

WASHINGTON

CANCER

Partnership

CANCER CONNECTION

August 2016

Dear WA CARES,

Welcome to the August edition of the Cancer Connection, the monthly briefer of the "*Washington Cancer Partnership*."

If you have information about upcoming news, events, organizational happenings, or other cancer-related topics you wish to include in the September Cancer Connection please email them to me by September 9.

If you are interested in having your organization highlighted in an upcoming Cancer Connection, please feel free to reach out to me!

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Partner Spotlight
Expressions of Healing
Art and Community: Support for adults with cancer

Expressions of Healing is an art-based group created for those who are navigating life with cancer. Whether you are recently diagnosed, in treatment or have finished treatment, you are welcome to join us as we explore this journey. We will use simple art processes to create insight, healing and community. Prior art experience is not necessary.

Instructor: Margaret Hartsook, LPC, ATR, art therapist, Legacy Cancer Healing Center

1 day sessions available, Saturday afternoons from 2:00p - 5:00p

- January 16, 2016
- February 20, 2016
- March 19, 2016
- April 16, 2016
- May 21, 2016
- June 18, 2016
- July 16, 2016
- August 20, 2016
- September 17, 2016
- October 15, 2016
- November 19, 2016
- December 17, 2016

Legacy Salmon Creek Medical Center

6th Floor Conference Room

2211 NE 139th St

Vancouver, WA 98686

FREE. Registration is required and space is limited.
To register or for more information, call 503-413-8404
or email mhartsoo@lhs.org
www.legacyhealth.org

 BREAST CANCER

 COLORECTAL CANCER

[New Milestone in the 80% by 2018 effort](#)

The NCCRT is thrilled to share some exciting news about the 80% by 2018 effort, but better yet, Dr. Rich Wender, NCCRT chair, would like to share the news with you himself. Watch this short video to learn what the excitement is all about:



<https://www.youtube.com/watch?v=AKLF09vHLlw>

New NCCRT publication on family history and editorial:

A few weeks ago, news was shared about a new NCCRT-commissioned article on colorectal cancer and family history in the journal *Cancer: Understanding the contribution of family history to colorectal cancer risk and its clinical implications: A state-of-the-science review*. Here is the editorial that accompanied the article:

<http://onlinelibrary.wiley.com/doi/10.1002/cncr.30078/abstract>

2014 Small Area Health Insurance Estimates:

Now available are estimates of the uninsured rates in 2014, the first year of ACA insurance marketplace implementation. Below you can link to the press release and included within the press release and on the page, you will find links to the website, interactive data tool, blog, and graphic – <http://www.census.gov/newsroom/press-releases/2016/cb16-86.html>

Increase in CRC screening rates for Community Health Centers

The NCCRT would like to acknowledge the hard work of their community health center partners and the many of you who support them for a significant increase in the 2015 CRC screening rates for Community Health Centers. The UDS (Uniform Data Set) measure for CRC screening at community health centers showed that rates jumped 4% in 2015 over 2014 and represent a real acceleration progress.

<http://bphc.hrsa.gov/uds/datacenter.aspx>

2012: 30.2%
2013: 32.6%
2014: 34.5%
2015: 38.3%

Congratulations to the many of you who worked so hard to make this happen!

New NCCRT Position open

The NCCRT is pleased to announce that they have established a new position at the NCCRT and are looking to hire a new NCCRT Program Manager. The position announcement is below. Note that the description says the location is Washington, DC. The location is actually "agnostic." They would appreciate your help promoting this announcement to qualified candidates.

https://careers.peopleclick.com/careerscp/client_acs/external/jobDetails.do?functionName=getJobDetail&jobPostId=55120&localeCode=en-us

Upcoming 80% by 2018 Partner Survey

The NCCRT would like to give you a heads up that later this month, they will be releasing their 80% by 2018 Partner survey. All NCCRT Members and 80% by 2018 Partners are encouraged to complete the survey. It should only take 15 minutes of your time, but is an important part of helping us assess our progress, identify needs and course correct as needed. Many thanks for keeping an eye out for this brief survey and taking the time to

complete it later this month.

Save the Date for the 2016 NCCRT Annual Meeting

Just a quick reminder to save the dates - November 17th and 18th, 2016 - for the NCCRT Annual Meeting in Bethesda, MD. More information to follow.

CERVICAL CANCER/HPV

Human Papillomavirus-Associated Cancers- United States, 2008-2012:

Summary (Taken from the report):

What is already known about this topic? Persistent infections of human papillomavirus (HPV) can cause carcinomas of the cervix, and squamous cell cancers of the vulva, vagina, penis, anus, rectum and oropharynx. Many of these cancers are preventable with currently available vaccines; effective screening programs can identify cervical precancers for treatment before they can progress to cancer.

What is added by this report?

