

CANCERCONNECTIONS

Connecting patients and community to the cancer resources and updates in North Central Washington.



SINGLETON AWARD WINNER

We are thrilled to announce that one of our outstanding oncology nurses in the Confluence Health Outpatient Infusion Chemotherapy Department, Yolanda Schoengarth, has been awarded the prestigious Mr. and Mrs. Floyd Singleton Award for Excellent

Clinical Care in November 2024. This award recognizes health care providers who demonstrate exceptional compassion, clinical expertise, and advocacy for their patients. Yolanda embodies these qualities every day, providing top-tier oncology care with dedication and skill. Recently earning her OCN certification, she also plays a crucial role in supporting our Hispanic community by assisting with translation of oncology documents into Spanish. Hardworking, flexible and deeply committed to her patients, Yolanda is truly deserving of this honor. Please join us in congratulating her on this well-earned recognition.



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LORI ALLEN, BSN, RN, OCN

CONFLUENCE HEALTH OUTPATIENT CHEMOTHERAPY INFUSION ROOM ACCESS

Confluence Health's Outpatient Chemotherapy Infusion Room has been gradually expanding access and is now offering weekday extended hours and weekend services since the fall of 2024. This effort was made to better serve patients throughout North Central Washington, ensuring they receive the care they need with greater flexibility. The response has been overwhelmingly positive, and

we are excited to share that starting February 8, we will be fully open on weekends with an expanded team. Our weekend staff will now include four nurses, a pharmacist, a pharmacy technician, and reception support, allowing us to increase access for both oncology and non-oncology infusion services. This expansion has been in the works for a long time, and we are proud to take this next step toward providing essential care seven days a week.



EASE Cancer Foundation and Confluence Health Cancer Survivorship Program *Quarterly Talks*

Chronic Issues in Cancer Survivors: Cancer survivors can experience many long-term side effects from cancer treatment. Some side effects may appear in months and/or years after treatment. This session will describe potential risk factors and how to screen for treatment-related complications. Management strategies to mitigate cancer-related fatigue, sleep-wake disturbances, and cognitive changes will be discussed as-well-as lifestyle modifications to improve physical functioning and overall quality of life.

Free to Public!

When:

Saturday, March 22nd, 10:00 a.m. - 11:30 a.m.

Where:

Confluence Health Conference Center,
1000 N Miller St, Wenatchee

Registration:

Please RSVP to jill@easecancer.org

Speaker



Katie Kemble
DNP, ARNP, FNP-C, AOCNP, FAANP

Katie Kemble, DNP, is an oncology nurse practitioner at Confluence Health, Associate Teaching Professor at the UW, and Oncology Committee Co-Chair for the American Academy of Nurse Practitioners. Katie has a special interest in translational research looking at improving the quality of life in cancer survivors and building collaborative relationships.

UPCOMING EVENTS

MARCH 22, 2025 - KATIE KEMBLE, DNP, ARNP, FNP-C, AOCNP, FAANP

CHRONIC ISSUES IN CANCER SURVIVORS

Cancer survivors can experience many long-term side effects from cancer treatment. Some side effects may appear in months and/or years after treatment. This session will describe potential risk factors and how to screen for treatment-related complications. Management strategies to mitigate cancer-related fatigue, sleep-wake disturbances, and cognitive changes will be discussed as well as lifestyle modifications to improve physical functioning and overall quality of life.

JUNE 14, 2025 - CHANDRA VILLANO, ND GBA: GUT-BRAIN AXIS

Overviews the important connection between our brain/nervous system and gastrointestinal system/microbiome, extending to immunity, bowel movements, mood, anxiety, cognition, and more. Your ability to digest food has a significant impact on your comfort and every aspect of your health. Learn initial self-care steps for optimal wellness.

CANCER SURVIVORSHIP WELLNESS AND REHABILITATION

NEXT SESSION: MARCH 25 - MAY 29 (T, TH 1:30-3PM)

Cancer Survivorship Wellness and Rehabilitation Our Cancer Survivorship Wellness and Rehabilitation program is a cutting-edge collaborative effort involving Confluence Health, Wenatchee Valley YMCA, Central Washington University, Wellness Place, and the EASE Cancer Foundation. Sessions begin every spring

and fall, and space is offered on a first-come, first-serve basis. For more information and/or to register contact Korissa Dietrich at 509-663-8711, ext 69466, or Jill LaRue at 509-679-9707 or jill@easecancer.org.

