

TEAM Survivor™

N O R T H W E S T

SPRING 2013



THESE FEET WERE MADE FOR WALKING

BY KERRI SCHILLER,
TSNW PROGRAM MANAGER

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the hell she is. —Ellen DeGeneres

Walking is so simple we sometimes forget that it really is a good form of exercise. Regular cardiovascular exercise – such as walking – has the following benefits:

- Fights fatigue
- Improves your mood
- Reduces stress
- Keeps your brain sharp
- Reduces the risk of re-occurrence of cancer
- And many others!

To stay motivated, the Mayo Clinic recommends making it fun and varying

your routine. TSNW walking groups can help you do just that, by providing camaraderie and variety to your walks. So, how to choose a walking group? See which of the following statements best describes you and read on to find out which TSNW walking group is recommended for you. For more information on any of these groups or to be added to an interest list, please contact Kerri in the TSNW office.

I am just getting started, or I want to try something new: Try Nordic Walking.

What makes it unique: Nordic Walking uses a lot of different muscles, including upper body and core muscles, so you can get a better workout with less stress on your joints.

How it works: The group meets on Thursday mornings, alternating between the east and west side, and walks

for about 90 minutes in local parks and neighborhoods. Although most participants use Nordic Walking poles this group welcomes everyone: Slower walkers, faster walkers, experienced Nordic Walkers, those who want to try walking with poles, and those who just want to get out and walk without poles.

Prerequisites: Be able to walk for 90 minutes.

I want to challenge myself a little more: Try Urban Hiking.

What makes it unique: A core group of faster walkers may inspire you to push yourself.

How it works: The group meets on Friday mornings, alternating between the east and west side, and walks 3-4 miles. Some elevation gain (up to 500 feet) should be expected. Note: Although there are fast walkers in this group, you do not have to be a fast walker to participate.

Prerequisites: Be able to walk 3-4 miles, including some hills.

I want to hike in the mountains: Try Midweek Hikes.

What makes it unique: The group hikes in the nearby mountains, which means clean air and beautiful scenery!

How it works: The group meets on Wednesday mornings and carpools to the destination. The season (which started on April 10) begins with easier hikes and builds up to longer hikes with more elevation gain as the season progresses.

Continued on Page 4



The mission of Team Survivor Northwest is to support women in their cancer recovery through empowering programs of physical activity and health education.

Phone: (206) 732-8350
www.teamsurvivornw.org

MAY 3, 2013: ISLAND BOOKS BENEFIT FOR TEAM SURVIVOR NORTHWEST AND THEN HAVE A BITE AT HAN'S GARDEN CHINESE AFTERWARDS!



Join us at Island Books: 3014 78th Avenue SE Mercer Island, WA 98040; (206) 232-6920; www.mercerislandbooks.com

The benefit is 6:30-8:30pm and 20% of all sales goes toward TSNW vital program and services. Should anyone want to shop earlier in the day (it must be on the same day), they only need to inform the bookseller when purchasing that it's for TSNW. Anybody who cannot attend in person, but wishes to contribute, is welcome to call us, again on the set day.

Gift certificates are an excellent idea, and can be purchased in any amount up to \$200.00. There are no expiration dates.

Hans' Garden Chinese will also donate 15% of all sales that night back to TSNW.

MAY 14: LADIES' NIGHT AT FLEET FEET SEATTLE

Join us for a special after-hours event catered



exclusively to our female customers. Proceeds from the evening will benefit Team Survivor NW.

6:00 pm, Ladies' Only 3 mile Run (optional)
7:00 - 8:30 pm, Ladies' Night Event

Whether you are just starting to walk for exercise, are considering running your first 5K, or are a marathon pro, we have gear

and advice for you. Come spend an evening with Fleet Feet and let our expert staff take care of all your running needs. The evening is limited to the first 60 RSVPs.

We'll have desserts, drinks, special promotions, massages, giveaways, grand prize raffle, and more. Join us for a night of Fit, fashion, and fun. You must not miss this! RSVP today!

*Special thanks to our event sponsors:
Balega & Moving Comfort!*

<http://www.fleetfeetseattle.com/events/ladies-night>

MAY 15: TEAM SURVIVOR NORTHWEST IS PARTNERING WITH THE SEATTLE FOUNDATION ON THE 2013 GIVEBIG

The Seattle Foundation's GiveBIG is a one-day, online charitable giving event to inspire people to give generously to nonprofit organizations

who make King County a stronger, more vibrant community for all. GiveBIG is designed to raise money for the more than 1,300 nonprofit organizations that are profiled on our website. We'll use contributions from GiveBIG sponsors to match a percentage of the individual contributions made through our website.

