



Hello All - I look forward to working with you this year as the Department of Washington Cancer Aid & Research Chairman. As the chairman, I will work to bring you information to share at your events and update you on upcoming items that align with this year's Cancer Aid & Research Program. This year, we will focus on the 3 things - cancer grants; prevention & awareness; and fundraising.

1. Cancer Grants - make sure to explain to your members (new and seasoned) the details about how to apply for a cancer grants (\$550). The details are on the cancer grant application which is included in this mailing. If you have questions about any of the details, please feel free to call/email me. My contact information is below.

2. Prevention / Awareness - see below for information about Summertime & Skin Cancer.

3. Fundraising - Now is the time to determine how your auxiliary will be fundraising for cancer aid & research this program year. How will you pay the \$2 per member quota? Will you hold an event? How and will you participate in the Mid-Winter & Department Convention Cancer Aid & Research activities? Did you purchase cancer pins (the FROG) this year?

SAVE THE DATE - 4 February 2015.....see School of Instruction documents for more details.

**Resource** - visit [www.choosehope.org](http://www.choosehope.org) for a list of cancer ribbon color and cancer awareness months

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**Summer Time - Skin Cancer**

Summer is here and the sun is shining. When the sun does come out in Washington, we all love to spend time outdoors and in the sun. While the start of summer is often synonymous with fun times ahead, it is also a time to bring a heightened awareness to skin cancer. In 2013, the American Cancer Society estimates that melanoma, the most serious type of skin cancer, will account for more than 76,000 cases.

**Signs and symptoms:**

- \* The spread of skin color beyond its border
- \* A change in the way a bump appears on skin
- \* A change in sensation – for example, itchiness, tenderness, or pain

Skin cancer is one of the most preventable and treatable cancers. Early detection is the most important thing. Doctors and patients both have an integral role in detection and treatment – paying attention to the warning signs increases the survival rates among patients.

**Although staying out the sun for long periods of time is one of the top prevention methods, there are others:**

- \* Always wear sunscreen and reapply regularly
- \* Seek shade
- \* Remember that the middle of the day is when the sun’s rays are the strongest
- \* Wear a hat to keep the face, ears and neck safe from the sun’s rays
- \* Avoid exposure to indoor tanning beds – the UV lamps are more dangerous than the sun’s rays

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