

## GETTING BETTER VS FEELING BETTER

Chemotherapy is what many who are undergoing cancer treatment call “a blessing & a curse”.

First used on cancer patients in 1942, chemotherapy uses one or more anti-cancer drugs as part of a systemic treatment regimen. As a result, healthy cells within the body as well as cancer cells are impacted, often leading to a host of unpleasant and sometimes permanent side effects.

The commonly known side effects include nausea, fatigue, and hair loss. But there are less obvious side effects that can severely impact one’s life and ability to maintain a normal routine. Chemotherapy can also lead to numbness in the extremities, loss of dexterity, muscle pain, mouth sores, difficulty thinking (often called chemo-brain), swelling in the hands, feet and ankles, loss of bone mass, loss of sexual desire, damage to the heart muscles, and depression or anxiety.

Cancer Lifeline works with cancer patients everyday who are looking for relief from the side effects of their treatment, whether those side effects are emotional or physical.

Many clients first discover Cancer Lifeline’s free programs when they attend a support group at one of our four hospital partners or the Dorothy O’Brien Center. For some this is their first opportunity since their diagnosis to share their fears, concerns, and the physical impacts of their disease in a welcoming and nonjudgmental setting. A Cancer Lifeline support group offers not only emotional relief for someone with cancer but accurate healthcare information and practical advice from others who have gone through the same thing.

In addition to support groups, clients may partake in hundreds of classes available annually that address specific symptoms of their treatment. Just a few that are available this fall and winter are:

- Anti-inflammatory Foods for Health & Wellness
- Brain Foods to Improve Moods
- The Melt Method: Hand & Foot Self-Care
- Addressing Cancer’s Effects on Sexual Intimacy
- Boosting Energy During & After Treatment
- Meditation for Stress Reduction

While most side effects clear up shortly after treatment ends, some may continue on for months or become permanent. Cancer Lifeline continues to welcome both active cancer patients, cancer survivors, and those with metastatic cancer in our support groups, classes, and workshops as long as the client’s need exists.

For a complete list of classes and programs go to [www.cancerlifeline.org](http://www.cancerlifeline.org). Registration is available online. All classes are offered free of charge.



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## RAISING HOPE

Having cancer is expensive – even when you have insurance. The Department of Social & Health Services reported a 170% increase in costs of treatment and pharmaceuticals related to cancer care from 2005-2015. This type of escalating expense leaves many cancer patients and their families in financial crisis. But Cancer Lifeline's Patient Assistance Fund can help.

The **4th Annual Resources for Hope** dinner, held at The Ruins on October 21st, brought together 100 guests whose passion is to help those struggling with the high cost of cancer care and raise support for the Patient Assistance Fund. Quoting co-chair Monica Adams in her impassioned address to the audience, "We are resources for hope." Following cocktails, dinner, and a frenzied round of Raise the Paddle, Monica along with co-chair Jane Caron announced that nearly \$200,000 had been raised --- exceeding the goal of \$175,000!

The **Patient Assistance Fund** provides financial grants to low income persons struggling with cancer in their lives. These grants help clients pay their rent, buy healthy foods, ensure they have transportation to hospital and doctor visits, and help with prescription copays. While this year's record success at the Resources for Hope dinner will provide assistance to over 400 individuals and families in 2018, there are still hundreds of others on waiting lists. "It's just a fact," stated Jane Caron, "there will always be more need than we can meet. But every grant we give to someone changes their life for the better." And that's why the Patient Assistance Fund continues to be such an important part of Cancer Lifeline's array of cancer support services.

This year's Resources for Hope dinner was sponsored by Swedish Cancer Institute, UW Medicine, Farmers Insurance, the Windemere Foundation, Northwest Retail, and ROI Technologies. In-kind sponsors included Bob Clancy Photography, Fran's Chocolates, Glass Distillery, Metropolitan Market, Michaels, and New Seasons Market. This year's video was produced courtesy of Morgan Fromme.