Frequently Asked Questions

How does GiveBIG work?

All donations made through The Seattle Foundation's website on GiveBIG day will receive a percentage of the matching funds (or "stretch") pool. This percentage depends on the size of the stretch pool and how much is raised in total donations

on GiveBIG day. For example, if the stretch pool is \$500,000 and the total amount raised that day is \$2,000,000, then the stretch percentage is 25% (or 25 cents on the dollar). Once you know the GiveBIG Stretch Pool percentage, you can multiply that with the total amount your organization raises on May 15 to find out how much you will receive from the GiveBIG Stretch Pool.

Do all donations qualify for GiveBIG "stretch" dollars?

We will "stretch" all donations up to \$25,000 per donor, per organization. This is the first year that we are setting a limit on the amount that qualifies for funds from the GiveBIG "stretch" pool. The reason we chose to do this is to help the "stretch" pool go further for organizations that rely on smaller donations.

Does it cost anything to participate? Why not just give directly to TSNW?

There is no cost for TSNW to participate in GiveBIG. And the online credit card donations are subject to the SAME 2.95% per transaction processing fee that TSNW pays. The Seattle Foundation does not receive a percentage of gifts for supporting and overseeing GiveBIG and does not receive any income from credit card transactions. The "stretch" amount will be determined based on the total donation amount, before the processing fee, and donors will receive a tax deduction on the full donation amount.

How does my organization receive online donations on GiveBIG day?

The Seattle Foundation partners with Click & Pledge to process donations made through our website. Organizations will receive donations directly into their bank accounts and will be able to see in real-time the donations as they come in on GiveBIG day, among a number of other benefits to nonprofits.

Save the date on May 15th and stay tuned for the GiveBIG!

MESSAGE FROM THE BOARD OF DIRECTORS

BY JEAN VYE,
TSNW BOARD SECRETARY

My name is Jean Vye, and as a member and TSNW Board Secretary, it has been my pleasure to serve this organization alongside some dedicated and amazing women who are not only skilled and knowledgeable but also a lot of fun.

Team Survivor Northwest has continuously searched for ways to connect with women cancer survivors from underserved communities, including communities of color, those with limited financial resources or who speak English as their second language. A grant from Premera and support from the Longbrake Foundation has provided us with an opportunity to make TSNW more accessible to them as they transition to life after the big C.

Most of you can relate to the feelings of isolation, discouragement and body image concerns that arise during and after a cancer diagnosis and treatment. We also have anxiety over the need to start or resume a program of exercise and move towards a healthy lifestyle. Additional economic, cultural, educational and social factors add to the difficulties.

TSNW needs your input in planning and implementing ways to make it easier for women facing these multiple challenges to experience the camaraderie and satisfaction of moving beyond cancer to begin or resume physical activities and to face the future.

We are committed to providing programs such as yoga, Zumba and Active Women, Healthy Women with educational and stress reduction components to underserved women cancer survivors. We have initially identified some areas as probable sites based on statistics and collaboration.

There are three ways that you can help us:

- Attend a Blue Ribbon Forum to generate ideas to provide contacts to medical facilities, community organizations and influential individuals living or working in the Rainier Valley, Beacon Hill and South Seattle areas, share ways to access and spread the word about our classes to the target population
- Volunteer to be on the committee to finalize planning and implementation along with the TSNW staff (and to give this project a better name!)
- Tell people about our new programs, attend and support our new members

Call or email Alicia or Jean at the TSNW office if you are interested in helping us. Your involvement in sharing the benefits of the services that TSNW has provided to you with women who are lacking in support resources will help us to accomplish our mission. It often makes us feel better if we can use the difficult experience of having had cancer to support other women who share that distinction and this project is one way you can do that.

Thank you from the TSNW Board and staff for your continued support and participation. You are what it's all about!

MESSAGE FROM THE ASSOCIATE DIRECTOR

BY ALICIA SUPERNAVAGE,
TSNW ASSOCIATE DIRECTOR



The theme of this newsletter is walking. We have great walking programs, our 5K is around the corner, and we're all excited to dust off our outdoor gear and head outside. We have all heard the

amazing benefits of incorporating walking into our daily lives, but getting out the door is sometimes not that simple. On a rainy day, it's hard to find the motivation to walk to the grocery store. Or on a stressful day it's easier to go home and relax. But once we find the motivation to get out the door, we rarely regret having gone for a walk.

After a cancer diagnosis, I've heard our members say that the little things aren't taken for granted anymore.

With the tragedy in Boston, I'm not taking my ability to walk for granted. It was an event that touched close to home for many mothers, runners, walkers, and those with ties to Boston and Bostonians. I'm happy to be able to enjoy the simple pleasure of walking around my block.

