Welcome to the spring/summer 2018 issue of Life to the Fullest, the newsletter from the Swedish Cancer Institute (SCI) dedicated to cancer patients, survivors, and their family members and caregivers.

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www.swedish.org
The Importance of Colorectal Cancer Screening

By Sarah McTyeire, health education intern

The American Cancer Society (ACS) and Center for Disease Control and Prevention (CDC) have joined together to form a national movement to increase colorectal screening. Their goal is to have 80% of adults aged 50 and older to be regularly screened for colorectal cancer by 2020.

The Swedish Cancer Institute believes this is an important goal to set to improve the health of the individuals in the greater Seattle community. The Cancer Control Committee of Swedish has set our goal to have 80% of adults aged 50 and older to be regularly screened for colorectal cancer by the end of 2018.

The Cancer Control Committee of Swedish

At the Swedish Cancer Institute (SCI), we aim to provide our patients with state-of-the-art treatment and care. In 2016, a team of dedicated oncologists and SCI health care professionals came together to form a Cancer Control Committee. The committee consists of almost 30 SCI officials who work as surgeons, medical oncologists, health education specialists, clinic managers and more.

The purpose of the Cancer Control Committee is to allow members from all SCI campuses to create an open dialogue for innovative approaches to cancer awareness, prevention, screening and treatment to be introduced. In addition, our committee collaborates with other clinics and cancer control committees in Seattle to allow for the sharing of ideas to improve effectiveness of cancer control and implementation strategies.

Why colorectal cancer?

Colorectal cancer is the second-leading cause of a cancer-related death in the United States for men and women. However, colorectal cancer can be prevented or detected at an early stage. At the Swedish Cancer Institute, we have been caring for patients with colorectal cancer from across the region for almost 30 years. Today, Swedish is leading the way as the largest colorectal clinic in Seattle and the Pacific Northwest.

Screening for colorectal cancer

Prevention of cancer is our number one goal. If cancer is already present, early detection is helpful to prevent cancer from spreading. Screening is an important factor in leading to a cure and saving lives. Our physicians at Swedish have specialized training and expertise in screening and diagnosing colorectal cancer.

For individuals with no family history of colorectal cancer, we recommend to begin screening at 50 years old. Screening is recommended even when symptoms are not present.

There are several screening options available, such as colonoscopies, or simple take-home options known as the Fecal Immunochemical Test (FIT) or the Fecal Occult Blood Test (FOBT). Please speak with your doctor on the type of screening that is best for you.

For more information on colorectal screening, speak with your primary care provider. The Swedish Cancer Institute offers colorectal screening services. If you have questions, concerns or would like to schedule a screening appointment with SCI, please call 1-855-XCANCER (1-855-922-6237).

How are we doing?

As of December 2017, Swedish has reached just over 70% of adults aged 50 and older to be regularly screened for colorectal cancer — meaning we are only 10% away from reaching our goal for 2018! Our plan is to increase our goal to reach 100% of individuals to be regularly screened for colorectal cancer by 2020.

We are looking forward to joining community walks, runs, health fairs and other community events during 2018 to further increase awareness of colorectal screening. Keep an eye out for Swedish this year and get screened!
Port Pillows for Patients: DIY Project
By Shelby Marber, health education intern

At the Cancer Education Center, we understand that chemotherapy treatment can be lengthy and time-consuming. To help pass the time, we have dedicated this article to a fun, Do-It-Yourself (DIY) project. We will share step-by-step instructions on how to create your own port pillow to increase comfort and reduce irritation caused by portacaths.

Portacaths
A portacath is a medical tool put into the chest of a patient that helps access venous systems easily. They are put into the chest with a minor surgery and are used for those who regularly have chemotherapy sessions, blood tests or the delivery of blood products. Portacaths were developed for both the ease of doctors and patients.

There are many advantages to using a portacath including shortening the time searching for a vein. Generally, patients experience less pain and discomfort when a portacath is used. In many cases, it is also safer to use portacaths for long-term infusions because they deliver medication to the body more quickly. This is less harmful on patient’s veins long term.

When treatments are over, the portacath can easily be removed with another minor surgery. However, for the time being, daily tasks such as driving can prove to be slightly uncomfortable with a portacath. This is where a port pillow comes in!

What are port pillows?
A port pillow is a small pillow that covers your portacath to protect it from the seatbelt when riding in a car. Seatbelts can irritate the site of a portacath if driving for a long period of time. Port pillows are designed to reduce irritation and relieve this discomfort.

DIY — fun and easy!
For long days of treatment, making port pillows is a great way to pass the time. It’s fun, easy and inexpensive. You can find all of the materials at a local crafting store or online. You can also make use of old shirts or fabrics that you have lying around the house.

