AUTUMN 2025 | ISSUE 6

CONFLUENCE

CANCERCONNECTIONS

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





Dr. Anthony Naquin,
Confluence Health Oncology Team

We would like to welcome Dr. Anthony Naquin to our Confluence Health Oncology Team! Dr. Naquin completed his Hematology Oncology Fellowship at the Atrium Health Wake Forest Baptist Medical Center in Winston Salem, NC, and Internal Medicine Residency at the Louisiana State University Health Science Center in New Orleans, LA during fellowship. During his training, Dr. Naquin was nominated to the Gold Humanism Honor Society by his medical school peers. It recognizes those who are felt to be role-models of compassionate patient care and people whom others say they would want taking care of their own family. Or as the organization puts it, a "doctor's doctor."

Dr. Naquin and his wife, both love the outdoors, and are looking forward to backpacking, trail running, mountain biking, skiing, watersports, and exploring North Central Washington. They are also looking forward to introducing the community to their Cajun culture with crawfish boils, jambalaya, gumbo, and of course king cake during Mardi Gras!

Confluence HEALTH

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RECOGNIZED EXCELLENCE AWARD
CONFLUENCE HEALTH



Mollee McCoy, the Nurse Navigator in Omak, was nominated and honored last July with the **REACH Award.**

The REACH program was created to celebrate staff and providers who exemplify excellence in coordination, customer service, problem solving, and teamwork – qualities that make Confluence Health a great place to work and receive care.

18th Annual Journey to Wellness

CANCER SURVIVORSHIP WORKSHOP



Photo Credit: Alan Kearney

Oct 31 - Nov 1, 2025

Sun Mountain Lodge in Winthrop, WA

REGISTRATION

Visit easecancer.org for details and registration or scan the QR code with your phone.

Hotel Stays

Contact Sun Mountain Lodge at 509-996-2211, visit sunmountainlodge.com or use the QR code to book online. When booking use reference code: 45V78T

EASE Cancer

Exercise and Survivorship Education

WORKSHOP HIGHLIGHTS

Keynote Address:

Power of Prevention & Cancer Risk Reduction with Tim Burnham, PhD

Session Topics Include:

- Whole Food Nutrition & Anti-Inflammatory Diets
- Hidden Hazards: Everyday Environmental Toxins
- Benefits of Exercise on Mind & Body
- Chronic Issues in Cancer Survivors
- Symptom Management & Sexual Health
- Stress Reduction & Caring for the Caregiver
- Restorative Yoga – Creative Writing
- And so much more!

Plus enjoy LIVE MUSIC with Beth & Steve Wood!

EASE Cancer Foundation and Confluence Health Cancer Survivorship Program

Quarterly Talks

Art for the Winter Holidays: Joy. Peace. Health. Reflect on giving and receiving during the holidays while creating a simple garland using Eric Carle's tissue paper technique.

Stressed Out! Dr. McGregor shares science-based strategies to help cancer survivors and caregivers navigate the stress of the season.

Free to Public!

When:
Saturday, December 6th, 10:00 a.m. - 1:00 p.m.

Where:
Confluence Health Conference Center
1000 N Miller St, Wenatchee

Registration:
Please RSVP to jill@easecancer.org

Speakers



Amanda Jacobs, PhD

Dr. Jacobs, an Educational Psychologist and artist educator, is also an award-winning composer and playwright. Her work on the musical, Austin's Pride, reached Carnegie Hall, swept the New York Music Awards, and heads to Broadway this fall.



Bonnie McGregor, PhD

Dr. McGregor, a clinical psychologist and behavioral scientist, is Executive Director and Founder of the Orion Center for Integrated Medicine in Seattle. As a specialist in coping with cancer, chronic illness, and mental health challenges, she received the Washington State Psychological Association's Distinguished Psychologist Award in 2013.

UPCOMING EVENTS

OCTOBER 31 - NOVEMBER 1
JOURNEY TO WELLNESS, 18TH ANNUAL CANCER SURVIVORSHIP WORKSHOP


Photo Credit: Alan Kearney

This year, **Journey to Wellness** will be held at Sun Mountain Lodge, who is offering very low nightly rates for participants. This event starts Friday evening, runs all day Saturday, and culminates with live music Saturday night. The workshop has both full group and small breakout sessions. Participants have a variety of topics to choose from including support for caregivers. Each participant will be able to tailor their individual schedule to meet their own needs. All meals and supplies are included, plus all participants will receive a comprehensive syllabus.

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.

For more information go to www.easecancer.org.

DECEMBER 6 | 10AM-1PM
DOUBLE EVENT! WITH 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 information go to www.easecancer.org.

MARCH 2026
CANCER SURVIVORSHIP WELLNESS AND REHABILITATION PROGRAM

This is a 10-week comprehensive program for individuals who received cancer treatment and are trying to transition to a more active and healthier lifestyles. This bi-annual program is a collaborative effort with Confluence Health, EASE Cancer Foundation, Central Washington University, and the Wenatchee Valley YMCA.

For more information contact Korissa Dietrich at 509-663-8711, ext. 69466 or jill@easecancer.org.

PREVIOUS COMMUNITY EVENTS



CANCER SURVIVORSHIP DAY

June 1, 2025 – Confluence Health celebrated National Cancer Survivorship Day with our community partners including Wellness Place, Columbia Basin Cancer Foundation, Cancer Care of North Central Washington, Ease Cancer Foundation, and the Confluence Health Survivorship team. It was an inspired occasion with talks, live music from the Saddle Rockers with Dr. Notter. The event culminated with an open walk along the Apple Loop trail.



NCW CANCER HEROES

September 6, 2025 – The Wellness Place, Confluence Health, and the Wenatchee Valley Medical Group celebrated North Central Washington Cancer Heroes. This extraordinary event was an opportunity for our community to come together and honor their cancer heroes. Twenty-two Cancer Heroes – Cancer Champions were honored and Tributes. Dr Julie Smith was awarded the inaugural Carl Kjobeck Award. This wonderful evening was a celebration of resilience, love, and acknowledgement of the extraordinary strength of our cancer community.



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confluence**health.org**

Confluence HEALTH
820 N. Chelan Ave.
Wenatchee, WA 98801

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PARTNER ORGANIZATIONS

And many more!

ROOM ONE

COLUMBIA BASIN CANCER FOUNDATION

Wellness Place

EASE Cancer
Exercise and Survivorship Education

Cancer Care of North Central Washington