An average of 38,793 HPV-associated cancers (11.7 per 100,000) were diagnosed annually in the United States during 2008-2012, including 23,000 (13.5) among females and 15,793 (9.7) among males. Among these cancers, CDC estimates that 30,700 (79%) can be attributed to HPV, and 28,500 of these are attributable to HPV types that are preventable with the 9-valent HPV vaccine.

What are the implications for public health practice?

Flu vaccination coverage of the U.S. population could prevent future HPV-attributable cancers and potentially reduce racial and ethnic disparities in HPV-associated cancer incidence. Ongoing surveillance for HPV-associated cancers using high-quality population-based registries is needed to monitor trends in cancer incidence that might result from the increasing use of HPV vaccines and changes in cervical cancer screening practices.

To access the entire report, click here.

Preteen VaxScene Webinar - September 8 - "CDC Update: The Importance of Being AFIX, and Tools for Successful Visits"

This webinar will be geared towards AFIX coordinators, AFIX program field staff, trainers of field staff, and immunization managers. Hanan Awwad, CDC's AFIX Lead, will share resources and tools available that can be used to make AFIX programs more responsive to the unique challenges posed by HPV vaccination. Hanan will also discuss updates and showcase new AFIX materials intended to assist awardees in developing their AFIX program.

To Register, go to: <https://cc.readytalk.com/r/q6z7qhjoq1r8&eom>

LUNG CANCER/TOBACCO

[Washington State Department of Health](#)

[Tobacco Quitline](#). The Quitline is currently offering up to 5 **FREE** counseling calls to help people quit tobacco. Two weeks

SKIN AND OTHER CANCERS

CDC Releases Second Annual Report on Skin Cancer Prevention:

The second annual **Skin Cancer Prevention Progress Report** summarizes prevention efforts and the most recent data available. It also highlights new developments and success stories in the field.

The Melanoma Foundation of New England launched a pilot program called Practice Safe Skin that provides free sunscreen to the public. Through this initiative, 50 sunscreen dispensers were placed in parks and other recreational areas throughout Boston for public use. The successful program is now expanding to cities across the country. Montclair, New Jersey is the first community in the United States to implement the SunSmart City project, which combines mass media campaigns with environmental and policy changes to support UV-protective behaviors. The initiative is championed and managed by the Live SunSmart Foundation.

SURVIVORSHIP/SUPPORT GROUPS

Harmony Hill Open House Celebration:

We warmly welcome Harmony Hill alumni, partners, neighbors, and family and friends to join us on Saturday, August 27 from 11 - 3 for our annual Open House, a time for fun and celebration. In fact, we have 30 years of Harmony Hill's history to celebrate!

Many activities show case what occurs in our Cancer, Healing and Survivorship retreats and include:

- A food demonstration with Chef Cody Shipley
- Dancing with the Scarves with Denise Carrico
- Poetry Play station with Melissa Layer
- Children's Crafts station
- Art / Journal / Collage station
- Labyrinth, garden and building tours with volunteer docents

From 1:00 - 2:30 pm, three panels of presenters will share insider stories from our first three decades. Emceed by founder and executive director emerita Gretchen Schodde, we expect high levels of hilarity, joy, heart and soul, as well as a great way to get an interactive Harmony Hill history lesson.

Local food vendors Kern's Kitchen and Union City Market will offer delicious lunch and snack food for purchase.

Parking is available at the Union Community Church, 951 E Dalby Rd, Union, WA 98592, and a shuttle bus will transport guests on and off the Hill throughout the day.

We hope you will join us for this special event during this very special year. Toss a blanket in the car, gather your loved ones, and come out to Harmony Hill, whether for the first time or as a longtime visitor. The dahlias, zinnias and lavender will be blooming for you!

For more information, contact Pam Toal, Program Director, at ptoal@harmonyhill.org or

Children's Lives Include Moments of Bravery (CLiMB):

CLiMB® is a new support program specifically designed for children whose parents are diagnosed with cancer. Through art projects and discussion, this structured program is helpful in normalizing feelings of sadness, anxiety, fear and anger in the children, while improving positive communication between the children and their parents.

CLiMB is a six-week closed group support program for children ages six to 12 that meets once a week for two hours. Dinner will be provided at the beginning of each session.

There is no cost to participate in CLiMB. Facilitators have been specially trained by The Children's Treehouse Foundation, a non-profit organization dedicated to the emotional support of children who have parents with cancer.

A concurrent parent group also takes place at the same time as CLiMB. It is an educational support group where parents learn and share healthy ways to support their children with coping with a cancer diagnosis in the family.

Where: Halvorson Cancer Center at EvergreenHealth Medical Center in Kirkland.

Time: 5:30 - 7:30 p.m.

Topics: "All About Me; What is Cancer?; It's Okay to Feel Sad; Cancer Can Be Scary; It's Not fair; I Love You."

