

Working Together

Summer 2009



THE MINNESOTA CANCER ALLIANCE UPDATE

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Survivor Care Plan Project Team Begins Piloting Survivor Care Plan

Cancer survivors and their health care providers have long expressed a need for reliable and accessible information related to the cancer experience. In response, the Minnesota Cancer Alliance Survivor Care Plan Project Team developed a cancer survivor care plan. Designed to assist cancer survivors who have finished treatment, the tool will help them plan the next phase of their cancer journey.

What's Next?: Life After Cancer Treatment is a 25-page booklet designed to help survivors create a concise history of their cancer treatment experience, manage follow-up medical care, understand short- and long-term side effects, and provide tools and directions for self-care. Most importantly, the tool will provide a platform for dialog between patients and their providers.



The project team is currently obtaining feedback from about 50 survivors across the state. The plan will be revised to reflect suggestions. By 2010, the plan will be available to all cancer survivors and health care providers in Minnesota who wish to use it. For more information, contact Jody Jackson at 952-967-7032 or at jody.m.jackson@healthpartners.com.

Minnesota Cancer Alliance Communications

Gonda Lobby – CEC 334
200 First Street SW
Rochester, MN 55905

507-266-9087 phone
507-284-1544 fax

www.mncanceralliance.org

American Cancer Society Grant Funds Colorectal Cancer Survivor Care Plan

In collaboration with the Minnesota Cancer Alliance, HealthPartners Research Foundation received a grant from the American Cancer Society to develop a survivor care plan focusing on colorectal cancer. This two-year research project will include obtaining feedback from health care providers and cancer survivors through a needs assessment incorporating perspectives from the underserved. A colon cancer specific survivor care plan will then be piloted and evaluated among survivors and their oncology and primary care providers. For more information or to participate in this pilot project, contact Jody Jackson at 952-967-7032 or at jody.m.jackson@healthpartners.com.



minnesota cancer alliance
WORKING TOGETHER TO ELIMINATE THE BURDEN OF CANCER

2009 Steering Committee

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*Masonic Cancer Center,
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Sirad Osman
*New Americans Community
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United Hospital

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Service*

Patricia Swanson, R.N.
Individual Member

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*Minnesota Department of
Health*

Niccu Tafarrodi, Ph.D.
*International Health
Education Alliance*

Unity Hospital Offers Free Colorectal Cancer Screenings

Allina Hospitals and Clinics, in collaboration with several Minnesota Cancer Alliance partners, provided free colorectal cancer screenings for under- or uninsured Minnesotans on Saturday, May 16, at Unity Hospital in Fridley.

This was the fifth event that resulted from the Minnesota Cancer Alliance Colorectal Cancer Task Force's mission to offer access to underserved individuals. Similar events have been held at Fairview Southdale Hospital in Edina, which hosted two events; Allina's Abbott Northwestern Hospital in Minneapolis; and HealthPartners in Saint Paul.

Services were donated by the Unity Endoscopy Center; Mercy Hospital; Minnesota Gastroenterology, P.A.; Colon and Rectal Surgery Associates, Ltd.; Hospital Pathology Associates, P.A.; American Cancer Society; Colon Cancer Coalition; Minnesota Cancer Alliance; and Minnesota Department Health.

Coborn Cancer Center Offers "Tough Health Care Decisions" Sessions

Recognizing the complex decisions faced by cancer patients and the distress they may cause, Coborn Cancer Center designed "Tough Health Care Decisions" educational sessions. Designed for patients, the community and health care providers, the sessions reiterate the importance of using a systematic approach to decision-making by using the Ottawa Personal Decision Guide. This resource comes after HealthPartners shared its oncology program standards, which encourages the integration of shared decision-making into patient care.

This project supports Cancer Plan Minnesota's objective 12: Improve the quantity of information and support available to cancer patients and providers to provide informed decision-making regarding cancer treatment.

For more information, contact Sandy Johnson at 877-229-4907.

Minnesota Legislature Convenes Cancer Caucus

Formed in spring 2009, this caucus convened to help policymakers better understand cancer. Recognizing that public policy plays a key role in helping eliminate the disease, the caucus' goal is to learn more about patient resources, and in turn help legislators assist their constituents. The idea originated from former State Senator Dan Larson from Bloomington, who is a cancer survivor. Co-chairs are Senator Kathy Sheran (DFL-Mankato); Senator Geoff Michel (R-Edina); Rep. Maria Ruud (DFL-Minnnetonka); and Rep. Marty Seifert (R-Marshall). At the request of the Caucus, David Arons, American Cancer Society's director of government relations, serves as the program organizer. The Caucus' next meeting will be this fall.

ACS and Partners Produce *Understanding Colon Cancer Videos*

The American Cancer Society (ACS) has joined forces with Minnesota's Emergency, Community and Health Outreach (ECHO) and numerous partners to produce a television program to provide information on colon cancer to limited-English-speaking communities. The program aims to create greater awareness of colon cancer, risk factors, prevention and early detection measures and address fear and anxiety around colon cancer screening.

