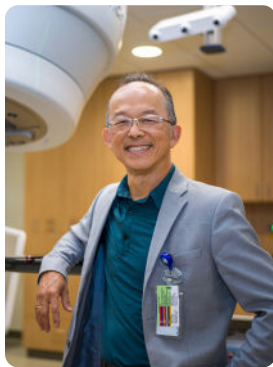


CANCERCONNECTIONS

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



Welcome Dr. Chan!

We would like to welcome Dr. Chan to our Confluence Health Radiation Oncology at our Moses Lake campus!

Dr. Chan completed his Radiation Oncology training at University of Western Ontario, CANADA in 1996 and he is double-board certified in Canada and

in the United States. He held the Institutional RTOG/NRG Principal Investigator position when he was heavily involved in clinical research early in his career at University of Texas and was named “Teacher of the Year” when he was the Assistant Professor there. He transitioned to community health care in Louisiana since 2001 and is skillful in all advanced aspects of radiation procedures and techniques and has since dedicated his knowledge and skills to individualized care to his patients. He is also a certified medical acupuncturist.

Dr. Chan and his wife love to play tennis and travel to Japan. He spends time with his Engineer son playing golf whenever there is an opportunity. He is proud of his daughter who works for United Nations. He moves to Moses Lake and joins Confluence Health to continue his life mission of taking care of his patients.



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**AMITH AHLUWALIA, MD**

NATIONAL NEWS FROM AMITH AHLUWALIA, MD

As a part of working in north central Washington and particularly working in rural oncology, I felt voices from this part of the oncology world are often under-represented in the national oncology landscape. To this end over the past three years, I have become involved in the American Society of Clinical Oncology (ASCO). My strong interests in mentoring and early career

transitions have led to join The Early Careers Advisory Committee (TECAG). This has been a wonderful opportunity, and I have had the privilege to start mentoring future oncologists as well as help with many of the events at ASCO that we set up for students, residence, fellows and early career oncologists.

This past ASCO, I was involved as a facilitator for a round table discussion to help fellows with visa information. Over the past year my role with TECAG has expanded to be part of the ASCO Membership advisory committee where myself and others have tried find ways to increase engagement and value for ASCO membership. Finally, with lung cancer being a major interest of mine, I have had the privilege to be part of the ASCO Non-Small cell lung cancer guidelines committee. In the time I have been doing this, I have participated in multiple guidelines updates and have brought the voice of community oncology to the discussions on guideline creation. The experiences having been enriching and have overall had a positive impact I hope to continue my work in community oncology advocacy in the coming years.

EASEing the Road for Cancer Survivors



CONGRESSWOMAN DR. KIM SCHRIER VISITS CANCER SURVIVORSHIP REHABILITATION PROGRAM

In May, Congresswoman Dr. Kim Schrier visited the Confluence Health Cancer Survivorship Wellness and Rehabilitation Program to learn about the impact of structured cancer rehabilitation. During the visit, members of the Confluence Health cancer care team, cancer researchers, and cancer survivors shared how the collaborative program—developed through partnerships among Confluence Health, the EASE Cancer Foundation, Central Washington University, and the Wenatchee Valley YMCA—helps survivors improve physical function, reduce symptoms, and address the physical, cognitive, and emotional challenges that often follow cancer treatment. The discussion also highlighted ongoing research and the importance of expanding access to structured, multidisciplinary cancer rehabilitation so more survivors can benefit from this model of care.

UPCOMING EVENTS

QUARTERLY TALKS - CONFLUENCE HEALTH'S SURVIVORSHIP PROGRAM

FREE to public - Please RSVP

jill@easecancer.org

- **When:** Saturdays, 10-11:30am - October 3 & December 5, 2026
- **Where:** Confluence Health Conference Center, 1000 N Miller St, Wenatchee
- For more information go to www.easecancer.org

JULIE SMITH, MD - LIVING AND THRIVING AFTER RECEIVING A CANCER DIAGNOSIS OCTOBER 3RD

Receiving a cancer diagnosis can be life-changing in many ways, affecting all aspects of life. Cancer breakthroughs and treatments have improved substantially over the past years, turning what was previously thought of as a terminal condition...into a chronic condition. Learning to live and thrive through the initial phases of a diagnosis, and continuing to do so for many years to even decades to come can require a shift in lifestyle, behaviors, treatment changes, and ongoing monitoring. How to live fully and truly thrive is the ultimate success.

