biopsies, and within a week, a meeting with Tri-City breast surgical oncologist Dr. John Drosch to discuss treatment options.



Pictured above: Misty Ovens

"Dr. Drosch, and later Dr. Tom Rado (founder of Columbia Basin Hematology and Oncology, now Kadlec Hematology and Oncology), were infinitely patient in answering our questions. They were also supportive of my desire to get an outside opinion from the Seattle Cancer Care Alliance," Misty said. The Seattle doctors agreed with the treatment plan outlined by Drs. Drosch and Rado. The Seattle exams reassured Misty and made her more appreciative of the importance of having world-class medical care in our community.

The experience convinced Misty that an early cancer diagnosis was not necessarily a death sentence. Raised by her grandparents for whom "the big C" meant the end of the line, Misty can now laugh when talking about how this attitude from an earlier generation allowed her to take her paranoia and fear to "all new levels." She credits her husband and her Tri-City medical team in helping her keep it all in perspective. "They all spoke to me in a way I could understand and made me and everyone feel much better about the diagnosis. Their patience and understanding was essential in helping me get through my treatments," she said.



Pictured left: Misty Ovens with the Warrior Sisterhood.

Finding a Sisterhood

Misty's active support of the Tri-Cities Cancer Center began when she and three friends met informally to talk about their experiences with cancer. They had much in common – they were a similar age and were trying to manage their families and careers, while also trying to navigate through their cancer diagnosis. They found these informal meetings to be good therapy and eventually worked with the Cancer Center to create a more formal group, which they did in 2013. The first meeting included about 10 women, all of whom had been recently diagnosed with cancer. It wasn't long after that Warrior Sisterhood became a sanctioned support group through the Cancer Center.

Since then, Warrior Sisterhood has grown to more than 150 cancer patients and survivors with a goal of empowering local women with cancer or a cancer-related diagnosis, and survivors. The group offers emotional support with monthly group meetings, fun gatherings and activities, and a private Facebook group. It also provides nominal financial grants to newly diagnosed women under 45 and distributes chemotherapy bags packed with useful items to help make infusions more comfortable.

"Our goal from the beginning was to provide general fellowship among women who have gone through cancer and are fighting to get their lives back," Misty said.

Keeping the Foundation's Focus

Seeing that the Warrior Sisterhood was on strong footing with an outstanding leadership team, Misty stepped down from the board in 2019 to focus her energy as a board member for the Cancer Center Foundation. She said her cancer journey helped her to better prioritize her activities. With only 24 hours in a day, a full-time supervisory job with Washington's Child Protective Services and her own children and family, she constantly has to decide where and how to best invest her time.

Like other Foundation board members, she supports many of the nonprofit's activities, many of which are live, in-person events. The Foundation team and board members like Misty have been working on alternative plans to serve the community in the wake of the pandemic.

"Ending our events was not an option," Misty said. "These activities are necessary so we can continue to provide logistical, emotional and financial support to cancer patients and their families. Our fundraising efforts allow us to provide the many no-cost screenings and cancer-education classes we offer on a monthly basis."

The Foundation's mission and Misty's passion to help others continue to help lead the way. To learn how to help the Foundation, contact Misty at (509) 737-3413 or email foundation@tccancer.org.

For more information about Warrior Sisterhood and Tri-Cities Cancer Center Foundation:

www.facebook.com/WarriorSisterhood/
[instagram.com/warriorsisterhood](https://www.instagram.com/warriorsisterhood)

www.facebook.com/TCCancerCenter/
tccancer.org/foundation/

Virtual Classes



2020 Dates When:

All classes are from 6:00 - 7:00 p.m.
Wednesday, June 10th and 24th
Wednesday, July 15th
Wednesday, August 12th and 26th



Where: In the comfort of your own home!

Cost: \$40 per individual per session. (\$20 for supplies and apron; \$20 will go to the TCCC Foundation to fund the building of a community garden)

Your Tri-Cities Cancer Center and Chef Kyle Thornhill of **Tsunami Catering** along with **Red Mountain Kitchen** are teaming up to offer 1 hour classes meant to be educational and fun - **Small Bytes!** Small Bytes are bite-sized virtual cancer crushing cooking classes you can attend from the comfort of your own home. Participants will not only enjoy time with an amazing chef, but they will also receive education on the cancer fighting properties of the produce and other ingredients included in the dish they will prepare.

How do I participate?

The process is as simple as 1 – 2 – 3.

1. Register to attend one of our upcoming classes – Classes are limited to 15 participants
2. Needed ingredients will be delivered via a no-contact delivery to your doorstep prior to your class.
3. A few minutes before the start of your class, you will join your cooking class from home via Zoom on your phone, laptop or tablet!

Prior to each class, participants will be provided a list of kitchen supplies needed to complete the dish, a link to join their cooking class virtually, and any additional information needed to have a fun, educational experience. Small Bytes is one of the ways your Tri-Cities Cancer Center is working to ensure that our community continues to receive valuable information on preventing and reducing cancer risk. We know that diet plays an important role in a healthy lifestyle and this is as important now as it ever has been. **We hope that you will join us!**

For more information, please visit tccancer.org/cuisine
or call (509) 737-3413 to register.

TRI-CITIES
*Cancer
Center*
SUMMER BBQ

\$50
GENERAL ADMISSION
\$100
VIP TICKET



894 Tulip Lane, Richland, WA

SUMMER 2020
6:00 P.M. TO MIDNIGHT

**WINE
DINNER
ENTERTAINMENT
FIREWORKS**

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

LIVE MUSIC

ALL PROCEEDS BENEFIT

TRI-CITIES
*Cancer
Center*
FOUNDATION

FOR MORE INFORMATION
509-737-3413
TCCANCER.ORG



The Tri-Cities Cancer Center
Foundation raised over



\$15,000

to provide 526 meals for cancer patients during COVID-19 through a program called Dine IN. Each Friday, through the first week of June a local cancer crushing restaurant partner will deliver meals that are handed out to patients and their families. The Foundation would like to thank all of the generous donors that have made this program possible and all of the awesome cancer crushing restaurants that have partnered for this program:



SAVE THE DATE

Saturday, September 12th
Walter Clore Wine and Culinary Center
2104 Wine Country Road, Prosser

Join us for the 2nd year of this fantastic event where our local restaurants vie for the prestigious trophy and title of **CANCER CRUSHING RESTAURANT OF THE YEAR**. Taste a cancer crushing dish from 10 local eateries and vote for your favorite. The winning restaurant will be announced at the end of the evening. Ticket includes food, beverages and entertainment. Tickets on sale soon at www.tccancer.org!

Contact tarad@tccancer.org or call 509-737-3413 for questions and more information.