



Columbia Basin Cancer Foundation Newsletter

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LUNG CANCER AWARENESS MONTH

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SUPPORT GROUP INFORMATION

In October the support group talked about the importance of staying positive and planning a getaway for the end of treatment.

This month the support group plans to discuss lymphedema. The support group is open to all caregivers, patients, and survivors. It is held the third Monday of every month at the Moses Lake Senior Center.

MESSAGE FROM THE NEW MARKETING DIRECTOR



Hello to all of the caregivers, patients, survivors and supporters of this foundation. My name is Kayla Stoker and the Board of Directors hired me as the new Marketing Director. I received my Bachelor of Arts in Economics from Washington State University and my Master of Business Administration from the University of Phoenix.

I am dedicated to helping those around me through service, as a result I have been volunteering with the American Cancer Society for the last 6 years. I have experience planning and executing many different types of events ranging from RV parking for WSU home football games to silent auctions. Through my determination to improve processes and reach goals I have been able to research and suggest improvements to Gameday Parking at WSU and have designed an Excel sheet for the American Cancer Society that is being used locally, regionally, and is currently being taken to the national level. I plan to use my resourcefulness and enthusiasm for the mission of the foundation to drive the Columbia Basin Cancer Foundation forward in the coming years.

UPCOMING AND CURRENT EVENTS

Nov. 16 – 5:30 PM Support Group at the Moses Lake Senior Center

Feb. 6 – Dinner/Dance Fundraiser. If you are interested in volunteering to help plan the event or would like to donate to the silent or live auction please contact Kayla Stoker at kstoker_cbcf@live.com or by phone at (509) 554-7666.

HEALTHY LIVING:

3 Great Ways to Increase your Heart Rate Everyday

You don't necessarily need special equipment for an aerobic workout. With a little foresight, activities you may take for granted can become part of your exercise routine.

Step it up. Take a brisk walk every day, whether it's a path through your neighborhood or laps in a local mall. Take the stairs instead of the elevator, or make a full workout of climbing the stairs. Sneak in extra steps whenever you can by parking farther away from your destination.

Make a workout of household chores. Mow the lawn, weed the garden, rake the leaves or shovel the snow. Even indoor activities such as vacuuming and scrubbing count as a workout if you increase your heart rate.

Join in the fun. If you have children, don't just watch them play. Join them for a game of tag or kickball. Walk them to the park. Dance. Take a family bike ride.

By Mayo Clinic Staff

*Abstract from
http://www.mayoclinic.com/health/fitness/HQ00694_D/NSECTIONGROUP=2*

PAST EVENTS



CHIEF MOSES MIDDLE SCHOOL HELPS TO RAISE MONEY FOR THE COLUMBIA BASIN CANCER FOUNDATION

On Thursday, October 22, the Columbia Basin Cancer Foundation visited Chief Moses Middle School for Breast Cancer Awareness Day. The staff and students were very excited to help the foundation raise money to help local cancer patients through their battle with the disease. During the lunch hour students and staff were given the opportunity to buy pink necklaces and ribbons from the foundation. The event was a huge success from both an educational and a fundraising stand point.

We would like to thank the staff and students at Chief Moses Middle School for making this event such a success. We especially want to thank Celia Guzman for making this event possible and the 8th grade class for raising the most money. The Foundation is looking forward to returning next year during Breast Cancer Awareness Month.



SUNSHINE NETWORK DONATED 6 BLANKETS TO THE FOUNDATION FOR LOCAL CHILDREN BATTLING CANCER.

The Columbia Basin Cancer Foundation would like to thank Rebecca Henricks for her contributions to the community. She is the founder of the Sunshine Network and works hard to lift the spirits of those children facing life threatening diseases and illnesses. For more information about the Sunshine Network visit <http://www.thesunshinenetwork.org>.

OCTOBER HEROES IN OUR COMMUNITY

Tanya Prickett and Stacey Cobb
– *“Pampered Chef Charity Party”*

Dr. Harder and Staff at Moses Lake Family Dentistry – *“October Smile Campaign”*

Peninsula Elementary Staff –
“Cookies for a Cause”

Moses Lake Clinic Staff – *“Pay to Wear Jeans to Work”*

Char-Glo Beauty School – *“Breast Cancer Awareness Haircut Event”*

HOPE CORNER:

“It is better to light one candle than to curse the darkness.”
-Confucius

If you have a story you would like to share about your battle with cancer or a quote that you think inspires hope please email it to kstoker_cbcf@live.com

CONTACT INFORMATION

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We're on the Web!

<http://www.columbiabasincancerfoundation.org>

Find us on Facebook

<http://www.facebook.com/pages/Moses-Lake-WA/Columbia-Basin-Cancer-Foundation/194860802505>

LUNG CANCER AWARENESS QUIZ

Question 1:

What are the two most prevalent types of lung cancer?

- a) Carcinoid and large cell b) Non-small cell and carcinoid
c) Non-small cell and small cell d) Small cell and carcinoid

Question 2

Lung cancer kills an average of ___ people each day.

- a) 207 b) 1114
c) 119 d) 437

Question 3

What percentage of new cases are never smokers or former smokers?

- a) 60% b) 35%
c) 15% d) 50%

Question 4

What percentage of lung cancer is being diagnosed at its most curable stage?

- a) 20% b) 52%
c) 16% d) 7%

Question 5

What percentage of lung cancers is in those who have smoked or who do smoke?

- a) 66% b) 35%
c) 90% d) 87%

Answers:

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

Source:

<http://www.lungcanceralliance.org/facing/about.html>

If you would like to make a suggestion, contribute, or volunteer to help with the monthly newsletter please contact Kayla Stoker at kstoker_cbcf@live.com or at (509) 554-7666.

Thank you to Mary Fredrick for her contributions to this newsletter.