



Columbia Basin Cancer Foundation Newsletter

Local Support for Our Neighbors with Cancer

July 2010

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Summer Edition

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SUPPORT GROUP INFORMATION

The support group is open to all caregivers, patients, and survivors. It meets on the third Monday of every 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

"Hope sees the invisible, feels the intangible and achieves the impossible."

~Anonymous

New Patient Programs



The Columbia Basin Cancer Foundation is happy to announce that we will be adding new programs to our patient services. This is a big step towards increasing the health of cancer patients while they are in treatment. The foundation will be adding farmer's market tokens and Shari's gift cards

to help patients eat right while they are going through treatment. These programs are designed to assist patients that can't or don't feel well enough to cook and help them eat right during cancer treatment. Eligible patients will get one gift card to Shari's each month and \$5 in Farmer's Market tokens each week. Some of the current programs have been scaled back to accommodate the added costs. While we know how important these other programs are we feel that these added programs are equally important and support the purposes of the organization. If you would like more information about these programs or when they will be starting feel free to call or visit the office.

UPCOMING AND CURRENT EVENTS

- Jul 4** Fourth of July Celebration
- Jul 10** 9:00 AM Volunteer Meeting to assemble "Cool Ties"
- Jul 12** Fight Cancer Bracelet Sales Begin
- Jul 13** 5:30 PM Volunteer Meeting to assemble "Cool Ties"
- Jul 19** Cancer Support Group 5:30 PM at the Moses Lake Senior Center
- Jul 26** CBCF Board Meeting at 5:30 PM
- Jul 28** 7:35 PM Pink at the Park ML Pirates vs. Bellingham Bells
- Jul 29** 7:35 PM Pink at the Park ML Pirates vs. Bellingham Bells

HEALTHY LIVING RECIPE:

Fresh Cucumber, Tomato, and Feta Stacks

Serves 4

Ingredients:

¼ cup thinly sliced green onions
2 tbsp olive oil
2 tbsp white wine vinegar
2 tbsp honey mustard
1/8 tsp black pepper
4 small red and/or yellow tomatoes,
sliced
¼ cup feta cheese
2 small cucumbers cut into two inch
strips

Directions:

1. In a closable container combine olive oil, green onions, oil, vinegar, mustard, and black pepper. Cover and shake well. Refrigerate until needed.
2. Stack tomato slices.
3. Top with feta cheese.
4. Shake dressing and drizzle over tomato stack. Serve with cucumbers.

Adapted from:

Better Homes and Gardens. *New Cook Book: Special Edition*. 2006. Meredith Corporation, Des Moines. Pg. A-84

Foundation and Friends News

CBCF HOME-RUN DERBY

The Home-run Derby has been postponed until next year. We appreciate all of the assistance in planning this event. We will be picking up the planning next year when we have time to get a good running start.

CBCF “FIGHT CANCER” BRACELETS AVAILABLE



The Columbia Basin Cancer Foundation will be starting to sell pink bracelets for Tough Enough to Wear Pink. These silicone bracelets are imprinted with the words “Fight Cancer.” They are a symbol of the struggle that we all have been fighting for a long time, the struggle to rid the world of cancer.

The Foundation hopes to sell 2000 bracelets this summer. Each bracelet will be sold for \$2.00. We are looking for individuals and businesses that would like to sell these bracelets. Please help us to reach our goal. If you would like to sell the bracelets please either call the office at (509) 764-4644 or Kayla Stoker at (509) 318-4267. You can also email or stop by. Bracelet Sales will start July 12th.

VOLUNTEERS MEETING TO MAKE “COOL TIES”

This year the Foundation has decided to sell “cool ties” at the Fairs and Rodeos. The idea of cool ties as a fundraiser was brought to us by several volunteers. “Cool ties” are made by sewing fabric together and filling it with water absorbing crystals. To activate a “cool tie” you simply soak the cool tie in water, which allows the crystals inside to expand and absorb the cold water. Then you wrap the “cool tie” around your neck and as the water evaporates, it cools down the neck, head and body. “Cool ties” are reusable and simply need to be rehydrated anytime you want to use it. We need volunteers that are willing to help assemble these “cool ties.” Several people have already volunteered to help, but if you are interested and have not already volunteered please contact Kayla Stoker at (509) 318-4267 or email kstoker_cbcf@live.com. We are planning to assemble them on July 10th and July 13th. On the 10th we will be meeting at 9:00 AM at Tanya Prickett’s house located at 1914 Road N SE. On the 13th we will meet at Tanya Prickett’s house at 5:30 PM. We will also be selling bead necklaces at the fairs.

A BIG THANK YOU

The Columbia Basin Cancer Foundation would like to thank Essentials Skin and Wellness for their donation of \$500. This donation will go a long way in providing services and programs to cancer patients in the area. The money was raised through a fundraiser held in May. Please contact Essentials for information on skin care during treatment or for any other skin care needs.

A SAD FAREWELL AND SINCERE THANK YOU

On July 6th, 2010 the Columbia Basin Cancer Foundation said farewell to one of its board members, Kirby Messer. Kirby Messer was a driving force at the Columbia Basin Cancer Foundation and put together many fundraisers during his time as a board member. We cannot express enough appreciation for his selfless service. Our hearts goes out to his family at this time of mourning.

STAFF

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History of Cancer Quiz

Question 1:

The oldest written description of cancer dates back to when?
a) 1628 b) 1793 c) 1600 BC d) 460 BC

Question 2

Chemotherapy was first researched as a result of what

- a) Thesis of a college student named Chemollo
- b) Research into World War II mustard gas
- c) The studies done on poisonous gas used in World War I
- d) Noble Prize Winner's work into chemical dependency

Question 3

The word cancer is credited to whom?

- a) Hippocrates
- b) Galen
- c) Galileo
- d) Newton

Question 4

Which of the following terms is based on the word Galen, a Roman physician, used to describe tumors?

- a) Malignant
- b) Mammogram
- c) Sarcoma
- d) Oncology

Question 5

In the 17th and 18th century it was widely believed that cancer was?

- a) Contagious
- b) Caused by the Gods
- c) Caused by Trauma

Answers:

1) c, 2) b, 3) a, 4) d, 5) a

Source:

American Cancer Society. "The History of Cancer." Retrieved Jun 30 2010 from
<http://www.cancer.org/Cancer/CancerBasics/TheHistoryofCancer/index>.