Highlights include:

- Individual pre/post physical fitness testing
- Cardiovascular, strength, and flexibility training in a supportive group environment
- Educational classes on exercise, stress management, sleep hygiene, healthy eating strategies, cancer risk reduction, and more
- Nutrition counseling and accountability
- Weight management
- Therapeutic yoga
- Chemo brain and cognitive games
- Motivational support and training

EASE TO SPRING WOMEN'S RETREAT MAY 9-11, 2025, AT SLEEPING LADY MOUNTAIN RESORT, LEAVENWORTH

This three-day retreat supports women who have received a cancer diagnosis to embrace survivorship as a life practice by teaching practical skills for creating a life filled with joy, decreased stress, and optimal physical functioning in their day-to-day lives. Through journaling, creative expression, gentle movement, and educational talks, our faculty will guide each participant in creating their own personalized and sustainable wellness plan. For more information go to

www.easecancer.org

UPCOMING EVENTS

NATIONAL CANCER SURVIVORSHIP DAY!

JUNE 1, 2025, 10:00-2PM, AT PYBUS MARKET PLACE IN WENATCHEE

Cancer screening and prevention:

Confluence Health will be bringing together four non-profit organizations who specialize in providing services for cancer survivors and their caregivers in NCW. Festivities will include live music with the Saddle Rockers, a fun walk on riverfront Loop Trail, and information about cancer screening, risk reduction, plus available services and programs in our region.

Collaborative non-profit organizations:

- EASE Cancer Foundation
Cancer risk reduction with diet and exercise
- Wellness Place
Screening for breast and prostate cancer
- Cancer Care NCW "Our House"
Colon cancer screening
- Columbia Basic Cancer Foundation
Lung screening with low-density CT imaging

SEPT 6, 2025 - TIM BURNHAM, PHD

POWER OF PREVENTION & CANCER RISK REDUCTION

We will discuss the strong scientific evidence behind lifestyle guidelines for cancer prevention, while providing realistic strategies to incorporate into daily routines. Learn about the benefits of exercise, nutrition, and other healthy choices as-well-as the "why" behind them and supporting evidence-based research.

18TH ANNUAL JOURNEY TO WELLNESS:

CANCER SURVIVORSHIP WORKSHOP

OCTOBER 31 – NOVEMBER 1, 2025, AT SUN MOUNTAIN LODGE, WINTHROP

EASE Cancer Foundation educators are experts in their fields and offer a wealth of valuable information on a range of meaningful topics for anyone whose life has been affected by cancer. Survivors, caregivers, friends, and family are all welcome to join.

Our annual Journey to Wellness starts Friday evening, runs all day Saturday, culminating with live music Saturday night. The workshop has both group and breakout sessions. You'll get to choose which class you attend for each session, tailoring your schedule to the subjects that are most meaningful to you. Registration includes meals, syllabus, and all supplies for workshop.

Highlights include:

- Nutrition, Physical Activity, and Cancer Prevention
- Benefit of Exercise on Mind & Body
- Optimizing Sleep to Maximize Health
- GBA: Gut-Brain Axis
- Supporting Lymphatic Health
- Immunize Responses & Immunotherapy
- Therapeutic & Restorative Yoga
- Whole Food Nutrition & Cancer Fighting Foods
- Finding Meaning in Life Despite a Diagnosis
- Optimism & Musical Expressions
- Symptom Management & Long-term Surveillance

UPCOMING EVENTS

DECEMBER 6, 2025: DOUBLE EVENT! 10-1PM - BONNIE MCGREGOR PHD & AMANDA JACOBS, PHD STRESSED OUT!

Holidays can be exceptionally stressful for many. Dr. McGregor will be discussing the science and practice of stress management for cancer survivors and their caregivers.

ART FOR THE WINTER HOLIDAYS. Joy. Peace. Health. Explore what giving and receiving mean to you during the holidays. Using the Eric Carle technique of glue and tissue paper, prepare a simple garland to express what you most want to receive and what you most want to give.

For more info go to www.easecancer.org

PREVIOUS EVENTS

Confluence Health (CH) and Wenatchee High School (WHS) students belonging to the Health Occupations Students of America (HOSA) club are partnering to potentially save lives.

Each year, approximately 18,000 people, ages 0-74, in the United States are diagnosed with life-threatening illnesses where a bone marrow transplant from a related or unrelated matched donor is their best treatment option.