I hope to see you all at one of our events in May! Check out the calendar for our many events.



CONTINUED FROM PAGE 1: THESE FEET WERE MADE FOR WALKING

Prerequisites: Be able to walk comfortably for at least four miles on hills with uneven terrain. Early season hikes have around 1000 feet of elevation gain and late season hikes have significantly more. The hike leader can tell you if you have a sufficient base of training to join later in the season.

I want to walk or run longer distances, or I want to do a half-marathon: Try Run/Walk Training.

What makes it unique: At the end of the 14 week training season you will be ready to complete a half-marathon, if you so choose.

How it works: The group meets on Sundays for a walk/run (depending on each individual's goals and abilities) and does supplemental training during the week as recommended by the coach. The season is progressive, beginning with a one-mile walk/run and building to the 13.1 miles required for a half-marathon.

Prerequisites: Be able to walk (or run) at least a mile, if joining at the beginning of the season (April 14). If joining later in the season, you need to already be walking longer distances. The coach can tell you if you have a sufficient base of training to join later in the season.



THE SCCA SURVIVORSHIP CLINIC

Cancer and its treatment can result in long-lasting or late-onset effects.



The SCCA Survivorship Clinic addresses various problems cancer survivors may face after therapy ends. These include, but are not limited to, neuropathy, fatigue, cardiovascular risks, anxiety and depression, and sexual dysfunction.

During a clinic visit our medical staff will create an individualized Treatment Summary and Care Plan for each patient. We will also talk to survivors about how to assess and manage late complications or issues they may be experiencing, and develop a plan to support their future health.

For more information please visit our website www.seattlecca.org/survivorship.

To schedule an appointment in the Survivorship Clinic please contact us at 206.288.1024.

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TSNW STAFF

Alicia Supernavage
Associate Director
om@teamsurvivor.nw.org

Trinette Baer-Kowalski
Development Director
development@teamsurvivor.nw.org

Kerri Schiller, CPT-ACSM
Program Manager
pm@teamsurvivor.nw.org

Adrienne Coleman
Outreach Coordinator
outreach@teamsurvivor.nw.org

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In Kind Donors Total Wine & More

WAYS TO SUPPORT TEAM SURVIVOR NORTHWEST

TSNW supports female cancer survivors as they reclaim their bodies, spirits and lives. Cancer and its treatment often leave people physically and financially drained. Therefore, TSNW is committed to providing free fitness programs that support women in regaining their strength and vitality.

To continue to offer programs such as Active Women/Healthy Women, Dragon Boating, Triathlon Team Training and the Annual Fitness Retreat, we rely on the generosity of people like you. Your generosity insures that female cancer survivors have a place to go to reclaim their future. There are many ways to give to TSNW:

Donate Online

There is a link on our website (www.teamsurvivor.org) through which you may make a secure donation. Just click on Donation on the front page of the website. You will be linked to our donations page.

Mail us a donation in the form of a check or money order

Our address is 200 NE Pacific St. Ste. 101, Seattle, WA 98105

Support Team Survivor Northwest through Amazon.com!

Use this link and a portion of your purchase will go towards TSNW.
http://www.amazon.com/?_encoding=UTF8&tag=teamsurvivor-20&linkCode=ur2&camp=1789&creative=9325

Employer Gift Matching

Your employer may have a gift matching program. If they do, we will supply the necessary paperwork for your employer. These employers have given matching donations to TSNW in the past: Microsoft, Starbucks, The Bill and Melinda Gates Foundation, Merrill Lynch, Macy's, Nintendo

Charitable Bequests and Wills

The language in your will can be as simple as the following phrase: "I hereby bequeath to Team Survivor Northwest, 200 NE Pacific St, Suite 101, Seattle, WA 98105...(state dollar amount, percentage or other asset being given)"

WISH LIST

There are many ways to give to Team Survivor Northwest. One way is to donate any of the items listed below.

We appreciate all the ways you share your time, talent, and treasure with Team Survivor Northwest and the women we serve! **Contact Alicia at (206) 732-8350 for more information.**

- Newsletter printing
- Computer and tech help- cash to hire a professional or volunteer time
- Combined office & program space
- Office supplies: copy paper, permanent markers, toner cartridges, etc.

