



Navigator

Supporting patients, survivors, families and caregivers in their journey.

Spring 2012



Cancer survivor Rebekah Sires with Hot 99.7 DJs Blaze and Shawn at last year's Radiothon.



Have you or a loved one been touched by cancer? On Thursday, February 16 we are hosting a fundraising Radiothon in partnership with the Yakima Radio Group. Listeners are invited to tune in to hear personal stories, plans for future technology and ways to give back that provide immediate and long-lasting hope to cancer patients in our own community. Every contribution will make a difference.

How to Get Involved:

- Call in your pledge on Feb. 16 at **509-574-3434** to support local cancer detection, treatment and survivorship.
- Encourage local businesses to become a "Power Hour" sponsor.
- Volunteer by staffing phones on the day of the Radiothon.
- Join our online fundraising campaign team and invite others to support local cancer care. northstarlodge.memfound.org/north-star-lodge-radiothon

Tune in at: 104.1 KXDD • 100.9 CHERRY FM • 980 AM K-USA • 99.7 HOT FM • 105.7 BOB FM • 1390 AM ESPN/KJOX

New LifeBio 101 Class at North Star Lodge



LifeBio 101 is a group autobiography class that builds relationships with each author producing a memory journal/book.

LifeBio 101 classes, using Life Story Journals, will be taught and facilitated by Sue Karstetter, Psy.D., retired Yakima School District psychologist/counselor and Heritage University professor. Sue will guide a small group of people in writing their life stories; an engaging and therapeutic process. Photographs may be incorporated into the written product. Each participant may elect to have a short video interview.

Class sessions will include group sharing about life decisions, people who have shaped you, historic events, childhood

memories, your life's work, health and body, spirituality, values, goals, aspirations, and death. Classes will end with a celebration/reception.

LifeBio is copyrighted material used in 84 health-based communities throughout the U.S., including hospitals and long-term living facilities.

LifeBio 101 will be held Wednesdays 1 p.m. – 3 p.m. at North Star Lodge

Free to North Star Lodge Patients and Survivors. Call 509-574-3441 to register. Limited to 10 participants.

This nine-week class starts February 22 and ends April 18, 2012. Additional afternoon and evening classes start in May 2012.

Spa Night Returns to North Star Lodge



Join us for a night of relaxation **March 22 from 5:30–8:30 p.m.**

North Star Lodge Spa Night provides patients and caregivers with an opportunity to explore therapy and support services that may be helpful in their cancer journey—along with complimentary chocolate bar, beverages, and prize drawings.

There will be opportunities to win a broad range of therapeutic services throughout the community including massage, pedicure, manicure, reiki therapy, acupuncture, lash extensions and growth products, nutritional advice, hypnotherapy, and meditation. Patients may bring one caregiver.

Space is limited—RSVP required: call 509-574-3441.

Welcome New Volunteers

North Star Lodge thrives through the gracious work of over 50 volunteers every week. Volunteers assist with infusion care, at the concierge/resource desk, and in many other ways throughout the facility. Many are cancer survivors or those who have been personally touched by cancer, and they are armed with knowledge and compassion. Welcome our newest volunteers:



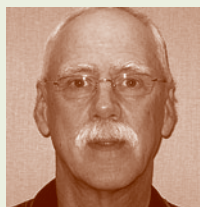
Earl Carpenter



Kathi Hale



Penny Huck



Tom Kehm



Julie Rictor



Cheryl Wolff

**MORE VOLUNTEERS
ARE WELCOME:
CALL 509-574-3441**

Carefree Coffee Breaks are Back

9:30 – 11 a.m.

**first Thursday of the month at
North Star Lodge Healing Place
(lower level)**

• Join seasoned program facilitator and survivor, Pat Ubelaker, for casual conversation, coffee, and connecting. See the calendar for dates and topics.

Your Cancer Resource Center Library

The North Star Lodge resource library, located in the lower level, has a broad range of books and DVDs on cancer and the cancer experience. Available to patients, families, and caregivers, this library is made possible through private contributions to The Memorial Foundation. Our library blog features previews of select books that may prove helpful and informative. Visit northstarlodge.org and click the blog link.

Nutrition

Nutritional challenges abound during and following cancer treatments. North Star Lodge has three oncology-certified dietitians to assist patients with their nutritional needs. This may include development of specialized dietary plans, food preparation guidance, and nutritional supplements made available through private contributions. **Call our dietitians at 509-574-3400** for your free membership in the online menu planning guide www.therapeasecuisine.com

HelpNotes

Part of the cancer experience is learning terminology associated with care and treatment. One very important term that is used widely throughout North Star Lodge is “survivor.” A cancer survivor is an individual with cancer of any type, current or past, who is still living. About 11 million Americans— one in 30 people—are either currently undergoing treatment for cancer or have done so in the past.

Donors Make it Happen

Safeway employees have once again risen to extraordinary heights to support local cancer detection services. **\$98,000** was donated in 2011 to support mammogram scholarships for those in need and for equipment upgrades to increase detection technology in our community.

Thank you Safeway employees!

Lamplight Bible Study

**Mondays 11:30 a.m. – 1 p.m.
January 23 – March 26, 2012**

This spiritual program is designed to help cancer patients navigate their journey. Lamplight is taught by Marilee Shively, MD, retired physician and cancer patient; Rev. Bill Starr, D.Min, chaplain at the Sundown M Ranch; and Rev. Laurie Oswalt, M.Div, chaplain for Memorial Hospice. Lamplight offers hope and encouragement for those who are seeking spiritual light as a guide.