Materials
1. Cotton fabric (or any desired fabric)
2. Sew-on Velcro (5⁄8-inch width)
3. Scissors
4. Polyester fiberfill
5. Sewing kit

Directions
1. Cut two pieces of fabric into rectangles that measure 7 inches x 4 inches.
2. Cut one piece of Velcro that measures 3½ inches.
4. Stitch the Velcro to the left end of the fabric — soft side of Velcro facing up — leaving the other end free.
5. Take the other part of the Velcro and stitch it to the opposite (right) end of the fabric — scratchy side of Velcro facing down — leaving the other end free.
6. Put the patterned sides of the fabric pieces together and sew all the way around, leaving an opening about 1½-2 inches at one end (be sure not to catch “free” ends of the Velcro pieces in the seam).
7. Turn the fabric right side out.
8. Stuff the pillow with polyester fiberfill with the desired amount and stitch the opening to finish.

Personalize your port pillow
• Put your name on it
• Use your favorite pattern or fabric
• Use sentimental fabric
• Add accessories, like buttons

If you’re having a hard time getting started, try searching on the internet to get a better idea of what port pillows look like and step-by-step pictures of how to make one. If you would like more help, call the Cancer Education Center at 206-386-3952 for further information.

If you would like to make a donation of port pillows to any of our network locations, please contact the First Hill Cancer Education Center at 206-386-3952.
Though recent medical advances are helping more women survive breast cancer, many of these women face quality of life issues related to their diagnosis and treatment. Quality of life issues may include fatigue, digestive issues, memory loss or changes to weight and body image. Some breast cancer survivors also experience challenges that can affect their physical and emotional well-being.

To manage these issues, the Swedish Cancer Institute (SCI) partnered with the world-renowned research organization Institute for Systems Biology (ISB) to study cancer wellness using an approach called Scientific Wellness. Developed in 2014 by ISB, Scientific Wellness explores how an individual’s unique biological characteristics can affect their overall health. As part of this effort, SCI is launching a study for newly diagnosed women with early-stage breast cancer to identify biological changes or biomarkers (such as their hormone levels and genetic mutations) related to common treatment side effects. By monitoring, evaluating, and addressing each woman’s unique biological and behavioral traits, SCI hopes to develop treatment approaches that lower side effects and improve quality of life for women with breast cancer.

Highlights of the study include:
- Measuring trends in participants’ biomarkers over time for up to three years after diagnosis.
- Monitoring for particular conditions from the beginning of cancer treatment in order to identify likely ways to reduce side effects.
- Giving patients access to highly trained health coaches. The coaches will work with each survivor’s medical team to help patients understand results. They will also give advice for lifestyle changes to lower side effects and improve quality of life.
- Full individual report of genetics, proteins, blood content, gut microbiome (measurement of gut organisms), stress hormones, cognitive and brain function, immune response and patient-reported side effects in order to create a complete and dynamic profile for each participant.
- Potentially revealing new understandings of a patient’s individualized treatment plan.

The goal is to enroll 100 women in this study. We need your help to ensure that women can participate in this groundbreaking research. By making a gift to the Scientific Wellness for Breast Cancer Survivors study, you can help usher in a new era of care for women with breast cancer.

For more information or to donate visit [www.swedishfoundation.org/cancer](http://www.swedishfoundation.org/cancer).

New Research Study on Scientific Wellness in Breast Cancer Survivors

By Meridithe Mendelsohn, Ph.D., manager, Cancer Survivorship Program

When Teri was diagnosed with breast cancer, she was completely caught off guard. She turned to Swedish for her cancer care — care that’s backed by research.

You can offer hope to more patients like Teri by supporting research at Swedish. Your gift to the Scientific Wellness for Breast Cancer Survivors study will support research to improve the quality of life for breast cancer survivors. Donate now at [www.swedishfoundation.org/cancer](http://www.swedishfoundation.org/cancer).

Invest in a Healthy Tomorrow

When Teri was diagnosed with breast cancer, she was completely caught off guard. She turned to Swedish for her cancer care — care that’s backed by research.

You can offer hope to more patients like Teri by supporting research at Swedish. Your gift to the Scientific Wellness for Breast Cancer Survivors study will support research to improve the quality of life for breast cancer survivors. Donate now at [www.swedishfoundation.org/cancer](http://www.swedishfoundation.org/cancer).
When you are diagnosed with cancer, food and nutrition take on a new meaning in your life. For many, taste changes, lack of appetite, nausea, dry mouth and even mouth sores make it difficult to eat during treatment. As one transitions beyond treatment, nutrition becomes important to help heal and maintain a healthy weight. There are multiple books and cookbooks available. Here are a couple that have been recommended by our patients.