The 20-minute long program, "Understanding Colon Cancer," will air in six languages on Twin Cities Public Television's Minnesota Channel. TPT will broadcast these videos on:

Sunday, June 21, 2009: Spanish (8:00 pm), Hmong (8:20 pm), Somali (8:40 pm)
Sunday, June 28, 2009: Vietnamese (8:00 pm), Lao (8:20 pm), Khmer (8:40 pm)

Videos will be re-run on Saturdays, July 18 and July 25, 2009. For more information or to access online videos, visit <http://www.echominnesota.org/index.cfm/p/tvCurrent>. To obtain a DVD, contact Julie Lindberg at 651-255-8112 or julie.lindberg@cancer.org.

Survivors' Training Launches Personal Trainer Academy

Survivors' Training is excited to announce a new "train-the-trainer" program for fitness professionals. The curriculum will educate personal trainers about the fitness needs of cancer survivors and prepare them to design safe and effective exercise programs for their clients with cancer. Survivors' Training will offer the program to the YMCAs of Minneapolis and St. Paul and the Minneapolis YWCAs in the summer and fall of 2009. The program will expand to additional sites in 2010. The Academy is directed by Wendy Rahn, Ph.D., Survivors' Training founder, ACE-certified personal trainer, and University of Minnesota professor. Learn more at www.survivorstraining.org/trainer-academy.



Wendy Rahn, founder of Survivors' Training, teaches a fitness class

Alliance Seeks Steering Committee Candidates

Application Deadline: Aug. 14

The Minnesota Cancer Alliance is seeking candidates for the six open positions on the 2010-2013 Steering Committee beginning January 2010. The Steering Committee is responsible for the ongoing development, implementation and evaluation of Cancer Plan Minnesota.

The Alliance seeks a broad range of talented and dedicated individuals to serve in this capacity, representative of Minnesota's diversity, including gender, race, culture, geography or organizational type. Ideal candidates are leaders who are involved in cancer control efforts in their respective organizations, communities and throughout the state, as well as those who are committed to the success of the Alliance.

To view a Steering Committee member job description, visit http://www2.mncanceralliance.org/Steering_Committee_Job_Description.html. Applications are being accepted until August 14, 2009. To apply, visit http://www2.mncanceralliance.org/SC_App.html.

For more information, contact Nicole Bennett Engler at engler.nicole@mayo.edu or 507-266-9087.

Spirit of Collaboration Award Nominations Now Being Accepted

Nomination Deadline: Sept. 1

The Minnesota Cancer Alliance's many dedicated members, partners, and volunteers enable the coalition to truly help reduce the state's cancer burden.

To honor individuals and groups for their initiatives dedicated to comprehensive cancer control, the Minnesota Cancer Alliance is currently accepting nominations for the second annual "Spirit of Collaboration" awards. Nominations are being accepted through Sept. 1, 2009. Awards will be presented to both an individual and a group at the Cancer Summit Tuesday, Nov. 17, 2009, at Hotel Sofitel in Bloomington.

To submit a nomination, visit <http://www2.mncanceralliance.org/SOC.html>.

For more information, contact Nicole Bennett Engler at 507-266-9087 or engler.nicole@mayo.edu.

Save the Date! Cancer Summit 2009
Tuesday, Nov. 17, 2009 • Hotel Sofitel, Bloomington

Look for information soon at www.mncanceralliance.org



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Gonda Lobby • Cancer Education Center 334
200 First Street SW • Rochester, MN 55905

Member Spotlight: It's Still Me Wig Studio

It's Still Me Wig Studio strives to offer the highest quality service and expertise in an effort to make a woman's wig journey as simple and complete as possible.

"Losing my signature auburn curls was a very difficult part of my cancer journey," says Jan Strassburg, It's Still Me owner and breast cancer survivor. "I soon became aware of the energy it took to live life without my signature trademark – my hair."

The studio offers personal consultations, wigs, wig care products, and headwear items. Staff are available to meet with women during what Strassburg says can be a vulnerable time of life to offer courage and confidence to face the days ahead.

Strassburg says her organization joined the Minnesota Cancer Alliance because of its Minnesota Cancer Resources Web site (www.mncancerresources.org). She calls the site the single most comprehensive list of information and resources available to a person undergoing cancer treatment. "In addition, the Alliance offers a wonderful opportunity to network with others who have related products and services in this field," says Strassburg.



Jan Strassburg,
It's Still Me owner and
breast cancer survivor

For more information, contact Strassburg at 952-405-8671 or jan@itsstillme.com.

Working Together is published quarterly for health care professionals, community members, advocates and survivors. Its purpose is to share the Minnesota Cancer Alliance's progress in reducing the state's cancer burden.

Editor: Nicole Bennett Engler. To submit story ideas, provide feedback, or unsubscribe, contact Bennett Engler at 507-266-9087 or engler.nicole@mayo.edu.