



Columbia Basin Cancer Foundation Newsletter

Local Support for Our Neighbors with Cancer

September 2010

Volume 2, Number 8

Leukemia and Lymphoma Edition

IN THIS ISSUE:

- Thank You
- Support Group Information
- Upcoming Events
- Foundation and Friends News
- Leukemia and Lymphoma Quiz
- The Hope Corner
- Healthy Living Recipe

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.

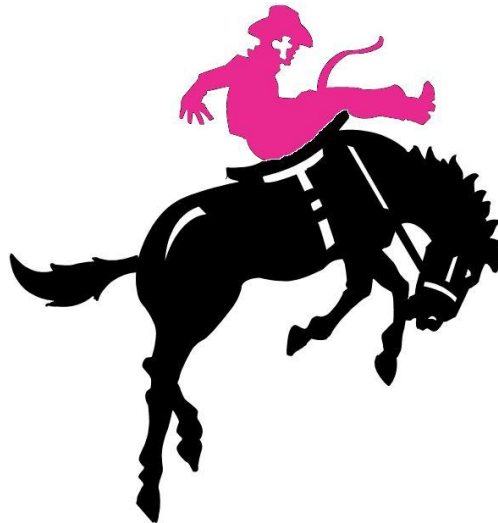
If you would like more information about the support group please contact either Delores Gregg (346-9720) or Zola Basart (346-1412).

HOPE CORNER

"I call hope my "pilot light" because I now know that, without it, we truly cease to exist."

~Vickie Girard

A Big Thank You



The Columbia Basin Cancer Foundation would like to thank all of its volunteers that helped with the Moses Lake Roundup Rodeo's Tough Enough to Wear Pink and the Moses Lake Pirate's Pink at the Park. Volunteers got together every week in July and assembled "cool ties." This was a lot of hard work and their service was greatly appreciated. The volunteers not only helped construct "cool ties," they also helped sell them, threw

out the first pitch at the baseball game, rode in the Dodge truck for the pink ceremony at the rodeo, and helped with organization and coordination. So far the event has brought in just over \$4,000. We owe a huge thank you to the Moses Lake Clinic for sponsoring this event.

Thank you also to the following businesses that sold pink bracelets:

- ☆ Big R
- ☆ Wheatland Bank
- ☆ Washington Trust Bank
- ☆ Horizon Credit Union
- ☆ Bank of America
- ☆ Jazzercise
- ☆ Moses Lake Clinic
- ☆ Animal World Veterinary Clinic

One of the main goals of this event is to encourage women to get mammograms early and regularly. We encourage friends of the foundation to let these businesses know how much you appreciate them helping to increase awareness in our community.

HEALTHY LIVING RECIPE:

Here is a yummy recipe for anyone who has a lot of tomatoes coming out of their garden right now.

Tomato basil fettuccini

Serves 6

Ingredients:

18 oz fettuccini
1 tbsp olive oil
12 tomatoes, diced
6 cloves garlic, minced
6 tsp fresh basil, chopped or ½ dried basil
Pinch of sugar
¾ cup fresh Parsley, chopped
6 tbsp Parmesan cheese, grated

Directions:

1. Cook fettuccini in a large pan of boiling salted water until al dente (most packages give you the time needed to cook the fettuccini)
2. Heat oil in a heavy skillet over medium heat.
3. Add tomatoes, garlic, basil, and sugar and cook for 5 mins, stirring occasionally
4. Add parsley and salt and pepper to taste. Add Pasta to tomato mixture with cheese.
5. Toss to mix.

Adapted from:

American Cancer Society. (2009). *Cooking Smart: The American Cancer Society's Recipe for Quick-and-Easy Healthy Eating from You Very Own Kitchen*. American Cancer Society. Pg 19

Come into the office for a free copy of this pamphlet.