**The Back in the Swing Cookbook: Recipes for Eating and Living Well Every Day After Breast Cancer**
By Barbara Unell and Judith Fertig

This book is a good resource for those completing breast cancer treatment. In addition to 150 recipes, helpful tips for survivors on nutrition, exercise, relaxation and positive emotions are scattered throughout the book. The recipes are easy to read and follow. The ingredients are highlighted making it easy to prepare your grocery list. Nutrition information is provided with each recipe. One of the best things about this book is they start with dessert first, as it should be.

**The Cancer Fighting Kitchen, 2nd edition**
By Rebecca Katz and Mat Edelson
2017. 10 Speed Press, Berkeley, CA

Ms. Katz has a Master’s degree in nutrition and has worked with nutritionists, oncologists and cancer patients to create cookbooks that are resources for patients. In *The Cancer Fighting Kitchen, 2nd edition*, she has provided 150 healthy and appealing recipes. The book is a wonderful resource of foods and tips to help with eating while going through therapy. There is a section on side effects in which she recommends recipes to help resolve them. The recipes are designed to help with taste alterations that are experienced during therapy. They are also designed to be easy to prepare and cook and to be storable for later consumption. This is a wonderful resource for anyone’s kitchen.

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**Berry Blood Orange Bowl**

**Smoothie ingredients**
- 1 cup blood orange segments
- 1 cup raspberries
- ½ cup blackberries
- ¼ cup protein powder
- 3 tablespoons black cherry juice concentrate

**Smoothie instructions**
1. Combine all the ingredients in a blender
2. Blend until smooth

**Topping ingredients**
- ½ cup raspberries
- 1 tablespoon orange zest
- Sprig of fresh mint leaves

**Topping instructions**
1. Put the smoothie into two small bowls
2. Sprinkle each bowl with half of the toppings and serve

**Servings:** Makes 2 servings

**Nutritional information per serving**
- 159 calories
- 14 net carbohydrates
- 14 grams protein
- 10 grams dietary fiber
- 24 grams carbohydrates
- 0 grams fat

*Courtesy of Superfood Smoothie Bowls by Daniella Chace*
Benefits of Volunteering or Supporting Cancer Programs

By Jamie Applegarth, health education intern

The Swedish Cancer Institute (SCI) works hard to support its patients and families. SCI is a nonprofit and relies on volunteers and donations to keep the doors open. At the end of 2016 Swedish had about 1,220 volunteers. About 85% of its donations came from individual donors. The generosity of the community allows SCI to provide extraordinary care to every individual that comes through the door.

There are many ways to get involved. You can volunteer or donate financially. Donations of time and resources allow SCI to care for its patients through their entire experience. Cancer survivors who support SCI say they get a feeling of closure after donating or volunteering.

There are several ways to get involved in volunteering. You can help at SCI hosted events such as cancer runs and walks. There are also opportunities to volunteer within the cancer institute. Volunteering offers different rewards for everyone. Many volunteers say sharing their time makes them feel good and helps them build new friendships.

If you are unable to volunteer you could also donate financially. The main focuses of the philanthropy department include patient education, patient experience, cancer research and patient assistance.

Programs supported by donations*

- **Living Well Classes**
  Free classes are offered to patients, family members and the community. These classes offer an additional level of support before, during and after treatment.

- **Michelle Sloan Family Kitchen**
  The family of Michelle Sloan donated a kitchen to the First Hill treatment center. The kitchen provides patients and families access to nutritious meals and snacks. It also serves as a space for them to gather and connect with one another.

- **Patient Assistance Program**
  The patient assistance program offers support to patients in need of additional financial support. At Swedish, it is a firm belief that patients shouldn’t have to choose between paying for treatment and paying for their living necessities.

- **True Family Women’s Cancer Center**
  The True Center treats women with cancer and works to give them every possible advantage. This center provides emotional support to women and their families.

Get involved

To learn more about our philanthropy department, please call 206-386-2738.

If you are interested in volunteering, please visit http://www.swedish.org/volunteer.

*SCI provide some internal funds for these programs; however, they are mainly funded through donations.

New! Monthly Community Dining Program

Join us for lunch and learn about food, lifestyle and tips to stay healthy and reduce your risk of cancer.

Swedish has partnered with Sound Generations to offer community outreach through the Community Dining Program at select locations within King County. This monthly education series is free of charge and will include a nutritious and delicious meal with the presentation.

Come learn about cancer-related education in a welcoming environment, while enjoying a meal prepared by a Sound Generations chef. Participants will be sent home with educational materials highlighting the main points from each event.

