



# Columbia Basin Cancer Foundation Newsletter

*Local Support For Our Neighbors With Cancer*

May 2010

Volume 2, Number 5



## Melanoma 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 never abandons you; you abandon it”

~ George Weinberg

## Melanoma

### ARE YOU AT RISK?

Melanoma is a cancer that forms in the skin cells. According to Melanoma.com anyone who is exposed to UV rays is at risk for Melanoma. UV, or ultraviolet radiation, is found in many sources including sunlight and black lights. But, there are factors that put some people at a higher risk. Some of these factors include:

- ⊗ Family history of melanoma
- ⊗ Unusual looking moles
- ⊗ Personal history of melanoma
- ⊗ Taking medication that weakens the immune system
- ⊗ Having more than 50 moles
- ⊗ Past history of severe sunburns in childhood
- ⊗ Freckles
- ⊗ Fair skin or light eyes
- ⊗ Living in the Southwestern United States
- ⊗ Spending time in the sun between 10 AM and 4 PM without skin protection.

Do you fit into one of these categories? While reading this list I found that I fit into 6 of the 10 factors. So what can you do to prevent skin cancer? The Skin Cancer Foundation recommends that you

- ⊗ Seek the shade between 10 A.M. and 4 P.M
- ⊗ Avoid getting sunburns
- ⊗ Avoid tanning and tanning booths
- ⊗ Use a sunscreen daily that is at least SPF 15 or higher
- ⊗ Apply sunscreen 30 minutes before going outside and reapply every 2 hours.
- ⊗ Wear clothing, hats, and sunglasses
- ⊗ Keep newborns out of the sun
- ⊗ Examine your skin every month
- ⊗ Once a year see your physician for a professional skin exam.

What should you look for when examining your skin? The National Cancer Institute recommends that you look for the following:

- ⊗ A mole that has changed in size, shape, or color, has irregular edges or borders, is more than one color, is asymmetrical, itches, oozes, bleeds, or is ulcerated.
- ⊗ Changes in pigmented skin
- ⊗ New moles that grow near existing moles.

## UPCOMING AND CURRENT EVENTS

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- May 8** - Tractor Raffle Ticket Sales  
Farmer's Market: 7 AM – 1 PM
- May 8** – *Race for a Cure* Fundraiser  
Ephrata Raceway Park
- May 9** – Mother's Day
- May 11** – Essentials Skin and Wellness  
Center Fundraiser: 4 PM – 8 PM
- May 15** - Tractor Raffle Ticket Sales  
Farmer's Market: 7 AM – 1 PM
- May 17** - Tractor Raffle Drawing  
Cancer Support Group 5:30 PM
- May 17** - 5:30 PM Cancer Support  
Group at the Moses Lake Senior  
Center
- May 19** - 5:30 PM CBCF Board Meeting
- May 29** – Moses Lake Spring Festival  
Parade
- May 31** – Memorial Day  
Office Closed

## HEALTHY LIVING RECIPE:

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### Banana Bread

#### Ingredients:

- 1 Cream Cheese, 8-oz. package
- 1 cup sugar
- 3 medium bananas, mashed
- 1 large egg, beaten
- 2 large egg whites
- 2 cups biscuit baking mix
- 1/2 teaspoon ground cinnamon

#### Instructions:

Preheat oven to 350 degrees. Coat a non-stick 9x5x3-inch loaf pan with non-stick cooking spray. In a mixing bowl, cream together the cream cheese and sugar until light. Beat in the bananas, egg, and egg whites. Stir in the biscuit mix and cinnamon until just blended. Do not stir too much or bread will be tough. Put batter into loaf pan. Bake for 45 minutes to 1 hour, until a toothpick inserted in the center comes out clean.

Makes 16 Slices

## Foundation and Friends News

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### JOHN DEERE TRACTOR RAFFLE

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The Columbia Basin Cancer Foundation is raffling off a John Deere riding lawnmower to help raise funds for the services they provide. Tickets are \$5 each and are available at various banks and pet groomers in Grant and Adams Counties. Volunteers will also be selling tickets at the Farmer's Market on the 8<sup>th</sup> and 15<sup>th</sup> of May. The drawing will be held on May 17<sup>th</sup> at the Moses Lake Senior Center at 5:30 PM. The winner does not have to be present to win.

Please come out and support the foundation by either buying raffle tickets or by volunteering to help sell them.

