

Spirit of Survival wellness program

NURTURING BODY, MIND & SOUL

► Patients like Marybeth Moser thrive with your support.



SHAW CANCER CENTER

UPDATE 2018

World-class medicine

SMALL-TOWN SERVICE

Thanks to you, Shaw Cancer Center provides nationally recognized care close to home.

So far this year, nearly 1,100 patients have come to Shaw Cancer Center for treatment. They could have gone anywhere, but they came here for the quality care you help make possible.

“Few rural communities in the U.S. offer the advanced care we do,” says Stacy Toyama, vice president, Shaw Cancer Center. “Your gifts allow us to provide the latest

treatments with state-of-the-art technology. You also fund programs that help patients deal with the many challenges of cancer. Shaw is truly a full-service cancer center.”

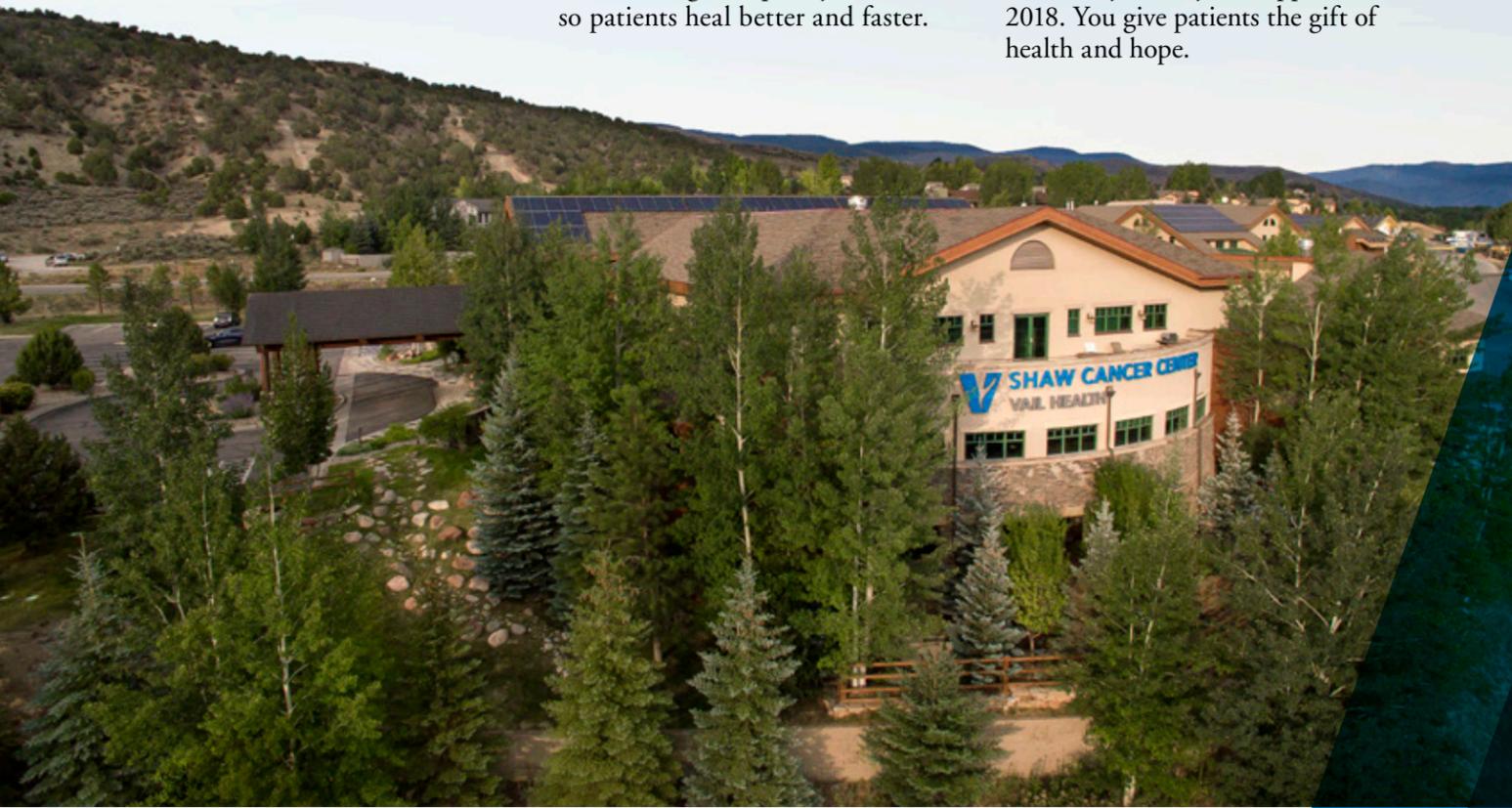
The Commission on Cancer attests to the great care our team provides. It accredited Shaw with commendations, one of the top awards in oncology.