For more information about this exciting new program and other cancer screening opportunities, please contact the Swedish Cancer Education Center at 206-386-3200 or email SCI.Education@swedish.org.
How the Patient Education Review Committee Gives Back
By Meridithe Mendelsohn, Ph.D., manager, Cancer Survivorship Program

In September of 2016, applications were distributed to seek volunteers for a new group at the Swedish Cancer Institute, The Patient Education Review Committee (PERC). The idea for the committee was developed by the Patient Experience Improvement Group. The group allows people who have been treated for cancer to provide input on materials developed with patient education in mind. There was a terrific response and the committee launched with 10 members. PERC had its first meeting the following January.

The flagship committee members were Angela Burnside, Angie Allen, Debra Fromholzer, Dorian Delagrange, Fran Falkenberry, James Knight, Kellie Craine, Paul Ivaska and Shelly Hughes. This year Tracey Hilton, Debbie McKenzie, Vikki Knopf, Stacey Williams, Julie Adams and Kate Jiggins will join the continuing members.

Shelly Hughes is a participant and volunteer chairperson. Her motivation for joining this group is, “I knew that I wanted to give back to SCI by helping others through what I learned during my journey.”

Staff coordinators include Carisa Almquist, Health Education Specialist; Jenny Lamharzi, manager of the Medical Treatment Center and Innovative Therapeutics Unit; and Meridithe Mendelsohn, manager for Cancer Survivorship.

The range of materials reviewed in 2017 spanned from webpages to suggested check-in and waiting room improvements. Upcoming topics scheduled for review include chemotherapy informational handouts, research study descriptions and webpage reviews.

Every month, the PERC members receive an item for review and provide feedback on an online survey. The material developer then receives the feedback and has guidance on the patient perspective. PERC members also meet quarterly to discuss various topics and sometimes a guest speaker is invited.

The responses provided by PERC members are extremely helpful to those developing materials at the Swedish Cancer Institute. Our goal is to provide useful and easy-to-understand materials, and PERC members help us to reach this goal.

For more information about PERC, please contact Meridithe Mendelsohn at Meridithe.mendelsohn@swedish.org or 206-215-1743.

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Life to the Fullest Word Search

Complete the Word Find by using words that can be found throughout this issue of Life to the Fullest.

BERRY
CAREGIVERS
COLORECTAL
COMPASSION
DIY
EDUCATION
FABRIC
HEALING
PORT
PREVENTION
SCREENING
SUMMER
SUPPORT
SWEDISH
WELLNESS
SCI Spotlight – Cancer Education Centers

The Cancer Education Center network at the Swedish Cancer Institute (SCI) is a unique resource that provides patient education to the public free of charge. The education centers offer a wide variety of educational materials. The centers serve as a resource for patients, family members and caregivers to access information on upcoming events, classes and support groups, and to learn how to access Supportive Care Services offered through SCI and community resources.

Services available at all locations:
• Complimentary educational material
• iPad checkout with informational cancer podcasts
• Information on classes and support groups
• Loan library

Retail Products
First Hill Cancer Education Center is committed to having retail items you need during treatment such as:
• Hats and caps
• Scarves
• Coobie bras
• Post-surgical and mastectomy camisoles
• Compression bras
• Skin-care products

Locations:
First Hill Cancer Education Center
1221 Madison St.
A-Floor West
Seattle, WA 98104

Sellen Construction Cancer Education Center
1221 Madison St.
5th Floor
Seattle, WA 98104

Issaquah Cancer Education Center
751 NE Blakely Drive
1st Floor
Issaquah, WA, 98029

Ballard Cancer Education Center
5300 Tallman Ave. NW
2nd Floor, 2 East
Ballard, WA 98107

Edmonds Cancer Resource Center
21632 Highway 99
2nd Floor
Edmonds, WA 98026

Bereavement Support Services

Swedish First Hill and Swedish Issaquah
Swedish is pleased to offer a wide range of bereavement support services through its affiliation with Providence Hospice of Seattle. Visit www.providence.org/grief-support-seattle or call 206-320-4000 for a current list of grief support services.

Partner/Spouse Loss: A monthly drop-in group for adults who have experienced the death of a spouse or partner in the past 15 months.

Growing Through Grief: A six-week support group for adults coping with the death of a loved one. Registration required. For more information, please call 206-749-7702.

Swedish First Hill: April 12-May 17, Thursdays, 6-8 p.m.

Riverfront Technical Park in Tukwila: April 9-May 14, Mondays, 10 a.m. to noon

Swedish Edmonds
Swedish offers bereavement support services at Edmonds. If you have any questions about the following programs or would like to register for a group, please contact the bereavement office, at 425-640-4404 or bereavement@swedish.org.

The Early Days of Grief: This monthly drop-in group is for those who are in the first year of their mourning after the death of a loved one. It will provide an overview of grief responses and coping ideas.

Ongoing Grief Support Group: Offered two times a month, this group does not require registration. You may attend once, or as often as you wish, for as long as two years. The class is held at The Center for Healthy Living, Lynnwood.