Tickets are available at the following locations:

- AmericanWest Bank in Moses Lake
- Bank of America in Moses Lake
- Sterling Savings Bank in Moses Lake and Othello
- Wheatland Bank in Moses Lake
- CBCF office in Moses Lake
- Elegant Pet in Moses Lake
- Animal House in Moses Lake
- Animal Cracker in Moses Lake
- US Bank in Othello
- Bank of Whitman in Othello, Warden, and Royal City
- Animal World in Moses Lake

### RACE FOR A CURE

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#### EPHRATA RACEWAYS FUNDRAISER TO BENEFIT THE COLUMBIA BASIN CANCER FOUNDATION

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Come out and enjoy a night of racing at the Ephrata Raceway Park. On Saturday May 8<sup>th</sup>, Ephrata Raceway track is putting on a fundraiser to benefit the Columbia Basin Cancer Foundation. They will be doing a 50/50 raffle and selling pink lemonade. They will also sell T-shirts for \$5 to raise money for the foundation. Part of the admission to the race will be donated to the Foundation as well. According to Rita Witte, the raceways chose us as the beneficiaries because they wanted the money to stay in the area and help those who need financial assistance during their cancer treatment. This is sure to be a fun night of racing and fundraising. Come and join the fun.

## A BIG THANK YOU

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To everyone who has sold raffle tickets or volunteered to help sell them on the weekends. So far we have raised over \$1,000. These events would not be successful without your help and support.

If you have ideas for fundraisers or events that we could setup booths please e-mail Kayla Stoker at [kstoker\\_cbcf@live.com](mailto:kstoker_cbcf@live.com)

## STAFF

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## CONTACT INFORMATION

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Monday – Thursday

10:00 AM – 2:00 PM

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[www.columbiabasinincancerfoundation.org](http://www.columbiabasinincancerfoundation.org)

[www.facebook.com/cbcfoundation](http://www.facebook.com/cbcfoundation)

## ESSENTIALS SKIN AND WELLNESS CENTER

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Essentials Skin and Wellness Center will be hosting a fundraiser Tuesday May 11<sup>th</sup> from 4:00 to 8:00 PM. They are offering a 5 minute chair massage, 5 minute facial, and a personalized skin consultation with a skin scanner in lieu of a donation to the Columbia Basin Cancer Foundation. The skin scanner scans the skin to see sun damage and dehydration spots that cannot be seen with the naked eye. There will also be a number of things to purchase. Essentials Skin and Wellness Center is located in the Vista Shopping Center at 530 W Valley Rd Suite E in Moses Lake. Call Rebekah McCabe for more information at 855-7569.

## Melanoma Quiz

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Question 1:

The percentage of people who develop melanoma have \_\_\_\_\_ over the last 30 years.

- a) declined    b) doubled    c) stayed steady    d) increased

Question 2

Melanoma usually occurs on what part of the body for men?

- a) Trunk    b) Arms    c) Legs    d) Feet

Question 3

There are approximately how many new cases of Melanoma each year?

- a) 30,000    b) 150,000  
c) 100,000    d) 60,000

Question 4

Melanoma in women usually occurs are what part of the body for women?

- a) Legs    b) Arms    c) Trunk    d) Feet

Question 5

True or false melanoma is one of the more common types of cancer.

- A) True    B) False

Answers:

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

# **American Cancer Society and Columbia Basin Cancer Foundation working together for cancer patients**

The Columbia Basin Cancer Foundation is excited to announce that it is working with the American Cancer Society to bring several of their patient programs to Moses Lake. The American Cancer Society is currently recruiting volunteers for their Look good...feel better, Reach to Recovery, and Road to Recovery programs.

## **Look Good...Feel Better**

The Look Good...Feel Better program is a free national program. It teaches female cancer patients beauty tips to look better and feel good about how they look during treatments. The program is volunteer run by beauty professionals who lead small groups. Women learn about makeup, skin care, nail care, and ways to deal with hair loss such as with wigs, turbans, and scarves. Each woman gets a free makeup kit to use during and after the workshop. In order to run this program here in Moses Lake they are looking for volunteer cosmetologists and general assistants.

## **Reach to Recovery**

Reach to Recovery is a program that provides breast cancer patients with information and support through face-to-face visits or by phone. The American Cancer Society trains volunteers to give support and up-to-date information, including literature for spouses, children, friends, and other loved ones. All volunteers are breast cancer survivors.

## **Road to Recovery**

Road to Recovery provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves. They are looking for volunteer drivers who are willing to donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

Volunteers must meet the following conditions:

- Must have a valid Washington State driver's license
- Have a safe, reliable vehicle
- Proof of automobile insurance
- Good driving history
- Be in good health

If you are interested in helping to bring these programs to the Moses Lake area please contact either the CBCF by telephone or e-mail, or Cynthia Rozyla at [cynthia.rozyla@cancer.org](mailto:cynthia.rozyla@cancer.org).

The Columbia Basin Cancer Foundation is not funded by the American Cancer Society and does not give money to the American Cancer Society. The two organizations work together to provide patients with resources in the most convenient way possible. Our goal in this partnership is not to fund one another but to work together to help the patients. The Foundation supplies cancer patients with local support through the resources provided by many larger organizations like the American Cancer Society, however, the Columbia Basin Cancer Foundation could not exist without the financial backing of the community.