

PREVAIL

EXCLUSIVELY FOR OUR BENEFACTORS

SPRING 2018



Painting by Gary McVean

WHAT CARE SHOULD BE

Kay and Robert Parker
say thank you for their
great care at Shaw
Cancer Center. Read
their story on page 2.

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CARE LIKE NO OTHER

Robert and Kay
say there's no place
like Shaw.

“Vail Health is what medical care should be,” says Kay Parker, Shaw Cancer Center patient.

She and her husband, Robert, know firsthand. They received less-than-friendly treatment from multiple providers before coming to Shaw.

“Other places run you through like cattle. We were just a number,” he says.

Robert was first diagnosed with prostate cancer in 2010. “The doctor told me to go home and get my affairs in order. He said I had two years to live,” Robert explains.

Fortunately, a second opinion provided a better prognosis. But no hospital would take his case. As a self-employed artist, he had no health insurance.

After persistence and help from his family, Robert was finally able to have surgery at a big-city hospital. He went through this ordeal again when he needed surgery a year later.

“It was terrifying. No one was on our side,” Robert says.



^ Your gifts helped Kay and Robert Parker return to their life of art.



^ Cancer survivors Kay (pictured) and Robert Parker are back to creating works of art for their gallery in Coaldale, Colorado.

Unparalleled care in the region

It was a very different tale when Kay came to Shaw in 2016 for radiation following breast surgery.

“I felt so welcomed at Shaw. Everyone was wonderful. It was a joy to be there,” she says.

During her treatment, Kay stayed at Jack’s Place. She took advantage of Spirit of Survival’s many programs. And she made great friends.

“I have never been treated so well,” she says. “I love being at Shaw.”

No place but Shaw

When Robert’s cancer resurfaced last year, there was no question where he would go for care.

“Shaw is so different from what I experienced before,” he explains. “The people, the equipment, the facilities—they’re the very best.”

Robert also stayed at Jack’s Place during treatment. The staff organized pottery classes and hikes to help him pass the time. They even arranged financial assistance to pay for a dog sitter so Kay could spend a week with him.

“Everyone at Shaw cares about who you are. It’s a huge gift,” he says.

Today, he and Kay are in remission. They credit the Shaw team, “They saved our lives.”

Because of your support, Shaw patients like the Parkers can return to the activities they love.



CONQUERING CANCER

Shaw patients receive all-inclusive care, thanks to you.

“Shaw is a place of love. It is exactly what you need when going through cancer.” These heart-felt words are from a patient at Shaw Cancer Center.

This compassionate care is only one of the many reasons people come to Shaw. They come for leading-edge treatments. They come because of our expert staff. They come for our wellness programs.

As a result, our patients have great outcomes. In fact, Shaw has a 5-10 percent higher survival rate than other U.S. cancer centers.

“We believe these outcomes are because we treat the whole person—not just the disease,” says Stacy Toyama, Shaw’s vice president. “Our commitment to caring for

patients’ body, mind and spirit is the right thing to do, and it’s producing excellent results.”



^ Patients like Peggy Marshall (top) are treated with the latest technology.

Specialists in cancer care

Shaw’s national recognition confirms this conviction.

Our program is accredited with commendation by the American College of Surgeons Commission on Cancer. It’s also certified by the American Society of Clinical Oncology.

About 1,600 patients received this acclaimed care last year.



^ Your gifts ensure Shaw patients receive advanced care.

Giving enhances patients’ lives

In 2017, our benefactors gave nearly \$1.3 million in support to Shaw. This generosity made a huge difference in patients’ fight against cancer.

In fact, your gifts funded 5000+ patient sessions through our Spirit of Survival program. More than 750 residents had free and low-cost health screenings. And 44 patients received financial support through the Shaw Financial Assistance Program.

You also provided patients a home away from home at Jack’s Place, A Caring Cancer House. Over 400 patients and their caregivers enjoyed comfortable housing at little or no cost.

Generous people like you made all this possible last year.

One patient summed it up, “I could not have had a better experience considering I have cancer. ... Thank you from the bottom of my heart.”

See comprehensive cancer care up close

Go behind the scenes at Shaw Cancer Center by becoming an Intern for a Day. Tour our facilities. And learn from our expert cancer team. Register for one of the following sessions, held: 11 a.m.-1:30 p.m.

- Thursday, June 21
- Thursday, August 16

RESERVE YOUR SPOT

EMAIL development@SPRI-VailHealth-Together.org

CALL (970) 569-7573

PATIENTS' NO. 1 ADVOCATE

Lindy Owens, RN, navigates patients through their cancer journey from the very beginning.

You've just been diagnosed with cancer. Where do you turn for help? Lindy Owens, RN—that's who. Lindy is the nurse navigator at Shaw Cancer Center and patients' "go-to person."

"My job is to take the fear out of the word *cancer*. I'm here to help meet each patient's need, whatever that is," she says.

That need could be scheduling doctor appointments or procedures. Following up on test results or requesting medical records. Answering patients' questions or simply listening. But regardless, Lindy is there to provide a helping hand.

Support from start to finish

The nurse navigator role is considered a best practice for cancer centers. Its purpose is to identify and address factors that could impede a patient's recovery. That's why Lindy meets with Shaw patients as soon as they receive a cancer diagnosis.

"Anxiety is a huge issue for new cancer patients. I tell them, 'Take three deep breaths. You're safe here. I'll help you get through this,'" she explains.

Based on her assessment, Lindy connects patients and families with resources to help them deal with their disease. She often refers them to a therapist, nutritionist or other health care professional—whatever



^ Nurse navigator Lindy Owens helps meet cancer patients' unique needs.

support is needed. Your gifts help ensure patients have access to these services at no cost.