Journey of Grief Support Group: This six-week support group provides a safe, confidential time and place for people to learn about grief and loss after the death of a loved one.
Support Groups at SCI

The Swedish Cancer Institute offers a variety of support groups. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is facilitated by an experienced Swedish Cancer Institute support group facilitator and is open to all patients and caregivers, whether you are receiving care at Swedish Medical Center or another cancer facility in the community. For more information, call 206-386-3228.

Living with Cancer Support Group
A group for those living with any type of cancer.

Swedish Edmonds – Radiation Oncology Building, 2nd Floor Conference Room
The first and third Wednesdays of each month, 1-2:30 p.m.

Swedish First Hill – Arnold Pavilion, A-Floor West, TESH Conference Room A/B
Every Thursday, 1:30-3 p.m.

Swedish Issaquah – Medical Office Building, 1st Floor Flex Space
The second and fourth Tuesdays of the month, 10-11:30 a.m.

Caregivers Support Group
A drop-in group for caregivers.

Swedish Edmonds – Radiation Oncology Building, 2nd Floor Conference Room
The first and third Wednesdays of each month, 1-2:30 p.m.

Swedish First Hill – Arnold Pavilion, A-Floor West, TESH Conference Room C
Every Thursday, 1:30-3 p.m.

CLIMB Program
CLIMB stands for Children’s Lives Include Moments of Bravery. This special support program provides emotional support for children who have a parent or primary caregiver with cancer. For more information about the CLIMB program or to enroll, contact Rebekah Wyse at 206-386-6508. Registration is required.

Gynecological Cancers Support Group
A group for women with gynecological cancers.

Swedish First Hill – Arnold Pavilion, A-Floor West, TESH Conference Room C
Last Tuesday of each month, 10:30 a.m. to noon

Head and Neck Support Group
A drop-in group for those living with head and neck cancer. For more information, please contact Mark Filler at 206-386-3228.

Prostate Cancer Educational Support Group
For more information, call Leo Ward, prostate cancer survivor, at 425-957-7440.

Swedish First Hill – Arnold Pavilion, A-Floor West, TESH Conference Room C
Third Thursday of the month, 8:30-9:30 a.m.

Community Resources
The Swedish Cancer Institute partners with local and national organizations to offer services, classes and emotional support for cancer patients, their families and caregivers.

American Cancer Society: The American Cancer Society is a national health organization that provides local cancer education and services. Their resources include:
• Patient Navigator at Swedish, a service that links patients and caregivers to cancer-related resources available in the community and Swedish.
• Volunteers at Swedish, trained on American Cancer Society, Swedish Cancer Institute and community resources.

• Look Good Feel Better, a program to help women who have cancer cope with appearance-related side effects
• Road to Recovery, a program that provides transportation for cancer patients to and from chemotherapy or radiation treatments
• Hotel Partners Program, providing complimentary lodging for cancer patients who live 50 miles or further from their treatment facility
• Reach to Recovery, a peer-to-peer support program for women who have had breast cancer
• A complimentary wig bank
• Around-the-clock support at a toll-free number, 1-800-ACS-2345

(continued on page 10)
Community Resources
(continued from page 9)

**Cancer Lifeline:** Cancer Lifeline is a local organization that provides free services to cancer patients, family members, caregivers, coworkers and friends. Cancer Lifeline offers a toll-free, 24-hour telephone counseling service for emotional support, information and community resource referrals. Other services include a family support program, workplace consultation, movement awareness workshops, relaxation and stress reduction programs, pain management and nutrition classes. To register for classes or to get more information, call 206-297-2500 or toll-free at 1-800-255-5505, or visit www.cancerLifeline.org.

**Cancer Pathways:** Cancer Pathways provides education, support and community resources for adults, teens and children with cancer, as well as for their families and friends. Activities are held in Seattle and other areas of the state in locations such as hospitals, community centers and schools. For information, call 206-709-1400 or visit www.cancerpathways.org.

**Harmony Hill Retreat Center:** Harmony Hill is a nonprofit organization that focuses on transforming the lives of those affected by cancer and inspiring healthy living for all. Harmony Hill offers:

- Three-day, on-site residential retreats, which offer group and community support, guided imagery, yoga and meditation, expressive arts, nutrition education, healthy organic meals, comfortable lodging and a spectacular natural setting overlooking Hood Canal and the Olympic Mountains

**Team Survivor Northwest:** Team Survivor Northwest provides fitness and health education programs for women diagnosed with any type of cancer. These programs help with physical and emotional healing and are for all ages, fitness levels and abilities. The majority of programs are free to members and scholarships are available. To join Team Survivor Northwest or to get more information, call 206-732-8350, email info@teamsurvivornw.org or visit www.TeamSurvivorNW.org.

