

Survivorship Programs Overview

DEFEATcancer	Monthly survivorship empowerment program focusing on nutrition, physical activity, education and inspiration. A nutritious light supper is served and topics are chosen to inspire healthy living with and beyond cancer – for survivors and their caregivers/family members.
Support Sisters & Support Brothers	One-on-one peer support program matching trained volunteers (at least one year out of treatment) with newly-diagnosed patients to provide support and hope. Serving men and women of central and eastern Oregon with all types of cancer.
Young Adult Survivor Network	Designed to meet the needs of survivors diagnosed before their 46 th birthdays. Meets quarterly for an educational presentation and monthly for social activities – bowling, hiking, stand-up paddle boarding.
Physical Activity Outings	Weekend activities to encourage survivors/caregivers to increase their level of physical activity – hiking, snowshoeing, kayaking.
Nutritional Foodies Activities	“Field trips” to businesses, restaurants, and farms that feature healthful foods to encourage survivors/caregivers to incorporate more fruits, veggies, whole grains and legumes into their diets.
Soaring Spirits Cancer Survivor Family Camp	Annual family camp held at Suttle Lake with emphasis on nutrition, physical activities, and relaxation. Offered: hiking, kayaking, canoeing, swimming, geo-caching, horse rides, bird watching, massage, reflexology therapy, crafts, face-painting, manicures, guest oncologist Q&A, and campfire activity.
Men’s and Women’s Support Groups	Traditional support groups designed to meet the psycho-social needs of cancer patients.
Cancer & the Arts	A series of programs designed to allow the survivor to process his/her experience through creating. Offered: journal-making, writing, knitting, sculpting.
Community Education	No-cost presentations on cancer screening and early detection for breast, skin, colorectal, testicular and prostate cancers.
Assistance Programs	Provides assistance with gas cards, groceries, utilities and/or rent for cancer patients while in treatment.