

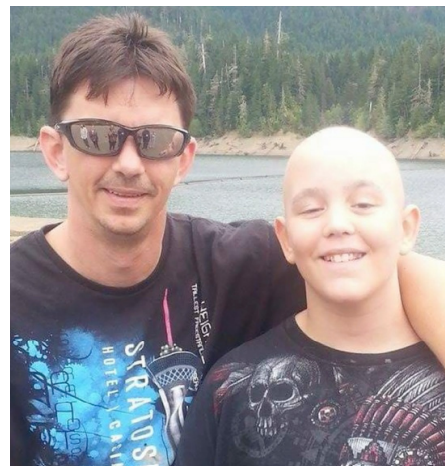
CANCER LIFELINE GROWS FINANCIAL ASSISTANCE PROGRAM!

The 3rd Annual Resources for Hope dinner supporting Cancer Lifeline's Patient Assistance Fund (PAF) raised a record breaking \$170,000 at the October 15th gala event at The Ruins. In spite of the forecast of threatening weather, the festive event co-chaired by Lynn Behar and Jane Caron, took place to a sold-out house.

Annually Cancer Lifeline's Patient Assistance Fund offers financial relief to hundreds of low-income cancer patients in the form of cash awards to help cover such things as prescription co-pays, insurance premiums, rent, utilities, and even food. The grants help to alleviate financial stress so the recipients can focus all their energy on treatment and recovery.

Cancer survivor and member of the Cancer Lifeline Advisory Board, Patricia Giuliani delivered a message from the heart urging others to join her in supporting the PAF fund so that no one impacted by cancer is forced to make the difficult decision between paying for healthcare and feeding their family.

Tina Nole, Board Member and Executive Producer of Larj Media captured on video the story of PAF clients, David & Jesse Bailey. The father-son story was one of perseverance in the face of overwhelming financial burden as a result of



David Bailey with his son Jesse

young Jesse's costly cancer treatment. "The funds Cancer Lifeline offers to people like me makes a big difference when you have nothing left and nowhere else to turn," stated David Bailey.

David came to Cancer Lifeline following months



Co-chairs, Lynn Behar and Jane Caron with Executive Director Joseph Yurkevich

of costly treatment for his adolescent son's brain tumor. Insurance premiums, prescription co-pays, and time off from work to care for Jesse soon led to the family's financial crisis. An award from Cancer Lifeline's Patient Assistance Fund helped the family purchase nutritious food and pay utilities and insurance premiums.

"Even with my fulltime job, overtime pay, and a good health insurance plan, it was just impossible to cover all the new costs associated with Jesse's treatment," admitted David. Today Jesse is in remission and David continues to be an advocate for others struggling with cancer.

To view the video, visit cancerlifeline.org.

Cancer Lifeline extends thanks and recognition to the following:

Premier Sponsors: Swedish Cancer Institute, Metropolitan Market, Group Health Cooperative

Sponsor: Genomic Health

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LIVING WITH METASTATIC CANCER

By: Mary Ellen Shands

Medically speaking, cancer that has spread from the tissue or organ where it started is called metastatic cancer. Sometimes it is also called stage IV or advanced cancer. Metastatic cancer is serious, but advances in treatment allow some people with metastatic cancer to live longer than in the past. Even if cure is no longer the goal of treatment, controlling the cancer and extending life may be possible for many patients. Most experts agree that not isolating yourself, but staying connected to people who can listen and support you is critical.

Cancer Lifeline offers two metastatic cancer support groups each month, one at EvergreenHealth and one at Cancer Lifeline's Dorothy O'Brien Center. At both of these groups connection happens in a big way! People with metastatic disease, their caregivers, friends and family members gather to talk, laugh, and cry. In the process they take the power away from the fear and uncertainty in their lives. Talking with others who are traveling the same path you are, provides an opportunity to be fully understood and validated. When attendees are asked why the groups are so helpful and appealing, the most common response is "because there are people here who 'get it', I can say anything I want without feeling like I am burdening them and without having to explain myself."

LIVING WITH METASTATIC CANCER SUPPORT GROUP

These monthly meetings provide an opportunity to share with others living with any type of advanced stage cancer. The group provides a supportive environment to express emotions, engage in discussion, and learn from educational presentations. This group is also open to caregivers.

Kirkland: EvergreenHealth - Halvorson Cancer Center 2nd Saturdays, 10am -12pm

WOMEN'S METASTATIC CANCER SUPPORT GROUP

Looking for a place to be with other women living with advanced stage cancer? The bi-monthly meetings provide an opportunity to express emotions, thoughts, and challenges that come up when living with advanced stage cancer. Caregivers are welcome on the 2nd meeting of the month.

Seattle: Dorothy S. O'Brien Center, 1st & 3rd Saturdays, 10am -12pm

Our metastatic cancer support groups are just one way that Cancer Lifeline supports all people living with cancer. Whether you are newly diagnosed, a long time survivor, or living with advanced disease, Cancer Lifeline offers over 800 classes and support groups each year to help you navigate the challenges presented by cancer.