Recently, CH and the Wenatchee HOSA student group held a “matching event” at Pybus Market, where 22 local community members volunteered to complete a cheek swab kit and be entered into the National Marrow Donor Program (NMDP) database. According to feedback from NMDP, “... This is one of the most successful student led events we’ve ever seen!..” said Tracey Kasnic, HOSA’s program leader at WHS.

CH and HOSA will once again be teaming for a “matching” event at the upcoming Wenatchee Wild - Hockey Fights Cancer game on March 1st, 2025! HOSA will have a table on the arena concourse, where those

interested in becoming a potential match can stop by and get more information or complete a test kit.

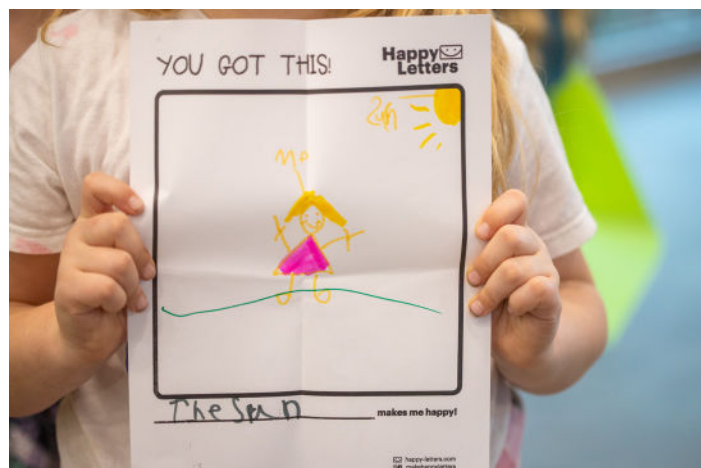
More information about the National Marrow Donor Program can be found at:

[NMDP \(Formerly Be The Match\) Global Nonprofit in Cell Therapy | NMDP.](#)



PREVIOUS EVENTS

Our Hockey Fights Cancer Night event took place on Saturday, March 1st. It was a very successful event with a great turnout! Thanks to the collaboration of Confluence Health and the Wenatchee Wild for this event which benefited the EASE Cancer Foundation.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WENATCHEE VALLEY YMCA

The Cancer Survivorship Wellness and Rehabilitation Program is a collaborative effort involving Confluence Health, Central Washington University, EASE Cancer Foundation, and the Wenatchee Valley YMCA. Session begin every spring and fall and space is offered on a first serve basis.

Highlights include:

- Cardiovascular, strength, and flexibility training in a supportive group environment
- Educational classes on exercise, stress management, sleep hygiene, healthy eating strategies, cancer risk reduction, and more
- Nutrition counseling and accountability
- Weight management
- Therapeutic and Restorative Yoga
- Chemo Brain and Cognitive Games
- Motivational Support and Training

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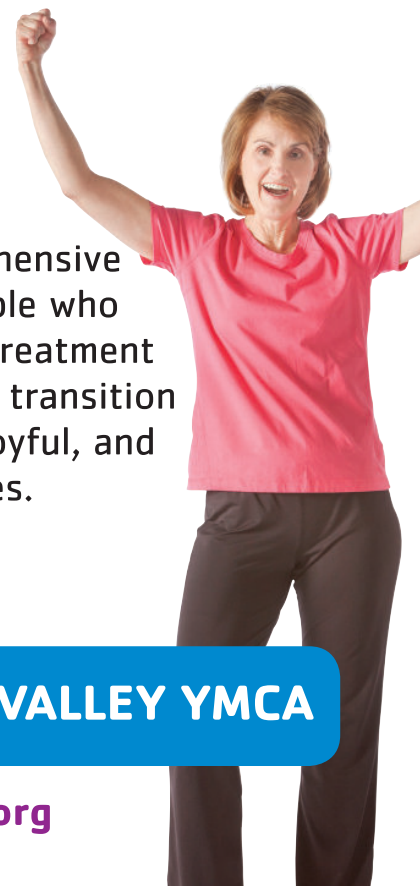


FOR YOUTH DEVELOPMENT®
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CHANGING LIVES

Cancer Survivorship Wellness and Rehabilitation Program

10-week comprehensive program for people who received cancer treatment and are trying to transition to more active, joyful, and healthier lifestyles.

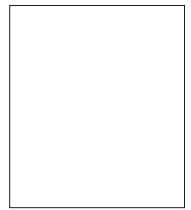


WENATCHEE VALLEY YMCA

www.wenymca.org



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CONFLUENCE

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confluencehealth.org

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PARTNER ORGANIZATIONS

And many more!



Fred Hutch • Seattle Children's • UW Medicine

