



# JOINING FORCES TO FIGHT CANCER

Wyoming Comprehensive Cancer Control Consortium

## *Comprehensive Cancer Control (CCC) Champion Award*



**Keith Howard receives CCC  
Champion Award from C-Change  
Co-Chair and Duke Basketball  
Coach Mike Krzyzewski**

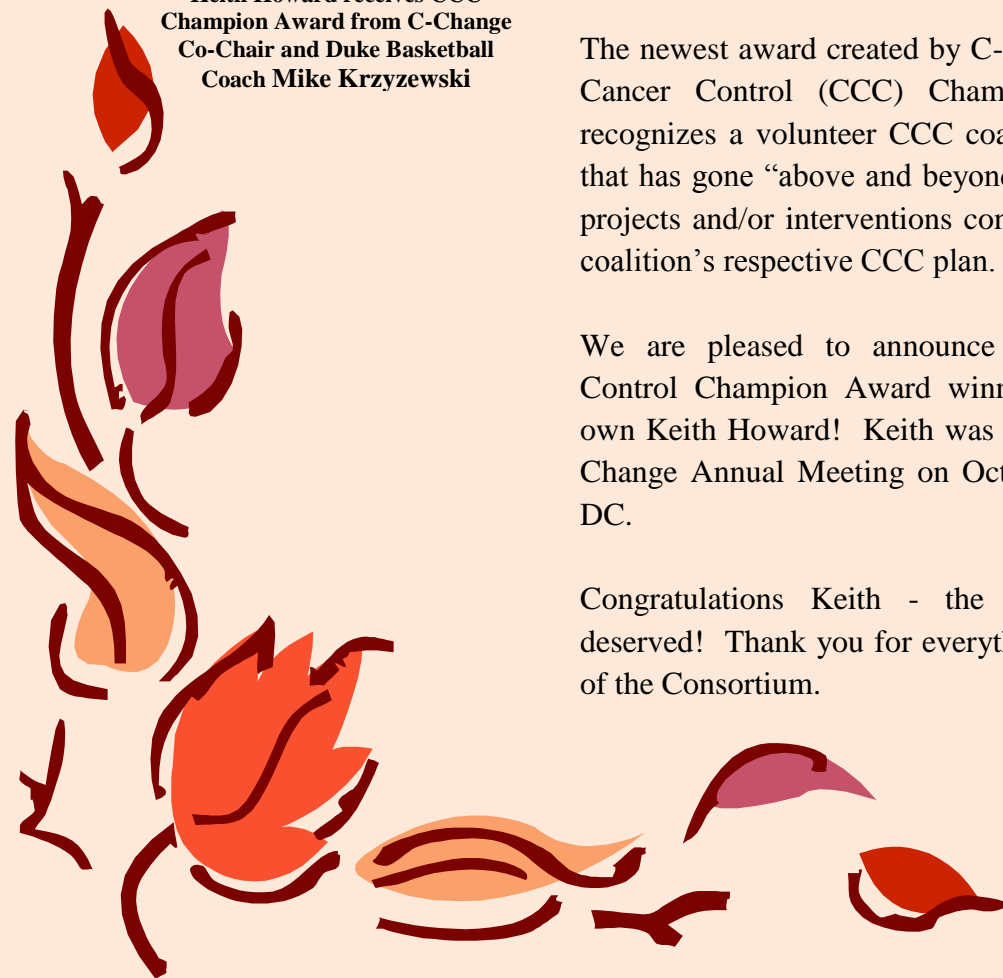
C-Change is a national multi-sector cancer collaborative that has created comprehensive cancer control awards in an effort to further advance the development and implementation of quality comprehensive cancer control plans within the states, tribes, tribal organizations and territories.

In 2009, the Wyoming Comprehensive Cancer Control Consortium was awarded the C-Change Exemplary State Comprehensive Cancer Control Implementation Award. That same year, Representative Ken Esquibel was awarded the C-Change Exemplary State Elected Official Comprehensive Cancer Control Leadership Award.

The newest award created by C-Change is the Comprehensive Cancer Control (CCC) Champion Award. This award recognizes a volunteer CCC coalition member and/or partner that has gone “above and beyond the call of duty” to advance projects and/or interventions consistent with priorities in their coalition’s respective CCC plan.

We are pleased to announce the Comprehensive Cancer Control Champion Award winner in 2012 was Wyoming’s own Keith Howard! Keith was presented the award at the C-Change Annual Meeting on October 3, 2012 in Washington, DC.

Congratulations Keith - the Champion Award is most deserved! Thank you for everything you have done on behalf of the Consortium.



## On the Road to Better Health

As the majority of us know only too well, any attempt at healthy eating goes sailing out of the window during the holiday season. We tend to conveniently forget about our health and diet, and instead, take the opportunity to over-indulge in every way possible.