**Thrivorship:** The mission of Thrivorship is to help women navigate the hidden challenges of recovering from cancer and thrive! The Thrivorship curriculum was born from many years of listening to the needs of women struggling to overcome cancer treatment. This organization recognizes that the completion of urgent clinical care is just the beginning of a long process of recovery — one that is little recognized or supported. Thrivorship wants to change that by providing Thrivors, Providers and Supporters a way to structure a personalized recovery plan and create a sustainable way forward into the optimal quality of life. To learn more, visit www.livethrivorship.com.

**Northwest Hope & Healing:** Northwest Hope & Healing is a nonprofit organization that supports women in the Puget Sound area who are battling breast and gynecological cancers. The group provides financial assistance to women who need help with everyday living expenses, such as child care, groceries, transportation and rent. Northwest Hope & Healing also assembles and delivers special healing baskets to the Swedish Cancer Institute for newly diagnosed patients. To learn more, visit www.NWHopeAndHealing.org.

**Young Survival Coalition:** The Young Survival Coalition provides support for the unique issues young women face when they have been diagnosed with breast cancer. The Young Survival Coalition offers resources, outreach and education to empower young women affected by breast cancer and to provide hope. For more information, visit www.YoungSurvival.org.
Creative Expression Programs

Art Therapy: An Approach for Healing
People with cancer can benefit from using art therapy to cope with their disease any time during and after treatment. The art therapy sessions introduce creative ways to respond to the cancer experience, and provide a safe space to explore and express feelings about cancer. Art therapy can also help reduce the pain and anxiety associated with cancer, reduce stress and help patients achieve personal insight. This service is available at no extra cost, and is open to all patients, family members and caregivers.

First Hill: Appointments are offered Monday through Wednesday. To schedule an appointment, call art therapist Zandi Salstrom at 206-215-6178.

Edmonds: Appointments are offered on Tuesdays. To schedule an appointment, call art therapist Bonnie Walchuk at 425-640-4984.

Swedish First Hill – True Family Women’s Cancer Center, 5th Floor Healing Forum
Tuesdays, 10 a.m. to noon
Facilitated by Zandi Salstrom, MA, LMHC, ATR

Swedish Edmonds – Medical Oncology Building Lobby
Fridays, 10-11:30 a.m.
Facilitated by Bonnie Walchuk, MA, LMFTA, ATR-P

Art and Wellness
Join our art therapists and experience the healing benefits of making art in a supportive and non-judgmental setting. These drop-in art therapy groups are open to all oncology patients, family members and caregivers. No art experience or skill is necessary to join. The groups and materials are provided free of charge. For more information, call Zandi at 206-215-6178.

Knit for Life
This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for beginners and experienced knitters. All materials are provided. For more information, call 206-386-3200.

Swedish Edmonds – Swedish Cancer Institute, first floor lobby
Tuesdays, noon to 2 p.m.

Swedish First Hill – True Family Women’s Cancer Center, 5th Floor Healing Forum
Wednesdays, 10 a.m. to noon

Swedish First Hill – Swedish Cancer Institute, 1st Floor Arnold Pavilion
Thursdays, 1-3 p.m.

Swedish Issaquah – Medical Office Building, Main Lobby (in front of the fireplace)
Mondays, 1-3 p.m.

Music Therapy
Music therapy is the use of music to restore, maintain and improve emotional, physical and physiological health and well-being. Meet with the SCI’s music therapist in a supportive one-to-one setting to explore how music can fit your individualized needs. No music confidence or experience required. Ongoing weekly sessions are available by appointment only. For more information, call 206-386-6711.

Available at Swedish First Hill, Issaquah and Edmonds

Music Wellness
Join us in a dynamic group setting to experience how simple music exercises can change your mood, improve coping skills and enhance memory and organizational skills. No music confidence or experience required. Drop-ins welcome. For more information, call 206-386-6711.

Swedish First Hill – True Family Women’s Cancer Center, 5th Floor Healing Forum
Thursdays, 12:30-1:30 p.m.

Ukulele Club
Experience how playing the ukulele can improve your mood while reducing stress and anxiety. We’re here to have fun and spread the music love! No prior music experience required. This drop-in group is open to patients, family members and caregivers. For more information, call 206-386-6711.

Swedish First Hill – True Family Women’s Cancer Center, 5th Floor Healing Forum
Wednesdays, 2-3 p.m.
Classes for Cancer Patients, Families and Caregivers

The Swedish Cancer Institute offers programs to assist cancer patients, survivors, their families, friends and caregivers in making treatment decisions, managing symptoms and accessing complementary programs to help the mind, body and spirit to heal. Call 1-800-SWEDISH (1-800-793-3474) or visit www.swedish.org/classes for more information or to register for a class.