Information key to well-being

"From the moment I was diagnosed with breast cancer, I felt like the right people were taking care of me. You gave me confidence and hope during a time that was pretty dark. I was never just another patient...I felt like I mattered," wrote a patient in a note to Lindy.

She says information and education are essential in helping patients cope with cancer. Lindy focuses on keeping them informed about what to expect and what to do at every step in their care. She works with as many as 30 patients each day.

Another major component of her role is to be the point of contact for family members and physicians.

This can include surgical, medical oncology and radiation oncology consultations. She also facilitates communications across the patient's health care team.



"Every patient at Shaw walks in fighting. I'm here to help them in that fight. I'm their biggest cheerleader."

— Lindy Owens, RN
Nurse Navigator

FINDING ANSWERS TOGETHER

Tumor board members like Dr. Patricia Hardenbergh share ideas to provide advanced care.

Tumor board produces best treatment plans.

Experts at Shaw Cancer Center fight cancer daily. However, on Tuesday mornings, tumor board members combine their knowledge to create comprehensive care plans for our patients.

A tumor board consists of health care professionals from many specialties. They discuss patients'

conditions and treatment options. Having a tumor board is a best practice in cancer care. It's also a requirement of accreditation by the Commission on Cancer.

Shaw has had a tumor board since the center opened its doors in 2001. Many patients choose us because we follow this best practice.

Collaboration leads to better care

Our oncologists, surgeons, radiologists, pathologists, nurses and the rest of the care team review patients' cases at these weekly meetings.

These experts look at every aspect of a new patient's condition. They study test results. Share ideas. Discuss treatment options, from surgery to radiation to chemotherapy. The result—the most advanced care possible.

The group also reviews existing patients' cases when further treatment is needed. They analyze medical outcomes and determine next steps.

In addition, physicians from across Colorado call into the meetings when they're involved in a patient's care.

"Patients benefit from our collective thinking," says Alexander Urquhart, MD, medical director, Medical Oncology. "Typically, disagreements

lead to the best discussions.

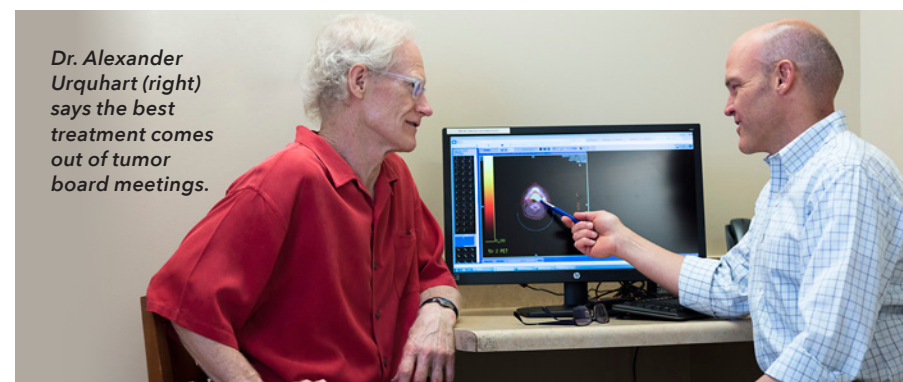
Ultimately, we hash it out. We put all the pieces together to create the best course of action for the patient."

Great outcomes from multidisciplinary team

The tumor board is just one of the many ways our team ensures Shaw patients receive the latest in cancer care. This is evident in our patients' outcomes. Shaw has higher survival rates for breast and prostate cancer than other centers.

"Involving experts from every discipline enables us to stay abreast of the latest discoveries and innovations," says Patricia Hardenbergh, MD, medical director, Radiation Oncology. "This inclusive approach enables us to develop the most effective treatment plans so every patient can heal better and faster."

Dr. Alexander Urquhart (right) says the best treatment comes out of tumor board meetings.





PINK VAIL 2018

Thanks for lifting
patients' spirits with the
best event ever.

With generous support from people like you, contributions to Pink Vail 2018 totaled more than \$920,000 to fund the Spirit of Survival wellness program at Shaw Cancer Center. In seven years, you helped raise a grand total of \$4.1 million to provide a wide range of complimentary services. All of your Pink Vail gifts and registration fees go toward improving patients' well-being. Thank you for making their cancer journey a little easier.



WHERE YOUR GIFTS GO

Thanks to our generous supporters, Pink Vail funded these complimentary programs for Shaw patients in 2017.



SPIRIT *of* survival PROGRAM

1,297
Counseling Sessions



50
Participated in Slim
for Survival Program

429
Nutrition
Consultations



2,715
Fitness Sessions

734
Massage, Reiki &
Acupuncture Sessions



267
Wellness &
Exercise Classes

500+
Participated in cooking demos,
art & pottery classes, group
snowshoes, hikes, skimo therapy
& educational lectures



SURVIVE TO THRIVE

Five to thrive

iTHRIVE focuses on enhancing key components of a healthy life:

- Diet
- Movement
- Environment
- Rejuvenation
- Spirit

Your gifts help patients embrace survivorship.

There's no better news for cancer patients than when they receive a clean bill of health. But their struggles may not be over. Survivors often feel alone and abandoned.

Now patients at Shaw Cancer Center have help adjusting to a life involving cancer with iTHRIVE Plan, a new, complimentary service. The website provides evidence-based resources to meet their unique needs.

"The transition from patient to survivor can be difficult," says Erin Perejda, Shaw's social worker. "iTHRIVE helps survivors focus on areas important to them in achieving wellness."

The iTHRIVE app creates personalized action plans for survivors. It also provides many resources for them and their families. Because of you, our

patients have access to a wide variety of wellness programs, including iTHRIVE.

"iTHRIVE empowers survivors to gain control of their lives," Erin says. "It helps them transform from survivors to thrivers."