Left to right: Lynn Behar, co-chairs Jane Caron & Monica Adams

## CANCER LIFELINE JOINS PARTNER OVERLAKE CANCER CENTER

At the opening celebration for Overlake Cancer Center on September 14, 2017, Cancer Lifeline announced an exciting new partnership with Overlake Hospital to provide comprehensive cancer support services at the newly opened, state of the art center in Bellevue. Classes in nutrition, exercise and movement, artistic expression, and stress reduction as well as emotional support groups will be provided by Cancer Lifeline's professionally trained staff and facilitators.

Executive Director Joseph Yurgevich stated "I am honored that Overlake has chosen to partner with Cancer Lifeline. Recent research has proven that support services are not only an integral part of a patient's care program, but services such as those offered by Cancer Lifeline can actually improve a patient's treatment outcome."

The new Overlake Cancer Center is uniquely designed to put the patient at the center of their care, bringing the medical and support specialists like Cancer Lifeline together in one place for the best possible outcomes. "Cancer Lifeline's innovative and custom-designed services integrate very well with our focus on supporting our patients and families in every way through their cancer journey" stated Kim Williams, Overlake's Director of Clinical Operations, OMC, and Specialty Clinics and Cancer Services.

## GIVE BACK THIS SEASON WITH AN ONLINE GIFT

Giving Tuesday, November 28th, is a rapidly growing, global giving movement that is entirely online and powered by individuals wanting to give back. This movement is a way to reach people most in need by contributing to the nonprofit organizations that serve them during the holidays.

On Giving Tuesday remember that your gift to Cancer Lifeline will support someone who needs the extra help this holiday season to deal with the emotional, physical, and financial burden of cancer. Giving online provides you with the tools to give whenever and wherever you want. It is as easy as the click of a button!

To help someone struggling with cancer on Giving Tuesday visit our Facebook page at [www.facebook.com/CancerLifeline](http://www.facebook.com/CancerLifeline)

## COLLAGE, COMPASSION, AND CANCER

After being diagnosed with breast cancer in 1998, Beth Halfacre began looking for ways to reduce her stress. Her search led her to a meditation group at Cancer Lifeline. Finding peace through meditation, Beth developed a passion for Buddhist philosophy which she credits with helping her learn to love and accept herself and to feel love and compassion for her fellow human beings.

Beth's personal philosophy is conveyed in her collage artwork being shown at Cancer Lifeline during November and December. Her pieces express themes of grief and loss. The books, schools, and libraries that Beth saw as safe havens in her childhood appear prominently in her artwork as metaphors for security.

In 2016 Beth was diagnosed with stage IV metastatic breast cancer. She returned to Cancer Lifeline, joined a support group, and started attending nutrition and artistic expression classes. **Beth invites you to join her at a reception and art show of her work on Thursday, December 7, 2017 from 6:00-8:00 pm at Cancer Lifeline, 6522 Fremont Avenue North.**







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## MEET OUR NEWEST BOARD MEMBERS



**Reed Semcken** joined the Cancer Lifeline Board in October and immediately joined the Development Committee. He currently is a Senior Analyst at Microsoft and part of United Way's Emerging Leaders, Microsoft Giving, and The World is Just a Book Away. As an active

member of the community he also takes the time to train for a triathlon and has the goal to visit every MLB stadium by 2018. He feels strongly about Cancer Lifeline's approach to helping people with the disease and believes it is a great resource. "I believe that I can make a tangible impact on the organization through my passion for community service and the network that I've been fortunate enough to cultivate.



**Elizabeth Hughes** has been a Dermatologist for close to 20 years. She has worked in an array of places, including clinics in medically underserved areas which was one of her most rewarding experiences because she felt she was making a difference. She

believes in a holistic approach to medicine and was drawn to Cancer Lifeline because of our emphasis on education and personal support. We are excited to have this member of the medical community on our team! "I want to bring the important work of CL and the healing paradigm it represents, to a broader audience."

### Save the Date

Breakfast with Friends  
Thursday March 15, 2018  
7:30-9:00 am  
Sheraton Hotel Seattle