Active Women, Healthy Women
Women of all fitness levels are encouraged to join this certified instructor-led class. From cancer patients to survivors, there is an exercise activity appropriate for you. Co-sponsored by Team Survivor Northwest, this class focuses on stretching, strength training and cardio workouts. Ten sessions.

American Cancer Society: Look Good Feel Better
This class focuses on skin care, cosmetics, hair care and hair loss and is designed for women undergoing cancer treatment.

Get Fit! Staying Active During and After Cancer Treatment
A Team Survivor Northwest and LIVESTRONG fitness coach will lead Saturday exercise classes and fitness consults for women who have finished their cancer treatment.

Hawaiian Hula
E komo mai — Welcome! Join our hula instructor to learn the basics of Hula dancing and storytelling (standing or seated) while working your core, arms, and legs at the same time. No prior dance experience required.

PCC Walk, Talk, and Taste Tour: Foods that Help Prevent the “Big C”
Learn basic nutrition principles and sample delicious foods that may help prevent cancer. You will leave with new recipe ideas, tips for eating well on a budget, and a PCC coupon to help put what you learn into practice.

Harmony Hill Cancer Wellness Program
Join this ongoing monthly workshop series to explore and engage in healing from the emotional distress of cancer. This program is open to anyone with a cancer diagnosis, companions, caregivers and those in survivorship.

When: Thursday evenings, January – October, 2018
Where: Swedish Ballard, Edmonds and Issaquah campuses
How: Ongoing enrollment based on space availability
Sponsored by: Swedish Cancer Institute
Facilitated by: Harmony Hill faculty members
Cost: Free
Registration: Space is limited; call 1-800-SWEDISH or visit www.swedish.org/classes to RSVP today
To learn more: Contact Meridith Mendelsohn at 206-215-1743

PROGRAM
May: Reframing Our Thoughts and Beliefs
Become aware of how thoughts can limit or open us up to greater understanding, compassion and possibility

June: Healing Through Art and Gratitude
Discover creative ways to respond to the cancer experience while cultivating gratitude with guest presenter, SCI’s art therapist

July: Self-Care
Restore trust in your body through choice and intention

August: Relationships and Communication
Ask for what you need in your relationships through deep listening and communication

September: Healing Grief, Loss and Disappointment
Explore remembrance and forgiveness to facilitate healing and resilience

October: Closing Circle: Honoring and Celebrating our Journeys
Review and affirm our journeys, purpose and connection
Northwest Hope & Healing – Fashion Show, Style ‘18
This fundraiser benefits Northwest Hope and Healing in order to continue to provide immediate financial assistance to local women who are undergoing treatment for breast or gynecologic cancer.

Date: Friday, June 8, 2018
Start time: 6 p.m.
Location: To be determined
For more information: please visit www.nwhopeandhealing.org

Northwest Hope & Healing – Cosmo 7k Run and Walk
This fundraiser benefits Northwest Hope and Healing in order to continue to provide immediate financial assistance to local women who are undergoing treatment for breast or gynecologic cancer.

Date: Sunday, Aug. 26, 2018
Start time: To be determined
Location: Alki Beach, Seattle, WA
For more information: please visit www.nwhopeandhealing.org

Relay for Life Events
Relay For Life events are an American Cancer Society community fundraiser. These events are hosted throughout the nation as a way to address cancer. To learn more about how to create or join a team, please visit relay.acsevents.org.

Seattle University
Date: Saturday, April 28, 2018
Time: 10 a.m. to 10 p.m.
Location: Logan Field

Issaquah
Date: Saturday, May 12-13, 2018
Time: Noon to 8 a.m.
Location: Issaquah High School, Issaquah, WA

South Snohomish
Date: Saturday, June 2, 2018
Start time: Noon
Location: McCollum Park, Everett, WA

Capitol Hill
Date: Saturday, Aug. 12, 2017
Start time: Noon
Location: Cal Anderson Park, Seattle, WA
Patient education and support services
The Cancer Education centers at the Swedish Ballard, Edmonds, First Hill and Issaquah campuses are unique resources that provide patient education to the public free of charge. The centers offer a wide variety of brochures, books, videos and audiotapes about cancer, and an expansive computer database that can be used to search for and print information about specific types of cancer.

Locations:
Swedish Ballard.......................... 206-386-3200  Swedish First Hill..................... 206-386-3200
Swedish Edmonds ....................... 425-673-8319  Swedish Issaquah....................... 425-313-4485

Classes
The Swedish Cancer Institute (SCI) offers programs and classes to assist patients and their families and caregivers making treatment decisions, managing symptoms and accessing supportive programs.