Local Community Resources

- **Wellness House** offers a broad range of cancer support services, including support groups and free wigs. A special program for children and grandchildren of cancer patients offers ways to understand and cope with their own concerns for their loved ones. **Call 509-575-6686** or go to www.wellness-house.org for more information.
- For additional help in identifying support services, speak with one of our volunteer resource coordinators at the concierge desk, offered in part through the American Cancer Society.
- Visit the **North Star Lodge Blogs** for special insights about nutrition, caregiving, books, and more! Go to northstarlodge.org and click the blog link.

\$4,800 was raised to support patient programs thanks to **Quail Run Community's "Pink-a-Boo" Spa event** held during Breast Cancer Awareness Month last October. Quail Run Community's contribution will assist in extending medication, nutritional supplements, and basic living support to many patients who need a helping hand.

Calendar

Events are held at North Star Lodge unless otherwise noted.

They are provided by generous donations from the community through The Memorial Foundation.

February

2 • Carefree Coffee Break / 9:30–11 am first Thursday of the month • How to incorporate Protein Into Your Diet

2, 9, 16, 23 • Sound Sleep–Sound Rest Noon–2 pm every Thursday • Have trouble sleeping? Feel anxious, stressed or depressed? These are all common reactions for cancer patients and their caregivers. Join gifted instructor Michael Moritz who will teach you relaxation techniques that you can take home and use right away. First half hour provides an introductory session for those investigating this therapy.

7, 14, 21, 28 • North Star Knitters Noon–2 pm every Tuesday • Share your knitting and crocheting talents or come to learn while supporting patient programs throughout the Memorial Family of Services.

8, 22 • New Patient Orientation & Behind the Scenes Tour / 1:30–2:30 pm • Meet the entire team of professionals who will help lead you through your cancer journey. See demonstrations of the latest technology and how it is used to personalize every patient's treatment plan. Ask questions and make important connections with specialists. Put faces with names and learn all the ways the North Star Lodge team can support you, your family, and caregivers.

14 • Look Good–Feel Better / 3–4 pm • Cancer treatments can take a toll on a patient's energy level and leave little energy or interest in handling appearances. That's when a good old-fashioned makeover can be just what the doctor ordered. Drop in for a face and hair makeover and go home with your own personalized makeup kit worth over \$150, compliments of The American Cancer Society, our community partner.

15 • Learn at Lunch “Intimacy and Cancer” Noon–1 pm third Wednesday of the month • Learn how to maintain and develop intimacy to bind relationships during and after cancer treatments. Hear from fellow patients who have created new beginnings. Facilitated by Bev Davison, RN.

21 • Crafting Memories: “Be Mine” The loves in your life can be great medicine / 1–3 pm third Tuesday of the month • Recalling life's wonderful moments can be very therapeutic, especially when organized in a way that can be shared with family and friends. Connect with other survivors, caregivers, and family members, and share common experiences through the art of scrapbooking.

29 • Artful Expressions / 1–3 pm last Wednesday of the month • Join survivor April Shattuck-Mickles for a casual afternoon of arts and crafts. Expression through art can help patients find meaning and peace.
RSVP required: 509-574-3441.

March

1 • Carefree Coffee Break / 9:30–11 am first Thursday of every month • Talking with Family

1, 8, 15, 22, 29 • Sound Sleep–Sound Rest Noon–2 pm every Thursday

6, 13, 20, 27 • North Star Knitters Noon–2 pm every Tuesday

7, 21 • New Patient Orientation & Behind the Scenes Tour / 1:30–2:30 pm

13 • Look Good–Feel Better / 3–4 pm every second Tuesday

20 • Crafting Memories: “Is that St. Patrick?” 1–3 pm third Tuesday of the month • Recall moments that bring hope to your life.

21 • Learn at Lunch “HELP” / Noon–1 pm third Wednesday of the month • We don't know whom to ask for help. Many challenges arise for patients, families, and caregivers while experiencing the effects of cancer treatment. Learn about support services available at North Star Lodge and in the community that can help. Facilitated by Kay Maples, BSW, Social Services Specialist at North Star Lodge.

28 • Artful Expressions / 1–3 pm last Wednesday of the month • **RSVP required: 509-574-3441.**

April events are listed on next page.

April Events

3, 10, 17, 24 • North Star Knitters
Noon–2 pm every Tuesday

4, 18 • New Patient Orientation & Behind the Scenes Tour / 1:30–2:30 pm

5 • Carefree Coffee Break / 9:30–11 am first Thursday of the month • The Myths of Cancer

5, 12, 19, 26 • Sound Sleep–Sound Rest
Noon–2 pm every Thursday

10 • Look Good–Feel Better / 3–4 pm every second Tuesday

18 • Learn at Lunch “Clinical Trials and You”
Noon–1 pm third Wednesday of the month • North Star Lodge has hosted over 250 different clinical trials over the past 11 years, with an average of thirty to forty active trials offered to our patients at any given time. Learn how we select these trials and the patients who participate in them. Facilitated by Thomas Boyd, MD, Clinical Trials Lead Investigator.

21 • Scrap-a-Thon / 9 am–9 pm • Bring your projects, supplies, casserole and snack to share throughout the day. Dinner provided—bring your own beverage. Flatware, plates, and napkins provided for all meals. **Questions? Call Connie at 509-969-6510 or 509-966-8881. \$15 pre-paid (scrapbook supplies not included).** Sponsored by North Star Lodge Scrappers

25 • Artful Expressions / 1–3 pm last Wednesday of the month • **RSVP required: 509-574-3441.**

Experience Hope