ENSI VOSHTINA, MD - THE ART OF FINDING JOY DECEMBER 5TH

Creating moments that matter after cancer. Living with and beyond cancer isn't just about surviving; it's about rediscovering what brings meaning, peace, and joy. A cancer diagnosis can change many parts of life, but it doesn't have to define every part of your story. This uplifting and interactive session will explore how joy can exist alongside life's challenges and how small moments of gratitude, creativity, connection, and purpose can improve our wellbeing. Join Medical Oncologist Dr. Ensi Voshtina for an encouraging

conversation about resilience, hope and finding beauty in everyday life. Together we'll reflect on practical ways to cultivate joy and create a keepsake bookmark to take home as a reminder that every new chapter holds the possibility of hope.

NCW CANCER HEROES SEPTEMBER 11TH - WENATCHEE CONVENTION CENTER

Imagine an evening set aside to honor our incredible friends, family, and loved ones in the Cancer Community whose courage and resilience have carried them, and us, through some of life's hardest moments. Whether they are a Survivor, Warrior, or Champion, they all inspire us with their strength, compassion, and perseverance. This is an evening dedicated to recognizing the individuals and groups whose support, advocacy, care, and personal journeys have touched lives across Central Washington. <https://www.csccentralwa.org/cw-cancer-heroes>

EASE 20TH ANNIVERSARY CELEBRATION SEPTEMBER 26TH - UNION HILL CIDER CO. 12:00 - 4:00 PM

Join the **EASE Cancer Foundation** as we celebrate **20 years** of improving the lives of cancer survivors through education, rehabilitation, support, and community building. Enjoy an unforgettable afternoon of live music with the **The LakeBoys**, pizza buffet, salad with gluten-free and dairy-free options, dessert, and two drink tokens per guest (including non-alcoholic beverages). Browse and bid on unique auction items while supporting EASE's mission to help cancer survivors regain strength, improve their quality of life, and thrive beyond cancer. Gather your friends and family as we celebrate two decades of impact and look ahead to the future of cancer survivorship within our communities.

UPCOMING EVENTS

CANCER SURVIVORSHIP WELLNESS AND REHABILITATION

OCTOBER 20 – DECEMBER 22, 2026

The **Cancer Survivorship Wellness and Rehabilitation Program** is a comprehensive, evidence-based program designed to help cancer survivors regain strength, improve physical function, reduce treatment-related side effects, and enhance quality of life after cancer treatment. This unique community partnership brings together **Confluence Health, the Wenatchee Valley YMCA, Central Washington University, and the EASE Cancer Foundation** to provide coordinated survivorship care in a supportive group setting. Offered each spring and fall, this 10-week program combines supervised exercise with education and practical strategies to help survivors return to active, healthy, and fulfilling lives. Space is limited and available on a first-come, first-served basis.

Program Highlights:

- Individual pre- and post-program physical fitness assessments
- Supervised cardiovascular, strength, flexibility, and balance training
- Education on exercise, stress management, sleep optimization, nutrition, and cancer risk reduction, and more.
- Nutrition counseling and healthy lifestyle coaching
- Weight management strategies
- Therapeutic yoga
- Cognitive rehabilitation (“chemo brain”) activities
- Motivation, goal setting, and ongoing peer support

RESEARCH PARTICIPATION OPPORTUNITY!

The **EASE Cancer Foundation**, in collaboration with **Confluence Health and Central Washington University**, is conducting research to determine how many weeks of participation in the Cancer Survivorship Wellness and Rehabilitation Program

are needed to produce meaningful improvements in cancer-related fatigue and quality of life.

Participants complete brief weekly surveys throughout the 10-week program, allowing the research team to track changes over time. The findings will help strengthen the evidence supporting structured cancer rehabilitation and guide future survivorship care. Eligible participants are adults ages 18–90 with any cancer diagnosis who are enrolled in the program.

For more information and/or to register contact Korissa Dietrich, Survivorship Navigator, at 509-663-8711, ext. 68405, or Jill LaRue, FNP, at 509-679-9707 or jill@easecancer.org.

20TH ANNUAL JOURNEY TO WELLNESS: CANCER SURVIVORSHIP WORKSHOP OCTOBER 30 – 31, SLEEPING LADY MOUNTAIN RESORT, LEAVENWORTH

The **EASE Cancer Foundation** will be celebrating its **20th Annual Journey to Wellness**, bringing together cancer survivors, caregivers, healthcare professionals, and nationally recognized experts for unique educational experience. The workshop begins Friday evening and continues throughout Saturday with keynote and group presentations, interactive breakout sessions, and opportunities to connect with others whose lives have been touched by cancer. Registration includes meals, workshop materials, and all supplies.

Special Musical Event at Snowy Owl!

The Journey to Wellness Workshop concludes with a special concert by acclaimed singer-songwriters **Beth & Steve Wood** at the **Snowy Owl Theater** in Leavenworth. Both have recorded extensively, and their careers have included songwriting, music production, film scoring, and collaborations with internationally recognized artists. Their engaging blend of music, storytelling, and humor provides a memorable finale to the workshop.