Locations:
Classes are offered in multiple locations. Go to www.swedish.org/classes for locations of specific classes.
Class information/registration .......... 1-800-SWEDISH (1-800-793-3474)

Counseling, social work services, support, financial counseling
www.swedish.org/counseling-support
The Swedish Cancer Institute offers a variety of support services. Support groups at SCI are led by experienced support group facilitators and are open to anyone in the community. Individual and group counseling sessions are also available at SCI. These sessions help patients and their family members and caregivers cope with treatment, improve communication, manage depression or anxiety and connect with community agencies and services. They also provide resources for relaxation techniques and stress management.

Locations:
Swedish Ballard.......................... 206-386-3228  Swedish First Hill..................... 206-386-3228
Swedish Edmonds ....................... 425-673-8328  Swedish Issaquah....................... 425-313-4224

Palliative care and symptom management
Palliative care is a service which helps people define their goals for their care with a focus on improving their quality of life during or following a serious illness. This service provides support as long as people need it, focusing on each person’s unique experience in order to provide relief from the symptoms and stress of living with serious illness.

Locations:
Swedish First Hill ......................... 206-386-2126  Swedish Cherry Hill .................. 425-640-4636
Swedish Edmonds ....................... 425-640-4636

Survivorship Clinic
Survivorship services are available to enhance and complement the care provided by our oncologists. The Survivorship Program, led by qualified, experienced oncology advanced registered nurse practitioners (ARNPs), is a valuable service. This program is designed to be an additional resource to supplement the care you will continue to receive and to bridge the gap between oncology specialty care and your primary care provider.

Locations:
First Hill Survivorship .................... 206-320-8266  Issaquah Breast Cancer
Edmonds Survivorship Clinic ........... 425-673-8300  Survivorship Clinic...................... 425-313-7124
Notice of Nondiscrimination and Accessibility Rights

We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Swedish does not exclude people or treat them differently because of race, color, national origin, age or sex. Swedish:

(1) Provides free aids and services to people with disabilities to communicate effectively with us, such as:
   (a) Qualified sign language interpreters; and (b) Written information in other formats (large print, audio, accessible electronic formats, other formats).

(2) Provides free language services to people whose primary language is not English, such as: (a) Qualified interpreters; and (b) Information written in other languages.

If you need any of the above services, please contact the appropriate civil rights coordinator below. If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1.

If you believe that Swedish has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Swedish by contacting the civil rights coordinator for your service location as listed below:

<table>
<thead>
<tr>
<th>Service location</th>
<th>Civil rights coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>All locations except</td>
<td>Civil rights coordinator, 101 W. 8th Ave., Spokane, WA 99204</td>
</tr>
<tr>
<td>Swedish Edmonds</td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127</td>
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<tr>
<td></td>
<td>Email: <a href="mailto:Nondiscrimination.WA@providence.org">Nondiscrimination.WA@providence.org</a></td>
</tr>
<tr>
<td>Swedish Edmonds</td>
<td>Civil rights coordinator (Bed Control), 21601 76th Ave. W. Edmonds, WA 98026</td>
</tr>
<tr>
<td></td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9178</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:Nondiscrimination.SHS@providence.org">Nondiscrimination.SHS@providence.org</a></td>
</tr>
<tr>
<td>Senior Services</td>
<td>Civil rights coordinator, 2811 S. 102nd St., Suite 220, Tukwila, WA 98168</td>
</tr>
<tr>
<td></td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127;</td>
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<tr>
<td></td>
<td>Email: <a href="mailto:Nondiscrimination.pscs@providence.org">Nondiscrimination.pscs@providence.org</a></td>
</tr>
</tbody>
</table>

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, one of the above-noted civil rights coordinators is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Ave. SW
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD).

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATTENCION: Si habla español, tenemos a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711].

Note: As we provide this newsletter in multiple languages, we are available to assist you in your language of choice. Call 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711] if you need assistance.

Chú ý: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn cho bạn. Gọi số 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711].

PAUWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang kagad. Tumawag sa 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711].

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711]으로 전화로 주십시오.

ПРИМЕЧАНИЕ: Если вы говорите на русском языке, мы можем предоставить вам бесплатное содействие по переводу. Звоните 888-311-9127 (Swedish Edmonds 888-311-9178) [TTY: 711].

Sharing your thoughts about Life to the Fullest

We continually look for ways to improve Life to the Fullest. Because you — our readers — are the reason we produce this newsletter, your feedback is very important to us. Please take a few minutes to complete our online survey at https://www.surveymonkey.com/r/LTTFnewsletter. The survey should take only about three minutes to complete. We look forward to hearing from you.

If you have any questions or concerns about the Life to the Fullest newsletter, please email us at Full.Life@swedish.org or call the Cancer Education Center at 206-386-3200.