

WASHINGTON

CANCER

Partnership

CANCER CONNECTION

Sept 2016

Dear WA CARES,

Welcome to the September 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 October Cancer Connection please email them to me by October 7.

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



The gardens at Harmony Hill

Harmony Hill Celebrates 30 Years of Caring

Harmony Hill's mission is to transform the lives of those affected by cancer and to inspire healthy living for all. Founded by Gretchen Schodde, MN, APRN, FNP-BC, in 1987, Harmony Hill Cancer Programs have served more than 3,000 residential participants over the last 29 years. The programs were established to help participants with their quality of life needs.

Harmony Hill's residential Cancer Retreats are open to anyone that has ever had a cancer diagnosis, as well as their loved ones and/or caregivers. These three-day residential retreats are provided at no cost to participants through the generosity of Harmony Hill's donors. Each retreat is facilitated by nurses, physicians, and mental health specialists. Skilled faculty lead participants through stress reduction skills, guided imagery, daily support groups for learning and sharing, yoga, and other activities. Harmony Hill's Cancer Programs serve to enhance and support, not replace, conventional medicine. Retreats improve the ability of all participants to build upon their strengths and learn to live with a cancer diagnosis, but not become defined by it.

These weekends are magical - participants drop their chore list and are simply cared for together. A recent participant reflected on her experience at Harmony Hill: "I realize how little care I have treated myself with. My heart enjoyed the space to be heard. My body relaxed into the empty space. My mind finally had some gaps with which to interrupt the endless loop and flow of thoughts, words, and painful memories. I am being reminded that taking time for myself, to heal by eating well, enjoying nature and opening the door of my heart, releases the painful and invites in the infinite. I am taking that with me. Thank you. You have my genuine gratitude."

As Harmony Hill looks ahead to the next 30 years, exciting opportunities are emerging. Eric Blegen, Executive Director for Harmony Hill, writes, "New collaborative programs and the significant expansion of our core cancer program, especially in the last 2 years, have raised the level of awareness of Harmony Hill in our region. This has resulted in a record number of new retreat applications submitted in 2016, creating waiting lists through December of this year for all of our public cancer retreats. How we plan to meet the growing demand for Harmony Hill's programs - while ensuring our long-term sustainability - has been a key question we've asked many of you as part of the strategic planning process we are currently engaged in. Early outcomes of this visioning process have given us some key insights into where our community thinks we should focus our efforts as an organization. All of these efforts will require clarity and strategic focus at a higher level than ever before. On behalf of our staff, board, and program faculty; we are excited and prepared to face these challenges."

Harmony Hill is located in Union, WA on 12 beautiful acres of rural land overlooking the Hood Canal. The facility provides comfortable and restful on-site housing, with all meals and nutritious snacks prepared by a professional kitchen staff, tailored to specific dietary needs. Harmony Hill is open to organizations for day or overnight rentals. All proceeds from these rentals go to support the Cancer Retreat program.

To find out more go to harmonyhill.org or to our Facebook page [HERE!](#)



Eric Blegen, Executive Director of Harmony Hill greets guests at 30th Anniversary Gala

BREAST CANCER

Needle biopsies for Noninvasive Breast Cancer: Routine Analysis Wastes Millions:

For patients with the most common type of noninvasive breast cancer, routine testing for estrogen and progesterone receptors in tissue taken at the first 'needle' biopsy is both unnecessary and wasteful, according to results of a study led by Johns Hopkins pathologists.

The results for people with ductal carcinoma in situ or DCIS were persuasive enough that The Johns Hopkins Hospital last January ended the practice of routinely conducting so-called core needle biopsy hormone receptor testing. For the entire story, go to: <https://www.sciencedaily.com/releases/2016/08/160808172206.htm>

NWMBCC

NORTHWEST METASTATIC BREAST CANCER CONFERENCE

**SATURDAY
OCTOBER 15**

Fred Hutchinson
Cancer Research Center
Seattle, WA

REGISTER TODAY
komenpugetsound.org/nwmbcc
Or call 206-633-0303

FROM RESEARCH TO ACTION

Join us for the first Northwest Metastatic Breast Cancer Conference. Attend this one-day gathering of patients and their caregivers, medical professionals and leading researchers to:

- Better understand emerging scientific breakthroughs and new treatment options
- Discuss ways to improve quality of life by going beyond the doctor's office
- Take action by amplifying the patient voice through advocacy and activism

The conference is designed for individuals living with metastatic breast cancer, their caregivers and their providers and will unite the diverse perspectives that influence the lives of metastatic patients.

Attendance is free. Registration is required.

