ANNUAL REPORT 2019

Team Survivor Northwest
Team Survivor Northwest (TSNW) is different from other cancer organizations in the way that it creates community and empowers women through activities that are healthy, safe and fun. While research is clear that exercise improves the quality of life for cancer survivors and reduces the risk of cancer recurrence, it is much more than an organization that provides fitness programs. Women stay with TSNW for decades because they are part of a family that understands them. TSNW programs are not only a means to recovery, they bring the meaning to recovery.

VISION
A world in which every woman who has had a cancer diagnosis has the resources and support to return to her best physical and emotional well-being.

MISSION
Team Survivor Northwest’s mission is to provide a broad range of fitness and health education programs to enable women cancer survivors, in any stage of treatment or recovery and at any fitness level, to take an active role in their ongoing physical and emotional healing.

GUIDING PRINCIPLES
The organization’s guiding principles include empathy, teaching, cultivating, encouraging and nurturing.
Team Survivor Northwest is grateful for the generosity of its supporters. With their donations, TSNW strives to provide the best possible programs and support for women who have had a cancer diagnosis.

**SUPPORT**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Services</td>
<td>$206,976.00</td>
</tr>
<tr>
<td>Program Rental Space</td>
<td>$29,410.00</td>
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<tr>
<td>Total Donated Goods and Services</td>
<td><strong>$236,386.00</strong></td>
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<tr>
<td>Unrestricted Gifts</td>
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<tr>
<td>Estates and Planned Giving</td>
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<td>Program Revenue</td>
<td>$22,852.68</td>
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<tr>
<td>Restricted Gifts</td>
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<tr>
<td>Total Cash Contributions</td>
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<tr>
<td>Income from Interest/Investments</td>
<td>$102.00</td>
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<tr>
<td><strong>Total Support</strong></td>
<td><strong>$635,980.43</strong></td>
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</tbody>
</table>

**USAGES OF DONATIONS**

- Administration: 12.4%
- Fundraising: 14.2%
- Programs: 73.4%

**ALLOCATIONS**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Volunteer Services</td>
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<tr>
<td>Program Expenses</td>
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<tr>
<td>Program Rental Space</td>
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<td>Total Program Allocations</td>
<td><strong>$347,293.83</strong></td>
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<tr>
<td>Fundraising</td>
<td>$67,120.57</td>
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<tr>
<td>Administration</td>
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<td><strong>Total Allocations</strong></td>
<td><strong>$472,839.02</strong></td>
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**NET ASSETS**

- Net Assets as of December 31, 2018: $352,317.32
- Change in Net Assets: $163,141.41
- Net Assets as of December 31, 2019: **$515,458.73**

*Note that due to prepay of Jan 2020 rent and other liabilities, the ending equity number for federal reporting purposes for 2019 is $516,048.27.
MESSAGE FROM THE EXECUTIVE DIRECTOR
Since joining Team Survivor Northwest in May of 2019, I have been truly inspired to see the women of TSNW in action. Our members are women who have all transformed an obstacle the size of a mountain into an opportunity worthy of their best climb. Each week, I hear stories from women who tell me how Team Survivor has given them their lives back, that they are accomplishing things they never thought possible and that they have found their second family among us.

TSNW’s life-saving impact would be impossible without our generous donors and partners who provide the means for our programs to run. Their support creates ripple effects that go far beyond our ability to measure. We also do not take for granted our dedicated volunteers who put in over 6,400 hours of work in 2019! Together, we have created hope, healing, and connection, empowering all who join our team.

Jennefer Boyer, MPH

MESSAGE FROM THE BOARD PRESIDENT
What an amazing year we had in 2019. We said good-bye to two beloved employees, Dora Lipper and Monica Ramey and said hello to two amazing new staff members, Jennefer Boyer and Beatriz Palacio. Our membership numbers grew and our members took our programs to a new level with some outstanding accomplishments. The Dragon Boat team won a Bronze medal in a national competition; 10 women tackled the Mt Adams fundraising mountain climb, challenging themselves and raising over $30,000. We also had one of our best fundraising years ever and are poised to add new classes and programs.

Our goal for 2020 is to find paths to serving more women in our community and help them to recover, thrive, find support and possibly do things that they did not think possible before their cancer diagnosis. We hope that we continue to have your participation and support during the coming year.