Limited space is available. Pre-screening and pre-registration are required.

For more information please contact Cancer Support Services.

Phone: 425.899.2265 * In person: Green 1290 * Email:

ameastman@evergreenhealth.com.



New Mindfulness Groups with Virginia Mason Medical Center:

In partnership with Virginia Mason, Cancer Pathways (formerly Gilda's Club Seattle) is offering two new groups focusing on mindfulness. The groups are drop-in, but registration is appreciated by visiting cancerpathways.org.

- Mindfulness-Based Arts Group for anyone touched by cancer. Tune into your inner landscape - be it joyful, pensive, agitated, or a collage of mixed feelings. Ginny Rohan, our facilitator, will guide you in creating visual representations for your world through the use of art media. You do not have to be an artist to enjoy and benefit from this! All materials are provided. This group is open to cancer patients, caregivers, and anyone who has lost someone to cancer. Meets the 2nd Tuesdays and 4th Wednesdays in the Buck 2 Conference Room #290 from 1:00-2:30pm, at Virginia Mason Medical Center, 1100 9th Ave, Seattle.
- Mindfulness Cognitive Therapy Group for cancer patients. Join us for meditation instruction, meditation experientials, and emotional support. Increase your awareness and reduce your stress level by becoming acquainted with your mind and how to creatively engage with your thoughts. This group is available to cancer patients in treatment, out of treatment, and/or living long term with cancer. Meets the 2nd Wednesdays and 4th Tuesdays in the Baroness Conference Room from 1:00-2:30pm, starting August 23rd, at Virginia Mason Medical Center, 1100 9th Ave, Seattle.

Clinical Trials: Everything You Want to Know with Gary Goodman, MD:

September 22nd, 7:00-8:30pm.

Cancer Pathways, 1400 Broadway, Seattle.

Gary Goodman, MD, from the Swedish Cancer Institute, will discuss and explain the clinical trial system used to evaluate and test new anti-cancer agents. He will also talk about how doctors decide what treatments to offer patients including "standard chemotherapy," "targeted agents," as well as the new agents that harness the human immune system. Bring your questions. Visit cancerpathways.org to register.

New Yoga Classes at Cancer Pathways:

This fall we are offering new yoga classes with our popular instructor, Cindy Jaffe, RYT 200. Cindy specializes in "yoga for longevity," working with students who have limited mobility and health concerns to regain physical capabilities. Cindy will give you the tools and teach you the skills to increase the body's healing ability and to manage the side effects and stress of cancer. Visit cancerpathways.org to register.

- 8-Week Yoga Series: Building a Healthy and Sustainable Practice

Fridays, September 16-November 4. Noon-1:15pm

- Workshop: Gentle Yoga for Cancer Patients, Survivors, and Caregivers

Tuesday, September 20. 6:30-8:00pm

Cancer Lifeline at EvergreenHealth:

Metastatic Cancer Retreat

Saturday, Oct 8; 10am-3pm



Join Cancer Lifeline & EvergreenHealth for a free day of education and support focused on the needs of patients & families living with metastatic cancers and facing end of life planning. This is a safe place for those affected by advanced stage cancers to be heard, gain knowledge and to be with others who understand your unique challenges. Presentations will focus on legal and financial concerns, what you need to know about hospice and palliative care and ways to create your legacy. Gentle chair massage will be available all day.

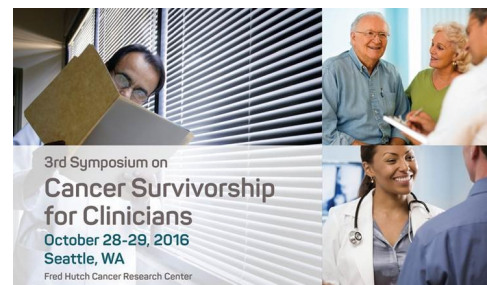
For more information & registration please call 206-832-1270.

3rd Symposium on Cancer Survivorship for Clinicians: Registration now Open!

With survivorship now recognized as a distinct phase of care in the cancer continuum, the focus turns to surveillance for, and management of, long-term and late effects that occur as a result of cancer and its treatment, as well as the health promotion and prevention of disease strategies that are particularly important for cancer survivors.

This conference, featuring speakers who are the leaders in the field of cancer survivorship, covers an important and increasingly relevant gap in the medical education of clinicians who care for cancer survivors.

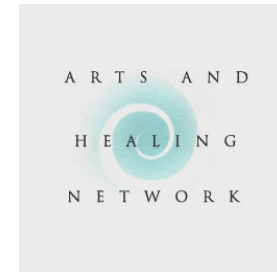
Full agenda and online registration at www.fredhutch.org/2016-symposium. To request more information about this conference please call 206-667-2814, email survivor@fredhutch.org.