UPCOMING AND CURRENT EVENTS

Sep 20 5:30 PM Cancer Support Group at the Moses Lake Senior Center

Sep 27 5:30 PM CBCF Board Meeting



Foundation and Friends News

NATIONAL RESOURCES AVAILABLE TO LEUKEMIA AND LYMPHOMA PATIENTS

The Leukemia and Lymphoma Society (LLS) offers many resources for patients with blood cancers. LLS has a call center with information specialists ready to discuss your diagnosis. They will also be able to discuss treatment options. Their website features a page for people who have been recently diagnosed with leukemia or lymphoma. They also have a peer to peer program for those who would like to talk with someone who has been through a blood cancer. They have a request form available online for those who would like a call. Patients and Caregivers are eligible to use this service and it is free of charge. There is a link to the Lymphoma and leukemia website on the [Columbia Basin Cancer Foundation's Events and Links Page](#).

VOLUNTEERS NEEDED FOR COUNTRY SWEETHEARTS

We are currently looking for volunteers to head up certain aspects of Country Sweethearts in February. We need people interested in the following

- ✓ volunteering during the event to help with the following:
 - live auction
 - keeping the tables clean and showing people to their seats
 - silent auction
 - check out/check in
- ✓ Helping to setup and/or takedown the event
- ✓ Making seating assignments
- ✓ Finding entertainment for the event
- ✓ Acquiring and displaying silent auction items
- ✓ Acquiring and displaying live auction items
- ✓ Alcoholic and non-alcoholic beverages

If you are interested in any of these things please let Kayla Stoker know as soon as possible. Country Sweetheart planning is already underway.

STAFF

Virginia Capetillo, Patient Services
Jan DeBeaumont, Patient Services
(509) 764-4644
cancercareteam@yahoo.com

Kayla Stoker, Marketing Director
(509) 318-4267
Kstoker_cbcf@live.com

CONTACT INFORMATION

P.O. Box 1337
1418 S Pioneer Way, Suite D
Moses Lake, WA 98837
(509) 764-4644
Monday – Thursday
10:00 AM – 2:00 PM
info@columbiabasincancerfoundation.org
www.columbiabasincancerfoundation.org
www.facebook.com/cbcfoundation

History of Cancer Quiz

Question 1:

Which of the following is not a risk factor associated with Leukemia or Lymphoma?

- a) Age
- b) Family History
- c) Exposure to Radiation
- d) Ethnicity

Question 2

Which of the following is not a typical treatment method used to treat Leukemia or Lymphoma

- a) Hormone Therapy
- b) Stem Cell Transplant
- c) Radiation Therapy
- d) Chemotherapy

Question 3

Which of the following are symptoms associated with Leukemia or Lymphoma?

- a) Blood in urine, night sweats, fever, unexplained weight loss, and weakness or tiredness
- b) Blood in urine, night sweats, fever, nausea and vomiting, and weakness or tiredness
- c) Swollen Lymph nodes that do not hurt in neck or underarm, night sweats, fever, unexplained weight loss, and weakness or tiredness
- d) Swollen Lymph nodes that do not hurt in neck or underarm, constant chest pains, fever, unexplained weight loss, and weakness or tiredness.

Question 4

Which of the following basketball stars was diagnosed with chronic myloid leukemia in December of 2008 and has been an advocate for leukemia research since his diagnosis?

- a) Charles Barkley
- b) Kareem Abdul-Jabbar
- c) Michael Jordon
- d) Earvin "Magic" Johnson Jr.

Question 5

This actor from Sex and the City was given 6 months to live at age 23 when he was diagnosed with Leukemia. He wrote a book titled *It's Only Temporary: The Good News and the Bad News of Being Alive* which chronicles his journey through treatment and his life after Leukemia?

- a) Sarah Jessica Parker
- b) Chris North
- c) Evan Handler
- d) Jason Lewis

Answers:

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

Additional Information about Leukemia and Lymphoma:

The Leukemia and Lymphoma Society

<http://www.leukemia-lymphoma.org>