EASE Cancer
Exercise and Survivorship Education

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

Living and thriving after a cancer diagnosis. Receiving a cancer diagnosis can be life-changing, affecting nearly every aspect of life. Thanks to significant advances in cancer research and treatment, many diagnoses that were once considered terminal are now managed as chronic conditions. Learning to navigate the initial diagnosis—and continuing to live well for years or even decades afterward—often requires adapting to lifestyle changes, evolving treatments, and ongoing monitoring. Ultimately, the greatest success is not just surviving, but learning to live fully and truly thrive.

Free to Public!

When:

Saturday, October 3rd, 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



Dr. Julie Smith

Dr. Smith is a fellowship-trained hematologist and oncologist at Confluence Health, caring for patients with blood disorders, cancers, and solid tumors. She travels weekly to Moses Lake to bring expert cancer care to Grant County. With more than 26 years of service in North Central Washington, Dr. Smith served as Medical Director for the Cancer Service Line for 15 years. She is known for building strong relationships with patients, families, and communities, guided by her belief: *"The secret of caring for the patient is truly caring for the patient."* Outside of work, she enjoys time with family, photography, and nature.



EASE Cancer
Exercise and Survivorship Education

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

The Art of Finding Joy. Living with and beyond cancer is about more than surviving. It's about rediscovering meaning, peace, and joy. A cancer diagnosis can change many aspects of life, but it doesn't have to define your story. This uplifting, interactive session explores how joy can coexist with life's challenges and how simple moments of gratitude, creativity, connection, and purpose can enhance wellbeing. Join Medical Oncologist Dr. Ensi Voshtina for an encouraging conversation about resilience, hope, and finding beauty in everyday life. Together, we'll reflect on practical ways to cultivate joy and create a keepsake bookmark to take home, reminding us that every new chapter holds the possibility of hope.

Free to Public!

When:

Saturday, December 5th, 10:00 a.m. - 11:30 a.m.

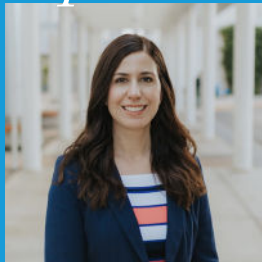
Where:

Confluence Health Conference Center,
1000 N Miller St, Wenatchee

Registration:

Please RSVP to jill@easecancer.org

Speaker



Dr. Ensi Voshtina

Dr. Voshtina is a fellowship trained and board-certified medical oncologist and hematologist at Confluence Health. She serves as the Medical Director for Oncology and is committed to providing compassionate, evidence-based care close to home. Dr. Voshtina travels weekly to Omak to bring specialty cancer services to patients throughout Okanogan County, helping improve access to high-quality oncology care. Outside of work, she enjoys spending time with her family, two dogs, and exploring the outdoors of North Central Washington.

PREVIOUS EVENTS



HOCKEY FIGHTS CANCER

February 28, 2026

Confluence Health once again partnered with the **Wenatchee Wild** and the **EASE Cancer Foundation** for the annual **Hockey Fights Cancer** game on February 28. Community members came together to raise awareness and support local cancer programs while enjoying an exciting evening of hockey. The event featured opportunities to connect with local cancer support organizations,

specialty jersey and fundraising activities benefiting the EASE Cancer Foundation, and recognition of cancer survivors and those whose lives have been impacted by cancer. Together, these efforts helped raise awareness of cancer prevention, survivorship, and the resources available throughout North Central Washington.





CANCER SURVIVORSHIP DAY

June 6, 2026

Confluence Health celebrated **National Cancer Survivors Day** at Pybus Public Market alongside community partners including Cancer Support Community, Cancer Care of North Central Washington, EASE Cancer Foundation, Happy Letters, and the Confluence Health Survivorship team. This free community event honored cancer survivors, recognized caregivers and families, and connected attendees with local survivorship resources, support organizations, educational information, activities, and raffle prizes.

Annual Moses Lake Air Show

June 12 & 13, 2026

We had a fun volunteer opportunity the **Annual Moses Lake Air Show** on June 12–13. Volunteers from the Oncology Service Line handed out water bottles, ear plugs, and children's push-pop toys while providing educational materials on cancer screening, prevention, and community support services. The air show attracted thousands of visitors for two days of aviation demonstrations, military aircraft, family activities, and community exhibits, providing a valuable opportunity to promote cancer awareness and connect with the public.



CONFLUENCE

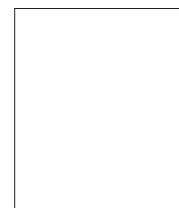
CANCER CONNECTIONS

*Connecting patients and
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North Central Washington.*

confluence**health.org**



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PARTNER ORGANIZATIONS

And many more!



EASE Cancer
Exercise and Survivorship Education