Lisa Black, MS
TSNW 2019 PROGRAMS

FITNESS CLASSES

In 2019, TSNW offered 7-8 fitness classes each week around the Greater Seattle area. Classes are offered at different levels of intensity, by different paid instructors and included Active Women / Healthy Women classes, Strength Training, Yoga, Pilates & Tai Chi. These classes served an average of 61 women per week. Women of all fitness levels are encouraged to join these certified-instructor-led classes designed especially for cancer survivors. Instructors are educated and experienced in the special needs of working with the cancer community. Members enjoy this safe space to join other women who are undergoing treatment or regaining and maintaining strength post-treatment.

DRAGON BOATING

TSNW's Survivor SAKE dragon boat team has 45 active members and practices year-round. Among other accomplishments, the team competed in the All Cancer Survivor (ACS) Division at the Club Crew National Championships in Colorado where they placed 3rd overall, qualifying them to compete in the 2020 Club Crew World Championship races in France. TSNW's dragon boat crew acheived some of its best race times in distanced heats they had not yet experienced, including the 2000 meter endurance race, which Survivor SAKE placed 1st in the ACS division! As they say on the boat, TSNW's entire Survivor SAKE team is and has... one heart, one soul, one team, one goal!
The Midweek Hiking group is run by TSNW volunteers and regularly serves 42 women, who hike weekly from April through September. Midweek hikes are trail hikes in the mountains where members enjoy breathtaking Pacific Northwest scenery. Hiking is the perfect exercise for cancer survivors combining fresh air, vigorous physical activity and camaraderie. The hikes are designed to be progressive, getting more rigorous each week, and members feel empowered to see how far (and how high) they have come since the beginning of the season.

NORDIC & URBAN WALKING

TSNW’s two walking groups, Nordic Walking and Urban Walking are also volunteer-led, offering a gentle way to stay active. Nordic Walking is performed with specially designed Nordic walking poles. Compared to walking, Nordic Walking can be significantly more effective at strengthening the cardiovascular system and building total-body strength. Because Nordic Walking engages the total body in movement against resistance, the calories burned can be much greater than the calories burned by walking. These groups are gentle enough for women who are still going through treatment and many women in these groups have been participating for over 10 years.
FITNESS RETREAT

The annual TSNW Fitness Retreat is perhaps the most highly anticipated event each year. In 2019, 93 women attended the overnight retreat, where they learned from experts in cancer and nutrition, exercised with a variety of instructors and built each other up through community activities. The Fitness Retreat attracts many young cancer survivors to TSNW for the first time and years later, many women continue to refer to the Fitness Retreat as the moment that they regained hope after their cancer diagnosis.

TRIATHLON TRAINING & CYCLING

TSNW’s 22 triathletes trained all season and competed multiple times, including at the Girlfriends Triathlon, where one TSNW member placed 1st in her age group. Another seasonal group is TSNW’s cycling program, which runs during the summer and provides an opportunity to enjoy the outdoors while staying healthy.

SNOWSHOEING

Snowshoeing has provided TSNW members a unique way to get exercise while enjoying the beauty of the Central Cascade Mountains in the winter. Participants enjoy the scenery of the forests, the peaceful quiet, the fresh, crisp air, and the connections they build with others, all while staying healthy.
TSNW 2019 FUNDRAISERS

GALA

TSNW's 2019 Denim and Diamonds Gala was a huge success. The organization broke another record this year and raised over $125,000 after expenses. This is a huge portion of TSNW's budget, which allows the organization to strengthen programs and offer programs to more women. It was a team effort with support from members, volunteers, the community and many donors, including an anonymous individual donor who provided a $20,000 matching donation. It was a night of generosity and friendship that will not be forgotten.

MOUNT ADAMS CLIMB

TSNW members surpassed their goals with successful 4-day climbs for two groups of Mt. Adams climbers. The climbers described it as something they never thought they would have been able to do even a year before hand. All of their hard work paid off in more than one way. In addition to the physical and symbolic achievement of climbing to over 12,000 feet, these climbers raised more than $31,000 (gross) for Team Survivor Northwest.

GIVE BIG

The GiveBig 2019 campaign was another success, raising over $13,000 toward the 2020 annual Fitness Retreat. This funding kept the retreat affordable for everyone who wanted to attend and provides scholarships so a lack of funds never prevents someone from changing their lives for the better.
THE WOMEN WE SERVE

"Team Survivor NW has been life changing. Getting a cancer diagnosis was the negative and TSNW was the positive that helped me get through treatment and beyond. Through the Active Women/Healthy Women classes and hiking, I was able to summit heights that I never thought possible, even before diagnosis. I am grateful for this strong and dedicated group of women survivors and trainers, the expertise and training, and the opportunity to push myself further than I thought."