Most recently, we were recertified as a QOPI® center. This means we meet the highest-quality standards so patients heal better and faster.

In fact, Shaw patients with breast or prostate cancer have a **much higher survival rate than the national average.**

In addition, your gifts fuel patients’ bodies and souls through the Spirit of Survival wellness program. You also fund outreach like Sun Safety and free health screenings. Your generosity helps lift patients’ financial burden through Shaw’s assistance program.

Thank you for your support in 2018. You give patients the gift of health and hope.



Your gifts help patients cope with cancer through Spirit of Survival.

If it's 6:30 a.m. Tuesday, Jeff Frey is doing Tai Chi at Jack's Place. This is one of the many offerings provided through our Spirit of Survival wellness program.

Jeff not only attends classes and outings, he's a member of “Boys of Shaw.” This new program addresses the challenges men face fighting cancer. Our experts provide education, fitness and support.

Jeff says, “Without Spirit of Survival, I wouldn't be as active. Without Boys of Shaw, I would be lonely during this uncertain time.”



Something for everyone

As of July, Spirit of Survival touched patients 4,850 times. Patients and their caregivers enjoyed a variety of activities—from massages to fitness training to painting classes.

Because of you, we can offer more programs to help patients along their cancer journey.

So far in 2018, your gifts covered the cost of:

- 905 emotional counseling sessions
- 410 nutrition consults
- 521 massages/acupuncture/reiki sessions
- 174 fitness classes
- 1,766 gym visits
- Plus creative and outdoor activities

Pink Vail lifts spirits

Thanks to the nearly 2,500 people who skied to conquer cancer at Pink Vail 2018. You raised a record-breaking \$934,000 to fund our Spirit of Survival wellness program.

Mark your calendar for Pink Vail on **March 16, 2019.**





Fighting cancer ALL YEAR LONG

Benefactor support yields great patient care.

Because of you, our patients receive advanced treatments with the latest equipment. Benefactors contribute in myriad ways, including event participation:

Hike, Wine & Dine

The Shaw Outreach Team held the 10th annual Hike, Wine & Dine on September 16 to support Shaw and Jack's Place. Hikers enjoyed a 5-mile trek and gourmet cuisine.



Eat, Drink & Be Manly

Thanks to the Eagle River Fire Protection District for hosting Eat, Drink & Be Manly. The event helped raise awareness and funds for our prostate cancer program.



Vail Breast Cancer Awareness Group

The group gives Eagle County patients at the breast center a special pick-me-up. Their Shine-On Bag includes a robe, earbuds, water bottle, lotion and book. VBCAG also gives patients \$500 for a "day to play" and their children \$50.

This year, new patients also received two weeks of prepared meals by a private chef.

Scramble Against Cancer Golf Tournament

2018 marked the 20th tournament sponsored by the Sonnenalp of Vail Foundation. Proceeds from the tournament go to purchase equipment for Sonnenalp Breast Center.

Kids against cancer

Students across Eagle County held fundraisers to fight cancer throughout the school year. Our young supporters included kids at Homestake Peak School and Eagle Valley and Battle Mountain high schools.



"SHAW'S ANGEL"

Navigator helps patients with financial challenges.



^ Laura Kruczek, financial navigator, helped Dan Elsbury find health insurance so he could afford the care he needs.

The No. 1 concern Laura Kruczek hears from cancer patients is, "I'm worried about the cost." As Shaw's financial navigator, she's committed to finding the best solution for each patient.

Laura says the need for financial aid is growing. For example, Medicare only pays a small part of the cost of some new cancer drugs. Patients pay as much as \$3,000 out of pocket every month.