Proudly Supported By:



COLORECTAL CANCER

Honoring Washington State 80% by 2018 Hall of Fame Organizations:

Congratulations to the following Washington organizations for achieving an 80% colorectal cancer screening rate: **Group Health Plan, Inc., Kaiser Foundation Health Plan of the Northwest!**

Here is a special note from the National Colorectal Cancer Roundtable:

Dear 80% by 2018 Partners:

Every great effort needs a holiday, so we are hereby declaring 8/18 (August 18th) 80% by 2018 day! And to celebrate the hard work you do each and every day we



[CLICK HERE](#)

are unveiling a new webpage to recognize those organizations that we know of that have reached an 80% or higher colorectal screening rate. I'm pleased to introduce to you the 80% by 2018 Hall of Fame! <http://nccrt.org/80by2018HallofFame>

Has your organization reached 80% but is not yet listed here? Follow the link on the webpage to submit your 80% screening rate success. You will also receive an 80% Screening Rate Stellar Achievement Web Badge to display on your website.

Special thanks to NCCRT Associate Director Emily Bell for making the vision for the 80% by 2018 Hall of Fame a reality.

And most importantly, congratulations to the organizations that have reached this momentous milestone and to the now over 1,000 organizations that are making progress toward our shared goal each day. Each additional person screened represents an important contribution to our shared lifesaving effort to reduce the toll of this disease.

Many thanks for the good work you do,
Mary Doroshenk, MA, Director, NCCRT
American Cancer Society, Inc.
250 Williams St.
Atlanta, GA 30303
202.661.5729

ACS CAN/NCCRT Study on Medicaid Expansion and Access:

A study released by the American Cancer Society Cancer Action Network (ACS CAN) and the National Colorectal Cancer Roundtable (NCCRT) estimates that in 2017 over 2.7 million low-income men and women aged 50-64 will remain uninsured and continue to lack access to an affordable health care coverage option, including colorectal cancer screening services. The report,

Health Reform and the Implications for Cancer Screening, provides national and state-specific estimates of the number of uninsured men and women in 2017 based on three scenarios: Medicaid expansion decisions as of April 2015, no state Medicaid expansions, and if all states expand Medicaid. You can access an ACS CAN summary of the report here:

<http://www.acscan.org/content/wp-content/uploads/2016/08/FINAL%20CRC%20GWU%20summary%2008.19.16.pdf>

AAFP Releases 2016 CRC Screening Recommendations:

The AAFP's Commission on Health of the Public and Science's Subcommittee on Clinical Preventive Services reviewed the USPSTF's recommendation and agreed that screening those ages 50 to 75 for colorectal cancer should be recommended. However, in the AAFP's final recommendation statement, the subcommittee gave CRC screening a "B" recommendation and also differed from the task force on suggestions for recommended screening tests. Please see the final statement for details.

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.

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 of free nicotine replacement gum or patches are offered to qualified callers. No callers are turned away. If you have

insurance please check with your health plan, as you may have a better benefit with no out-of-pocket costs.

SKIN AND OTHER CANCERS

SURVIVORSHIP/SUPPORT GROUPS

Pediatric Moving Beyond Cancer to Wellness:

What: Pediatric Moving Beyond Cancer to Wellness, hosted by the Fred Hutch Survivorship Program and Seattle Children's, is an educational event for pediatric cancer survivors and their parents. This free conference is recommended for cancer survivors age 12 and older and parents of cancer survivors of all ages.

When: Saturday, October 8th from 9am - 2:30pm

Where: Seattle Children's

More event information and Registration can be found at: www.fredhutch.org/ped-mbctw

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.



Beyond Pink: Sharing Our Metastatic Breast Cancer Story

Thursday, October 13th. 4:00-7:00pm

Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle. 206-709-1400. Please join us as we present education on Community Advocacy with tailored information and resources specific to Metastatic Breast Cancer. Featuring Julie Gralow, MD, from the Seattle Cancer Care Alliance. Explore the Beyond Pink educational video and photo booth from 4:00-5:00pm. Hear from a panel of MBC survivors, media experts, legislators, and local oncologists to learn about MBC and become your own advocate from 5:00-7:00pm. Register for this free event at cancerpathways.org/beyond-pink/.

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

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

Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle. 206-709-1400
Our speaker, 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. Register for this free lecture at cancerpathways.org/education/lectures-and-seminars/.

Do Ask / Do Tell: Intimacy, Sexuality and Cancer with Leslie Heron, ARNP

Thursday, October 20th. 7:00-8:30pm

Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle
Leslie, the nurse practitioner at the Seattle Cancer Care Alliance and Fred Hutch Survivorship Clinic, will lead a lively discussion on the impact of cancer and cancer treatments on intimacy and sexuality. She will offer real life recommendations for the concerns that she hears from cancer patients every day. Partnered or single, young or older, we invite you to attend this event.