Here are some holiday survival tips:

- Exercise an hour a day during the holidays. Exercise to burn calories, relieve stress, and elevate your endorphins and mood - consider a brisk walk, run, or bike-ride.
- Don't skip meals. Hunger and low blood sugar lead to overeating.
- Don't pass up favorite foods or deprive yourself completely. Moderate consumption is the key.
- Don't tempt yourself by keeping trigger foods or comfort foods around the house. If you have them, it certainly increases the likelihood that you will overeat.
- Plan meals by keeping in mind the demands you'll have on your schedule that day.
- Don't go to a party starving. Before you leave home, eat something light or drink a protein shake. Also drink a great deal of water the day of the party.
- When you attend holiday festivities, don't station yourself near the buffet table. Make a clear-cut decision to distance yourself from all goodies.
- Alcoholic beverages pack on the calories so if you're drinking alcohol, stick to light beer or a champagne spritzer!
- When you shop, eat before you leave home so you won't resort to cookie breaks.
- Help out by saving fat and calories when it's feasting time. Make or buy wild-rice stuffing, baked sweet potatoes, whole-grain rolls and angel-food cake with fruit.
- If you want to really keep yourself honest (the same size) during the holiday season, wear your most form-fitting blue jeans.
- Enjoy the season, not just the food!

“ According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. ”

### **Wyoming Cancer Resources Services is now on FACEBOOK!**

Men and women across Wyoming have access to cancer education, prevention, screening, navigation and survivorship resources through the Wyoming Department of Health's Wyoming Cancer Resource Services Program.

#### **Did You Know...**

Wyoming Cancer Resources Services (WCRS) is a program that provides your community with cancer prevention and control services. All services provided by the Wyoming Cancer Resource Services are free and confidential.

“LIKE” The Wyoming Cancer Resources Services by visiting:

[www.facebook.com/WyomingCancerResourceServices](http://www.facebook.com/WyomingCancerResourceServices)





## ***The First Childhood Cancer Camp in Wyoming – “Camp Courage Wyoming”***

From 2001 through 2010, there were 218 cases of cancer diagnosed in children and adolescents (00-19 years old) in Wyoming - an average of 22 cases per year. These numbers are small but the impact to families is not.

There are no cancer programs or hospitals in Wyoming staffed and equipped to handle these special cases and children must travel out of state to receive cancer care and treatment.

Jason’s Friends Foundation is the only resource for children with cancer in Wyoming. It was created in 1996 in honor of Jason Eades, who was diagnosed with and died from a brain stem tumor in 1995. The foundation provides financial support to assist Wyoming families who have children suffering from brain or spinal cord tumors and childhood cancer with non-medical and everyday living expenses to spare families the threat of financial crisis in the midst of their child’s cancer treatment.

“Camp Courage Wyoming” was created to provide a venue to bring childhood cancer patients, their parents and siblings together to provide a “Wyoming” connection for families who travel around the country to obtain specialized cancer treatment for their children. The camp was born through a partnership between Jason’s Friends Foundation and the Wyoming Comprehensive Cancer Control Consortium (WCCCC). The camp was funded through the creation of a cancer survivor’s cookbook, corporate sponsorships and private donations of time and materials. These efforts allowed the families to attend the camp free of charge.

The first Camp Courage Wyoming was held on August 10-12, 2012. Ten families (38 campers) attended the first camp. One father stated “...for me as a father with all my son has been through, it was really amazing to get to talk to other fathers that have gone through similar things. I realize I am not alone and I am normal in the way I feel. Thank you so much.”

The camp’s biggest supporter was the Crooked Creek Guest Ranch in Dubois, Wyoming. They hosted the camp by closing their guest ranch to the public and providing staff, lodging, meals and activities including ATV and horseback trail rides at a rate less than half of what their regular costs would have been. Eight individuals from the WCCCC volunteered to serve as primary contacts for each family before, during and after the camp.

Families and volunteers are staying connected through email and a Facebook Group called “Wyoming Camp Courage”. Camp Courage will be held on August 16-18 2013! Applications will be available soon.

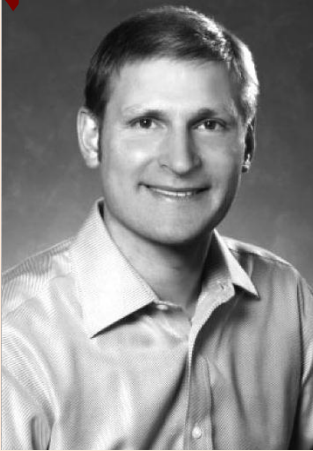
For more information, please contact: Jessica Perez, Outreach Coordinator  
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*Cookbooks are still on sale and 100% of the money goes to Camp Courage. Visit [www.fightcancerwy.com](http://www.fightcancerwy.com) to order your cookbook today!*





## Wyoming's FIRST Pediatric Hematology/ Oncology Clinic



John van Doorninck, MD  
Pediatric Hematologist/  
Oncologists

Dr. John van Doorninck brings his expertise in pediatric blood disorders and cancers directly to the children in Wyoming through Rock Mountain Hospital for Children at P/SL's Pediatric Hematology program. Dr. van Doorninck will be at the Casper Clinic (940 E 3<sup>rd</sup> Street) the first Thursday of every month from 9:30am-3:30pm. "I believe patients and their families deserve the highest quality of care with a personalized approach. I'm a patient myself, and I try to imagine what it would be like to have a child with a life-threatening illness. Ready access to my children's physician would be important. I try to treat my patients and their family the way I would like to be treated", say Dr. van Doorninck. For more information on this new exciting services please call 303-832-2344

## Contact

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### ***Celebration of Hope***

#### ***Save the date!***

This year's Celebration of Hope will be on **January 24<sup>th</sup>, 2013** at the Wyoming State Capitol.

This year, the focus of the day will be childhood cancer in Wyoming. We will be highlighting Camp Courage Wyoming and showing the 18 minute Camp Courage Wyoming documentary as well as having the pleasure of hearing Dr. John van Doorninck speak. More information will be released soon.