VOLUNTEER

- Outreach ambassador 5 hours per week
- Tech volunteer 5 hours per month
- Program volunteer 5 hours per week
- Event coordinator monthly 20 hours
- Grant writer monthly 20 hours

TSNW 2013 IMPORTANT DATES

MAY

- 3 Island Books Benefit Sale
- 14 Fleet Feet Capitol Hill Benefit Sale
- 15 Big Give with The Seattle Foundation
- 19 Walk with Friends 5K

JUNE

- 21 Longest Day of Golf

JULY

- 8-10 San Juan Bike Trip
- 14 See Jane Run Half Marathon
- 27 Seattle Dragon Boat Festival

AUGUST

- 18 Iron Girl Triathlon
- 24-25 RAPSody Cycling Ride

OCTOBER

- 19 Fall Gala – Bellevue Hilton

DECEMBER

- 1 Seattle Marathon and Half Marathon

JANUARY 2014

- 24-26 Annual Fitness Retreat at Fort Worden



THERE IS PLENTY OF TIME TO REGISTER FOR WALK WITH FRIENDS 5K WALK!

We have already raised over \$9,500 and counting and have 24 teams signed up!

There is no charge for registration, please show your support for TSNW by raising \$100 or more for programs and services to help women cancer survivors (and win great prizes!). For a little individual incentive, all fundraisers who reach \$100 get a TSNW logo headband. For those of you who go the extra mile and raise \$250, you'll receive a limited edition long sleeve Walk with Friends technical shirt.

Special thanks to our sponsors, Pawsitive Pack Leader, Fleet Feet and Athena Water!

Here is how to get involved:

- Form or join a TEAM of any size
- Raise FUNDS
- Come out and WALK
- Join us for the Special Survivors' Celebration.

**Sunday, May 19, 2013:
Walk starts at 9am at
Marymoor Park in Redmond**

Register here:

<https://tsnw.ejoinme.org/MyEvents/WalkwithFriendsHomepage/tabid/443574/Default.aspx>



Team Survivor Northwest has a spectrum of fitness programs to assist you in your recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

PROGRAMS

TRIATHLON AND CYCLE TRAINING

Looking for a challenge? TSNW triathlon and cycle training start in May! Tri training is focused around the Athleta Iron Girl, a sprint distance triathlon (1/2 mile swim, 12 mile bike, and 3 mile run or walk), while cycle training is focused around the RAPSody, a two-day, 170-mile bike ride. However, if you have set your sights on a different event, you are still welcome to train with us. We know it sounds intimidating at first, but you might be surprised at what you can do with good training and the support of a great team!

We are still working out the details, but here are some dates to put on your calendar if you are thinking about joining us:

New triathlete meeting: May 11. RSVP to coach Lynn (fit2thecore@comcast.net) for details and directions.

Swim lesson for triathletes-in-training: May 25. RSVP to coach Lynn (fit2thecore@comcast.net) for details and directions.

Iron Girl triathlon: August 18

RAPSody ride: August 24-25

Please check the TSNW website (teamsurvivornw.org) for the very latest information or contact Kerri (pm@teamsurvivornw.org) to be added to the cycling or triathlon interest list.

MID-WEEK HIKING HAS STARTED

This program offers you the perfect opportunity to get motivated to get fit this summer – midweek hiking is a progressive program that starts with the assumption that everyone may not be in hiking shape when they start and allows you to work towards getting in better condition and hiking to some spectacular locales as the season goes on.

If you would like more information or to be added to the interest list, contact the office at (206)732-8350 or pm@teamsurvivornw.org



PROGRAMS AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run/Walk Training <i>Morning training; time varies</i>	Active Women/Healthy Women <i>Port Hadlock</i> 4:20 – 5:20pm	Dragon Boating <i>Leschi</i> 6 – 8pm Leschi Marina	Active Women/Healthy Women <i>Seattle</i> 5:30 – 7:30pm Queen Anne Community Center Active Women/Healthy Women <i>Issaquah</i> 6 – 7pm Swedish Medical Center Midweek Trail Hiking <i>Various times and locations</i>	Active Women/Healthy Women <i>First Hill</i> 10 – 11am Swedish First Hill Active Women/Healthy Women <i>Highline</i> 3 – 4pm Highline Hospital Active Women/Healthy Women <i>Bellevue</i> 6:30 – 8pm Sportzal Fitness Studio	Urban Hiking 9am <i>Various locations</i> Yoga <i>Columbia City</i> 7:30 – 8:45pm	Dragon Boating <i>Leschi</i> 9:15 – 11am Leschi Marina
Outdoor Cycling and Triathlon Training — Various days and times						

200 NE Pacific St., Suite 101
Seattle, WA 98105

Please notify the TSNW office
if you would like to be removed
from our mailing list.

INSIDE THIS ISSUE

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✓ Events: A Busy May for TSNW

✓ Triathlon Training Starts Now

✓ Walk With Friends!



The mission of Team Survivor Northwest is to support women in their cancer recovery through empowering programs of physical activity and health education.

Phone: (206) 732-8350

Fax: (206) 732-0263

www.teamsurvivornw.org