



Columbia Basin Cancer Foundation Newsletter

Local Support for Our Neighbors with Cancer

January 2011

Volume 3, Number 1



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SUPPORT GROUP INFORMATION

The support group is open to all caregivers, patients, and survivors. This month it will meet on the third Tuesday of the month at the Moses Lake Senior Center at 5:30 PM.

If you would like more information about the support group please contact either Delores Gregg (346-9720) or Zola Basart (346-1412).

HOPE CORNER

“There is no victory at bargain basement prices.”

Dwight David Eisenhower

Thank You for a Great Year!

2010 has been a year of changes. Due to the success of many fundraisers the board approved an increase in the per month services offered. This year with the help of Jan DeBeaumont we were able to add to our list of services offered. We now offer Farmer's Market Tokens and Shari's Gift Cards to our patients as needed.

We would like to thank all of the patients, volunteers, and donors who supported our cause all year long. During these hard economic times it can be difficult to see the good in the world around us. We have the amazing job of working with patients everyday that show us that there is always hope. Your courage and optimism lift our spirits. Sharing tears, laughs, hopes, and prayers make us realize the things in life that really matter.

Our volunteers also remind us that there are good people out there. They are always willing to give of their time to help with office needs, fundraiser needs, and patient services. Our volunteers put so much effort into the patients they work with. They have been known to drop off groceries or stop by for a chat. Our volunteers show us everyday what the true holiday spirit is about.

The donors this year have been so generous. It amazes us everyday how charitable the people in Grant and Adams Counties are. Serve Moses Lake has been there to fill the needs of patients that we are unable to fill. This community works together to care for each other through thick and thin.

Thank you so much for reminding us every day that hope, generosity, and selfless service still abound. You are an inspiration to us. We sincerely hope each of you had a happy and healthy holiday season.

UPCOMING AND CURRENT EVENTS

Jan 17 Martin Luther King Day

Jan 18 Cancer Support Group @ 5:30 PM – Moses Lake Senior Center

Jan 19 Country Sweethearts Volunteer Meeting at Noon at the Grant County Fairgrounds -4H building

Jan 24 CBCF Board Meeting @ 5:30 PM – CBCF Office

Feb 5 Country Sweethearts dinner, dance, and auction – Grant County Fairgrounds 4H Building

HEALTHY LIVING RECIPE:



SPICED APPLES

Ingredients

8 Granny Smith apples
1/4 cup cinnamon red hot candies

Directions

Peel, core, and slice apples.

Cook the apples & candies in a large, heavy skillet on top of the stove.

Cook until tender and mash them slightly leave some chunks for texture.

Makes 8 servings

Foundation and Friends News

COUNTRY SWEETHEARTS



The CBCF would like announce its 2nd annual Country Sweethearts dinner, dance, and auction. The event will be held on February 5th, 2011 at 6 PM in the Grant County Fairground – 4H Building. We have a great group of volunteers that are working to make this event even better than it was last year. If you are interested in helping plan this event, email

Kayla Stoker at kstoker_cbcf@live.com.

Tickets are on sale for \$60 a seat or \$450 for a table of eight. You can purchase tickets online at <http://countrysweethearts.ticketleap.com/country-sweethearts/>, by calling Kayla Stoker at (509) 318-4267, by stopping by the CBCF office, or at Essentials Skin and Wellness Center. Buy your tickets early to get a great seat at the event.

We also have sponsorship and donation opportunities available. If you think that the company you work for would be willing to sponsor the event, please call or email Kayla Stoker.

NEW CANCER BLOOD TEST BEING DEVELOPED

Plans have been announced to develop a blood test that can detect a cancer cell that has been shed from a tumor.

The new tests may not only be more convenient than taking tissue samples but have the potential to provide doctors with better information about the cancer and how well treatment efforts are working.

The ability to trap and analyze these cells that have been shed from the tumor could provide doctors with real time information about how the tumor is reacting to treatment, saving time and possibly lives.

To Read More:

Goodman, Brenda. "New Push to Develop Cancer Blood Test," WebMD Health News. *WebMD*. 3 Jan 2011. Retrieved on 10 Jan 2011 from <http://www.webmd.com/cancer/news/20110103/new-push-to-develop-cancer-blood-test>

A BIG THANK YOU



Moses Lake Family Dentistry donates \$1000 from a fundraiser they held in October. Dr. Craig Harder and his staff have been big supporters of the Columbia Basin Cancer Foundation for many years. We appreciate the support that they have given us and continue to give us every year. Several of his employees are helping to plan Country Sweethearts this year.

Element Inside and Out and Michael's Natural Market and Bistro donated over \$1000 from fundraisers that they held in October. Michael and Krista Hamilton have done many things for the foundation and its patients. We want to thank them for their selfless service to the community.

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True or False Facts on the Benefits of Exercising

Question 1

T or F: Men participate in at least 3 hours of vigorous exercise each week lower their risk of prostate cancer related death by 61%.

Question 2

T or F: According to recent recommendations cancer patients should stop exercising during treatment because their body is not strong enough to ensure safety during physical activity.

Question 3

T or F: In one year, women who needed chemotherapy for their breast cancer can see a swapping of muscle for fat that's equivalent to 10 years of normal aging.

Question 4

T or F: Finding time to exercise and laugh, especially during stressful times, is recommended for those fighting cancer.

Question 5

T or F: Recommended exercises during treatment differ depending on the cancer type and the treatment being given.

Answers:

1) True, in a recent study Harvard School of Public Health and the University of California-San Francisco found that there are many benefits for men who do even non-vigorous exercise. <http://www.webmd.com/prostate-cancer/news/20110105/exercise-cuts-prostate-cancer-death-risk>

2) False, according to Kathryn Schmitz, PhD, MPH, lead author of the guidelines and associate professor of epidemiology and biostatistics at Abramson Cancer Center of the University of Pennsylvania's School of Medicine, "We have to get past the idea that exercise is harmful for cancer patients."
<http://www.webmd.com/cancer/news/20100609/exercise-recommended-for-cancer-patients>

3) True, according to Dr. Wendy Demark-Wahnefried of the University of Alabama at Birmingham, a 45-year-old may find herself with the fatter, weaker body type of a 55-year-old.
http://www.usatoday.com/news/health/2010-07-02-cancer-exercise_N.htm

4) True, exercise and laughter can help you manage stress. "Prolonged stress weakens the immune system, affects tumor development and makes it harder for your body to remain healthy," says Lorenzo Cohen, Ph.D., professor and director of integrative medicine at MD Anderson. Read more at <http://www.mdanderson.org/publications/focused-on-health/issues/2010-november/stressrelief.html>

5) True, read more at <http://www.cancer.gov/ncicancerbulletin/062910/page5>
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