Pre-registration for this free event is required. For more information or for assistance for people with disabilities or grievances, please contact Karla Eskro at 206-709-1400 or

info@cancerpathways.org. CEU's available for Social Workers and Nurses. More information about CEU requirements can be found at cancerpathways.org/education/lectures-and-seminars/.

Nutrition and You: Before, During, and After Cancer with Jyoti Benjamin, MS, RD, CSO, CD

Thursday, October 6th. 7:00-8:30pm

Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle. 206-709-1400

What is the relationship between your diet and treatment side effects? This talk will provide information on reducing inflammation, fatigue, nausea, sleep disturbance, and neuropathy. Our speaker is a clinical dietitian at Virginia Mason Medical Center in Seattle. Register for this free lecture at cancerpathways.org/education/lectures-and-seminars/.

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.

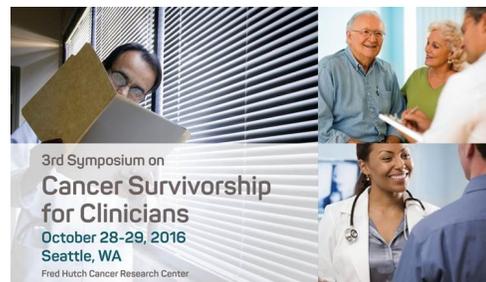
For more information & registration please call 206-832-1270. Click [here](#) for more details.

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 August 15, 2016](#)
- [Week of August 29, 2016](#)
- [Week of September 5, 2016](#)
- [Week of September 12, 2016](#)

FUNDING

Komen Puget Sound Letter of Inquiry Release:

The Susan G. Komen promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cures. The Puget Sound Affiliate of Susan G. Komen works to fulfill this promise, in part,

by offering grants for innovative programs that reduce breast cancer mortality and morbidity, especially among those who experience disparities related to and/or have disproportional adverse outcomes from this disease.

The Affiliate seeks grant applications in the following program categories:

- Early Detection and Diagnostics
- Community Health Workers and Patient Navigators
- Patient Assistance and Treatment Support

The first step in applying for a grant from the Puget Sound Affiliate is to submit a [Letter of Inquiry \(LOI\)](#), which is due on **October 24, 2016**. If you have not had a chance to review the [2015 Community Profile Report](#) summary presentation, Strengthening Partnerships for Community Impact, I would encourage you to do so. This report provides an assessment of the state of breast cancer for our Affiliate's 16-county service area and guides our grant-making program. It examines statistics, services and community perspectives to identify disparities, gaps in service and barriers to care that prevent women who live in our community from accessing needed services, detecting breast cancer early and surviving breast cancer.

Note: Successful LOI applicants invited to submit a full proposal will be given further instructions on how to submit FULL grant applications online through National Komen's GeMS (Grants electronic Management System).

Komen Puget Sound anticipates granting \$600,000-\$800,000 in the next cycle for programs beginning April 1, 2017 through March 31, 2018. Needless to say, it will be a competitive and challenging selection process, so I wish you all well and the best of luck. If you have any questions, please feel free to contact Robyn.

Best regards,
Robyn Sneeringer, MPH
Director of Programs
Susan G. Komen Puget Sound
P: 206.633.0303, ext. 105 | F: 206.633.0304
112 Fifth Avenue North | Seattle, WA 98109

GENERAL

Promoting the Generation & Translation of Evidence (GATE) Community of Practice:

The George Washington (GW) Cancer Center is pleased to announce the launch of the Generation and Translation of Evidence (GATE) Cancer Community of Practice. The project, funded by the Patient-Centered Outcomes Research Institute (PCORI), serves as an engagement and communication mechanism for cancer survivorship and cancer patient navigation, and in the future, other patient-centered care topics.

The aim of this project is to create a simple, easy-to-use Community of Practice to bring together health care professionals, researchers, patients and caregivers to increase Patient-Centered Outcomes Research dissemination and implementation. Visit [CancerGATE.org](#) today!

The following materials are available for download from their brand new webpage:

- [Promoting the GATE Cancer Community of Practice Dissemination Toolkit](#)
- [Informational Flyer](#)
- [Postcards](#)
- [Outreach slides for conferences or other presentations](#)

For more information contact CancerGATE@gwu.edu or sign up for our e-newsletter at <http://bit.ly/PNSurvEnews>

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.



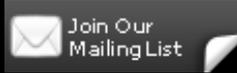
Washington Alliance for Cancer Survivorship

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 Wisheart](#).

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



Cancer Connection
Sept 2016

Washington Cancer Partnership
jill.maughanwisehart@doh.wa.gov

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).