GIFTS THAT MAKE A DIFFERENCE

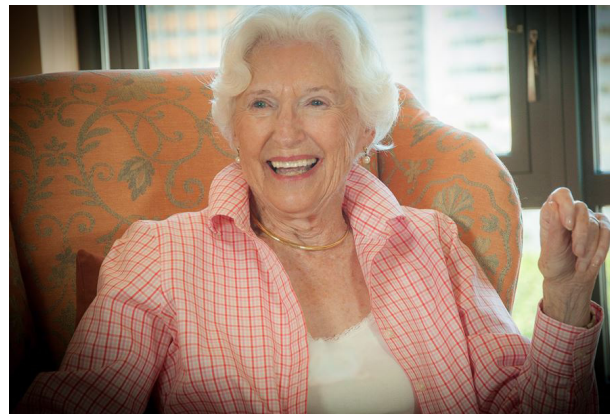
Are you looking for a more meaningful way to say Happy Holidays this year? Try one of these ideas:

- Make a Sustaining Gift to Cancer Lifeline in honor of a friend or loved one impacted by cancer.
- Purchase your holiday gifts through Amazon Smile. A portion of your purchase supports Cancer Lifeline's programs and over 7,000 clients who rely on our support services.
- Organize a "fun" raiser at work to support Cancer Lifeline's programs. Don't forget to include your employer's matching funds.
- Instead of gifts, ask friends and family to make a one-time contribution to Cancer Lifeline's Holiday Fund.

FROM IDEA TO INNOVATION

Did you know that Cancer Lifeline has been setting the standard for cancer support services both locally and nationally for over 40 years?

In the mid 1970's no one else was offering "active listening" phone support for people living with cancer but, Cancer Lifeline listened to what patient's needed and initiated a call-in support line, eventually serving thousands of people annually from across the country. As clients came to us seeking reliable information and support, Cancer Lifeline introduced the healing qualities of gentle yoga and basic movement classes for clients. We were one of the first to tout the dramatic impact of diet and nutrition on cancer, and today offer a full complement of healthy cooking classes for people in all stages of treatment and recovery. When patients expressed feelings of alienation and isolation, Cancer Lifeline discovered the supportive ties between creative arts and emotional recovery and health.



For more than two decades many innovations such as these came from the quizzical mind of Executive Director, Barbara Frederick. From the beginning Barbara was an innovator in cancer programming and brought an energy and light to our organization. With Barbara's passing in May, Cancer Lifeline has established a memorial to continue her legacy, The Barbara Frederick Fund for Innovation in Cancer Support. Generous donors have already given over \$180,000 towards our \$500,000 goal!

Barbara would be pleased that Cancer Lifeline continues to identify new and innovate ways for people living with cancer to reclaim their lives. You can contribute to Barbara's Fund on line at www.cancerlifeline.org or by calling 206.832.1272.

READ BETWEEN THE LINES



Members of Cancer Lifeline's "Writing for the Moment" class and the Northwest Collage Society joined forces to unveil their original works at the October 7th "Read Between the Lines" art show and reception held at The Dorothy O'Brien Center.

Over 40 pieces of creative and inspirational collage depicted the unique cancer journey of each poet/cancer survivor. "Art can help us be more whole not only by expanding our capacity for positive emotions but also by helping us to fully inhabit and metabolize the negative," stated one observer.

Cancer Lifeline's Artistic Expressions program offers men and women dealing with cancer a channel of empathy into their own thoughts that lets them both exorcise and better understand complex emotions. Classes involving visual arts, writing, and even music accept the patient's emotions with affirmative dignity and allows them to express their private sorrows.

The art show runs through December 19th at the Dorothy O'Brien Center, 6522 Fremont Avenue N, Seattle. Doors are open Tuesday through Friday from 10 am–noon and 1pm–3 pm. Artwork is available for sale through the Northwest Collage Society.



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cancerlifeline.org

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NEW CLASS OFFERINGS

PROSTATE SUPPORT GROUP

Kirkland: EvergreenHealth
Starting in 2017 – 3rd Wednesdays
7:00-8:30pm

Northwest Hospital, Medical Arts Building
1st Wednesdays,
September - December
6:00-8:00pm

LIVING WITH CANCER SUPPORT GROUPS

Kirkland: EvergreenHealth - Halvorson Cancer Center
2nd Tuesdays, September- December
6:30-8:30pm
Renton: Valley Medical Center, Medical Arts Center,
1st & 3rd Mondays, September- December
7:00-8:30pm

For descriptions and full list of Cancer Lifeline classes and support groups, visit our website at www.cancerlifeline.org or stop by the Dorothy O'Brien Center at 6522 Fremont Avenue North to pick up a catalog, or call 206-297-2500. All classes are offered FREE of charge.

Save The Date

Join Honorary Chair, Jeannie Nordstrom for Cancer Lifeline's Annual Breakfast with Friends, March 9, 2017 at The Westin Seattle.