Laura helped over 100 Shaw patients get aid this year—totaling more than \$2 million.

The hospital also has financial navigators who help patients with other medical conditions find financial assistance.

Cutting through red tape

Laura's met with 500 people this year to assess their financial situation and find just the right program to meet their needs. Typically, she secures funds through government, local and pharmaceutical programs.

She also guides patients through the application process. Applications can be 50 pages. Many patients say they wouldn't have finished without her help.

Providing more than assistance

In addition to financial support, Laura provides patients emotional support. She knows exactly what they're feeling. She was diagnosed with cancer in 2016 and 2017.

"I've experienced the same

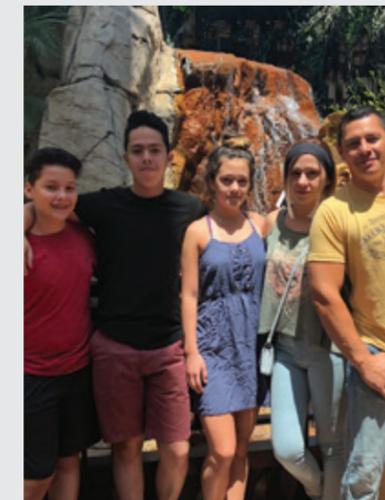
fear as our patients," Laura says. Fortunately, she's now cancer-free.

"What I do is more than a job," she adds. "I'm passionate about easing patients' money worries."

Patients are so grateful they say Laura's earned a "ticket to heaven."

RESCUE FROM MONEY WORRIES

"It's a tremendous blessing. Thank you with all our hearts!" – the Meza family



This is one of many notes from patients who got help from the Shaw Financial Assistance Program. Over \$100,000 went to 50 plus people in the past two years.

Managed by Erin Perejda, the program funds one-time payments to cover expenses like mortgages and transportation.

Elsa Meza is one of the patients who received financial help this year. Her husband, Enrique, told Erin, "Thank you for saving my family. I was losing my mind over finances. I'm able to be happy again, thanks to all your help."

▼ Jack's Place was home away from home for Steve and Gwen Secombe during his treatments this year.

Heart and home for

CANCER PATIENTS

Jack's Place offers retreat for recovery.

“Jack's Place is a godsend,” says Gail Kahler, a patient at Shaw Cancer Center. Because of you, she stayed there during seven weeks of radiation therapy.

Gail lives in Buena Vista, CO—a two-hour drive from Shaw. So driving to the center everyday wasn't just impractical, but impossible.

“I didn't have the energy to drive back and forth all week long. But I couldn't afford to stay in a hotel for seven weeks either,” she says. “Having Jack's Place is such a blessing.”

Thanks to you, Jack's Place was home for more than 300

patients and their caregivers this year—equaling nearly 1,000 guest nights. They stayed at little or no cost because your gifts cover daily operating and maintenance costs. Plus, your generosity helped us install all new windows in the building this fall.

More than a place to sleep

Jack's Place isn't just a lodge. It's a hub of friendship and activity for our patients. In fact, it's the site of many Spirit of Survival wellness programs.

Early risers come for meditation at 6 a.m. Other patients express their

creativity through drumming and painting classes. Some try out recipes in the kitchen with our nutritionist. There's something for everyone.

“Jack's Place is a place of support, caring and healing,” says Colleen Widlak. She's the official concierge and self-proclaimed social director and house mother at Jack's Place.

“We're here to provide resources, lend an ear and do whatever we can to help our patients during this difficult time,” she says.

“Everyone at Shaw and Jack's Place is great,” Gail says. “They're angels on earth.”

THE FUTURE OF TECH IS HERE

Your gifts ensure patients receive advanced care with the latest equipment.

Shaw Cancer Center may be in a rural area, but our technology rivals any big-city center. In fact, Sonnenalp Breast Center is the first in Colorado to get the Brevera® Breast Biopsy System.

Minutes matter during biopsy

With installation of the Brevera, we upgraded to the Hologic Affirm 3D Stereotactic Breast Biopsy System. This technology pinpoints subtle lesions and calcifications, including those only visible with 3D.

Together, the systems streamline and speed biopsies. This shortens patients' time under compression.