Cancer Support Group. The Skagit Valley Hospital Regional Cancer Care Center offers a monthly support group for individuals and their caregivers dealing with the

emotional life changing challenges of a cancer diagnosis. The group is open and available on a drop-in basis (pre-registration welcomed.) The group meets at **4 p.m. the second Thursday of each month**. To register, or for further information, please contact [Peter Wold](#), MSW, Oncology Social Worker. The meetings are held in the Safeway Conference Room at Skagit Valley Hospital Regional Cancer Care Center, third floor.

Art and Healing Group. **First and third Mondays of each month, 2 - 4 p.m.** in the Safeway Conference Room (third floor) at the Regional Cancer Care Center. Instructor Margaret Carpenter Arnett, BSN, ATR, has been doing art therapy with cancer patients for more than 20 years. Creating art can promote healing by reducing anxiety and stress and improving emotional well-being. Please note that artistic "skills" are not required! Come and join this fun and welcoming group. For more information call 360-814-8255.



The Seattle Cancer Care Alliance Patient and Family Resource Center offers a monthly calendar of free classes for patients, families, and caregivers. From therapeutic yoga to food safety classes to luncheons for caregivers, SCCA offers all kinds of valuable support.



The Swedish Cancer Education Center offers a variety of complimentary patient education classes that are open to patients, family, friends, and caregivers. The classes range from cancer prevention to gentle yoga, and are offered at four of our different campuses. Here are a few of the classes we will be offering: Cancer and Finances 101, The Wonderful World of Hula, and T'ai Chi. To register for classes, please call 1-800-SWEDISH or visit [Swedish.org/classes](#). In addition to the educational classes Swedish offers, the Oncology Social Work department hosts support groups for prostate cancer, gynecological cancer, living with cancer, support for caregivers, and more. To learn more about our support groups, please call (206) 386-3228.



University of Washington Center for Child & Family Well-being (CCFW) is dedicated to promoting the positive development of children and families by translating research for practical application. Through its Mindful Living and Practice Initiative, CCFW offers public lectures, professional training, and workshops to promote mindfulness practices in the community and provide parents and practitioners with ready access to the latest evidence-based knowledge.

CANCER AND RELATED NEWS

- [Week of July 8, 2016](#)
 - [Week of July 11, 2016](#)
 - [Week of July 18, 2016](#)
 - [Week of July 25, 2016](#)
 - [Week of August 8, 2016](#)
-

FUNDING

Miscellaneous Small Grants Available from Komen. These grants support some of the "unexpected" costs associated with a project, e.g. purchase of educational materials, food costs of a presentation session, survivor recognition, etc. Requests should

comply with the following criteria:

- In their 16 country service area
- Specific to breast health/breast cancer
- Relevant to the mission of Komen
- Funding request may not exceed \$1,000
- Willingness to acknowledge support of the Puget Sound Affiliate
- Report financial and project progress to the Puget Sound Affiliate
- Allow participation of Puget Sound Affiliate representative(s) where appropriate



Small grants are due by the 25th day of each month. For more information, please contact [Robyn Sneeringer](#).

GENERAL

Navigating Cultural Differences: Palliative Medicine Provider Education:

Join Regence September 20-21 in Seattle to learn about best practices and resources concerning palliative medicine and what is important for providers to know when working with seriously ill patients from diverse backgrounds.

Who should attend? Anyone who provides palliative care, such as physicians, specialists, nurses (especially nurses!), nurse practitioners, nursing assistants, physician assistants, social workers, behavioral health practitioners, clergy/chaplains, and more.

This activity has been approved for AMA PRA Category 1 Credit™.

To learn more and register click [here](#).

Washington Cancer Partnership Projects

80% by 2018 Washington Employer Challenge

This project aims to increase colon cancer screening rates across our state by partnering with employers. Enrollment in the challenge is an easy, online process and your organization will have hands on assistance every step of the way.

For assistance in enrolling your organization, contact [Cynthia Eichner](#) at the American Cancer Society.



Washington Alliance for Cancer Survivorship

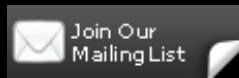
This alliance arose from the June 2015 George Washington Cancer Institute

survivorship workshop at EvergreenHealth. The focus of this group is helping healthcare systems to implement survivorship care plans. For more information contact [Rose Guerrero](#).

Washington Cancer Screening Network

This group provides a forum for networking and training among professionals dedicated to detecting cancer in the early stages. For more details please contact [Jill Wisehart](#).

**FOR MORE INFORMATION ABOUT THE
WASHINGTON CANCER PARTNERSHIP,
VISIT OUR WEBSITE!**



Cancer Connection
August 2016

Washington Cancer Partnership
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Links to external resources are provided as a public service, and do not imply endorsement by the Washington State Department of Health. For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).