-TRAILMOM

"Team Survivor Northwest is an organization that changes lives. When I was diagnosed with cancer all I wanted to do was to figure out how to survive. My oncologist shared with me that one of the most important things I could do for myself was to exercise to improve my quality of life and prevent recurrence. I was thrilled when I found TSNW - a place where I could become active during and after chemo in a safe and secure space surrounded by other women experiencing a similar challenge.... More than 15 years later I am still thriving while surviving thanks to TSNW and its amazing and committed staff."

-FITMAMA

"TSNW is the silver lining following a cancer diagnosis. This is a group of 'can do' cancer survivors. These amazing women know what it means to persist through fear, trauma, pain and suffering. So, they don’t sweat the small stuff but focus on enjoying life to its fullest! I’m so happy to be part of such a positive organization."

-CAROL
## 2019 DONATIONS

### NUMBER OF CONTRIBUTORS BY LEVEL

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### TOTAL DONATIONS

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<td><strong>1,047</strong></td>
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### SUSTAINERS

Our monthly donors provide us with a predictable budget to keep our organization running long term. We give special thanks to the following 2019 Sustainers:

- Michele Anderson
- Anne Arakaki-Lock
- Lisa Atwell
- Lisa Black
- Jane Braziunas
- Lauren Calaby
- Elizabeth Driscoll
- Diane Edwards
- Nealy Evans
- Jan Fitzpatrick
- Susan Hester
- Halle Hutchison
- Linda Igoe
- Vicki Katzman
- Dora Lipper
- Michelle Locke
- Judy Maleng
- Anne Marchand
- Susan Mazrui
- Mary-K McCoy
- Lynn Prunhuber
- Monica Ramey
- Christine Rodriguez
- Kathryn Soucy
- Juli Vaughan
- Jean Vye
- Keiko Yanagihara

### MAJOR CONTRIBUTORS

We are grateful to the hundreds of supporters who make our programs possible. We offer our sincere thanks to each and every donor who made a gift in 2019. Space limitations permit us to recognize by name only our top donors. However, all 2020 cumulative contributions over $500 will be listed in our next annual report when we celebrate our 25th anniversary year.

### TOP DONORS

- Kathleen Albrecht & Pete McCormick
- Ameriprise Financial - Quinn & Associates
- Phil Anderson
- AT&T
- Sally Avenson
- Bellevue Medical Imaging
- Lisa Black
- Maggie & Gregory Brower
- Rosy Bruno
- Jody Carder
- Barb & Pat Carey
- Therese Chambers
- Tim Cherry
- John Depasquale
- Heidi Devereux
- Elaine Eigeman
- Erin Ellis
- Maura Ennett
- First & Goal Hospitality
- Jan Fitzpatrick
- Chris Flugstad
- Nina & Fred Fogg
- Fred Hutch
- Jo & Dave Gartenberg
- Julie Gralow & Hugh Allen
- Donations in honor of Julie Head
- Brian & Rochelle Heywood
- Halle Hutchison
- Linda Igoe
- Intel
- Abbe Jacobson & Curtis Kopf
- Vicki Katzman
- Kieth & Mary Kay McCaw
- Family Foundation
- Dimitris Kogias
- Diana Kutas
- Hannah Linden
- Michelle Locke
- Mary-K McCoy
- Lynn Prunhuber
- Quality Press Inc
- Jaimie Reavis
- Karen Reichert
- Kristine Rinn
- Trudy Russell
- Pam Smith
- Robert Sterzinger
- David Stobaugh
- Swedish Cancer Institute
- National Team Survivor
- Lisa Thompson
- Beverly Wagner
- Sandra Walsh
- Carrie Wernick
- Windermere-Mt Baker
- Judy & Jack Wolcott
- Grace & Tarl Yarber
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VICE PRESIDENT
Lynn Prunhuber

TREASURER
Vicki Katzman

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Jan Fitzpatrick
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STAFF

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Jennefer Boyer, MPH

OFFICE MANAGER
Beatriz Palacio

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Patricia Dawson, MD
Lexi Harlow, PT
Katie Fitzmaurice
Team Survivor Northwest is a nonprofit 501(c)3 organization that provides fitness programs to women cancer survivors without regard to creed, race, or national or political circumstance.