Gifts from Sonnenalp of Vail Foundation, Vail Breast Cancer Awareness Group and others purchased this system.

“We're so fortunate to have awesome community support,” says Colleen Berga, RT(R)(M), imaging manager. “Because of our benefactors, patients receive great care with leading-edge equipment.”

Preop marker enhances patient experience

Also new to the center is the Sentimag magnetic seed localization system. It makes lumpectomies more accurate, convenient and comfortable for patients. These are huge benefits over the traditional wire method.

The procedure involves inserting a magseed (the size of a grain of rice) into the breast lesion. This can be done 30 days prior to surgery. So patients don't have to go straight to the operating room.

Sentimag also makes it easier to



^ Thanks to you, Sonnenalp Breast Center is the first in Colorado to have the Brevera® Breast Biopsy system.

locate the tumor during surgery. The doctor uses a probe to pinpoint the seed, which marks the tissue needing to be removed.

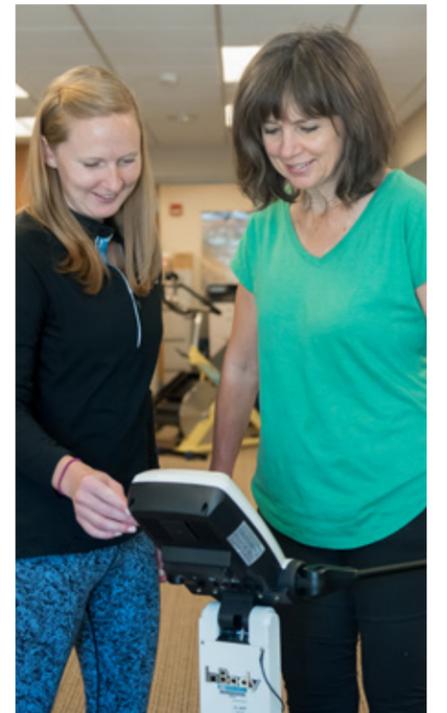
It's this level of care that earned our center the Breast Imaging Center of Excellence accreditation.

“A lot of front-range programs don't have the equipment we do,” Colleen says. “We're a tiny but mighty center.”

InBody assesses overall health

You weigh within the normal range. So you must be healthy. Not always. Your total body composition tells the real story. Shaw's exercise experts use our new InBody technology to get a detailed look at patients' body composition.

InBody analyzes the percentage of muscle, fat and water in the body. This data is a baseline for setting patients' fitness goals. InBody is a valuable tool for tracking patients' progress.



^ Erin Lepper monitors Pat Hamilton's recovery with the InBody machine, which measures body composition.



^ Your gifts helped Eagle County kids quit smoking.

GIVING BACK LOCALLY

Philanthropy enhances health of area residents.

Your generous gifts helped Vail Health give back \$20 million plus to our community in services last year. Because of you, Shaw played a big role. These are a few of the cancer programs you supported in 2018.

Stamp out teenage smoking

Shaw teamed with the Red Ribbon Project to help local teens quit smoking and prevent others from ever starting. We sponsored tobacco education in Eagle County schools, and it's working.

When school started in fall 2017, 28 percent of 400 students reported they smoked—the highest in Colorado. By spring, that number had dropped to half.

Prevent cancer from radon gas

Exposure to radon gas is the leading cause of lung cancer among nonsmokers. More than 50 percent of Colorado homes contain high levels. We distributed 500 free test kits to reduce the risk of this cancer.

Protect against the sun

You can't teach kids sun safety too soon, says Shaw's team. They talked with nearly 1,200 students at local grade schools this spring. Each child received a bag filled with sunscreen, lip balm, snacks and information.



^ Blizzard and Shaw's Sun Safety team teach grade-schoolers the importance of sun protection.

Survive with gusto

Life After Cancer: How to Not Only Manage, But Thrive. Shaw and the Vail Symposium sponsored this first-ever program.

It featured several national cancer experts, including Dr. Patricia Hardenbergh, Shaw's medical director of Radiation Oncology.

The panel focused on the positive outcomes from managing diet, exercise, sexuality and overall wellness.

Thank you for supporting Shaw's outreach efforts. Together, we can conquer cancer.



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