

ECHO IDAHO

Cancer Survivorship

Cancer Survivorship Roundtable

June 10, 2026

Christina Turpin, River Discovery

Kelly Means, Hike 2 Heal

Darrell Wilson, Zero Prostate Cancer

Jen Shubert, Lili CG Foundation

Laura Williams, Shades of Pink

Darrell Wilson, speaker for this educational event, is a prostate cancer patient experience participant for Novartis. All of the relevant financial relationships listed for these individuals have been mitigated.

None of the other planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



University of Idaho
School of Health and Medical
Professions



Learning Objectives

- Share resources and lessons learned from cancer support groups



River Discovery



• Overview

- River Discovery offers outdoor adventures for cancer survivors that promote healing and strengthening of the mind, body and spirit. Programs are created to inspire, empower, and heal survivors of all ages and with any diagnosis.
- Main activities: 6-Day Survivor Rafting, 5-Day Survivor/Co-Survivor Rafting, 1-Day Healing Waters Rafting, Paddle Out Cancer
- Most require a small registration fee – otherwise free to survivor

Contact:

- Christina Turpin, ED
- christina@riverdiscovery.org
- 208-303-0040
- www.riverdiscovery.org



HEALING WATERS

Available Dates

- June 22nd
- July 13th
- July 27th
- August 10th

1-DAY FAMILY TRIPS ON CABARTON RUN OF THE PAYETTE RIVER

Join **River Discovery** for an unforgettable rafting adventure! This exciting journey out of Banks, Idaho, offers the perfect balance of relaxing calm waters and thrilling whitewater rapids, creating a powerful experience that strengthens the mind, body, and spirit.

What to Expect:

- ✓ A full day of rafting with Bear Valley Rafting
- ✓ Breathtaking scenery & wildlife along the way
- ✓ A mix of gentle floats & heart-pounding rapids
- ✓ A splash at Howard's Plunge!

FOR INFORMATION/REGISTER:
WWW.RIVERDISCOVERY.ORG/ADVENTURES/HEALING-WATERS OR
SCAN QR CODE



Designed for **Cancer Survivors & families**, this special trip provides a chance to **heal, reconnect, and create** lasting memories with loved ones - all while embracing the power of the river.

*This is for a survivor and up to 3 guests. Cancer Survivor must be present. There is a \$30 registration fee per person that assists with tips for the river guides. River Discovery covers the cost of the rafting trip.



Paddle Out Cancer

Join River Discovery and Idaho River Sports for paddleboarding or kayaking on Quinn's Pond.

Details: Visit the River Discovery table when you arrive

- 10am: Kayak Lesson with Idaho River Sports. Please register via link.
- 11am: Stand Up Paddleboard Lesson with Idaho River Sports. Register via link.
- 12:15pm: Just want a social paddle outing? Join River Discovery at the tent for a snack and paddle around Quinn's with River Discovery volunteers.

***Gear and Rentals:** Idaho River Sports provides all rentals. Costs for cancer survivors gear rentals are sponsored by River Discovery so please visit the River Discovery tent for a voucher. You are welcome to bring your own gear.



Dates:

- May 30th
- June 27th
- July 25th
- August 22nd

Cancer Survivors can use Code SURVIVOR when registering with Idaho River Sports for a free class (sponsored by River Discovery). Classes for guests will be \$40.
Register Here:
<https://www.idahoriversports.com/pages/events>



Darrell Wilson, Zero Prostate Cancer

ONE in eight men will be diagnosed with prostate cancer.

- Numbers are higher for African Americans, military veterans, and men with family history of various cancers including breast cancer. Prostate cancer is the 2nd leading cause of cancer death in men.

ZERO Prostate Cancer is the nation's #1 provider of prostate cancer resources, programs, and services to those at risk, diagnosed, and their families.

ZERO has programs and services that increase early detection, effective treatment, survival, and long-term health.

- Support Groups (*Treasure Valley Prostate Cancer Support Group* – In person & regionally virtually)
- Patient Support Helpline AND NEW ZACH (a text helpline at: 1(800) 660-9376)
- MENtor Program (talk to someone one to one)
- Clinical Trial Finder
- Educational Support
- Educational Materials

People who thrive most are people who become engaged EARLY.

All services are free!

Contact information:

Locally: Darrell Wilson, Treasure Valley Prostate Cancer Support, 707/628-5901, DnGWilson@yahoo.com

Nationally: zerocancer.org



Jen Shubert, Lili Cancer Foundation

- The Lili Cancer Foundation provides free, comprehensive wrap-around support services for women affected by cancer and their families within a 100-mile radius of the Lewis-Clark Valley, addressing the physical, emotional, spiritual, nutritional, and nutritional challenges that accompany a cancer diagnosis and survivorship.
- For the Lili Cancer Foundation, referrals are beneficial **at any point in the cancer journey**, but research and experience show the greatest impact occurs when support is introduced **immediately following diagnosis and continues through treatment and survivorship**.



Lili Cancer Foundation
1630 23rd Ave, Suite 1101a
Lewiston, ID 83501



liligcfoundation@gmail.com



208-717-7398



liligcfoundation.org

Kelly Canfield, Hike 2 Heal

- Overview

- Provides caregivers and cancer survivors with respite and personal growth opportunities through wilderness experiences
- For all family caregivers, often includes cancer caregivers and cancer survivors
- Open to all experience levels
- Free! All food, gear, transportation, and supplies are included
- Referrals: connecting with others on a similar journey sooner rather than later is best to build a support network.

- Kelly Canfield

- info@johnandjunesmission.org
- johnandjunesmission.org





A Treasure Valley
Breast Cancer Support Group
Laura Williams

Mission:

Shades of Pink is a breast cancer support group dedicated to ensuring that all women impacted by breast cancer are empowered by knowledge, sustained by our community, and given the tools need to continue her fight.

Shades of Pink represents each woman, in whatever stage of their journey she may be in; whether she was just diagnosed or is navigating the new phases of survivorship.

Group:

- Only breast cancer specific, stage-inclusive support group in the Treasure Valley
- Established in 2020
- Small group vs online Facebook group
 - FB group early referral for questions, recommendations, connection
 - In 2024 Idaho survey, mental health was top concern of cancer patients
- 501(c)3 nonprofit
 - No cost to women

Support:

- Meet 1x/month
 - Education talks
 - Crafts
 - Outdoor activities
- Free closet
 - Surgical needs
- Financial assistance
 - Partner with business for meals
 - Hair care post surgery

Contact:

shadesofpinktv@gmail.com

Private FB group- Shades of Pink: A Treasure Valley Breast Cancer Support Group

Public FB page- Shades of Pink Public Page