

TEAM **Survivor** Moves



Beth Higgins

Heads TS Corporate Affiliate: Intimate Image

Born and raised in Kentucky, Beth Higgins, current owner of the Intimate Image, a Team Survivor California Corporate Affiliate, started working in the lingerie business at age 16. At that time, she learned to do prosthesis fittings as a part of her work. When she moved to California in 1987, she continued her work in the same field, eventually landing at Nordstrom, where she became the prosthesis coordinator for all their stores. It was there that she met Joan Mann, an RN and breast cancer survivor, with whom she founded Intimate Image in 1996.

About eight years ago, as chemotherapy was taking an increased role in the treatment of breast cancer, Intimate Image expanded its business from prosthesis fitting to include wigs and hats, and then later, to compression garments used to prevent and treat lymphedema. The goal was to make Intimate Image the "one stop" center for women affected by cancer. The main store in Woodland Hills has now expanded to include an Orange County store serving the Tustin/Santa Ana Area. A third new store, serving Santa Barbara one day each week, has also been opened. Beth offers a 10% discount to women clients who identify themselves as members of Team Survivor.

Entering the Woodland Hills store, one cannot help but be struck by the colorful array of hats, scarves, women's sports apparel, swim suits, wigs and other products all designed to help women in treatment and recovering from cancer look good and feel better. Beth says that the three stores now serve 3000-5000 women a year, of whom approximately 60% have been diagnosed with breast cancer. The other 40% represent all other cancers combined-ovarian, lung and other diagnoses. Beth's brochure describes the feeling she is trying to create in her stores: "I am deeply committed to the special needs of women dealing with cancer or breast surgery." Intimate Image offers a warm, comfortable atmosphere, where the tea pot is always on, and where clients can come and experience compassionate support from someone who understands their needs to be beautiful and feminine.

As a Corporate Affiliate, Beth supports Team Survivor because she loves the idea that the organization offers an upbeat, fun, empowering group where women get the message: "Let's feel good about ourselves." We are delighted to have Beth's support, and thank her for her continuing participation. For more information about Intimate Image, visit their website at intimateimage.com or click the link on the TSCA website at teamsurvivor-la.org.

Dragon Boat Corner

Team Survivor would like to thank the **Los Angeles Pink Dragons (LAPD)** for their donation of \$1000 Canadian from their winnings at the French Dressing Jeans-wear International Dragonboat Tournament held in Windsor, Ontario in July. From their 2nd-place win they also earned funds that were donated to Breast Friends of Long Beach.

Congratulations **Orange Roughys** for your 2nd-place win at the View Sonic Dragon Boat Festival in Long Beach in July. 3rd-place went to LAPD.

Dragon Boating is a great sport for everyone! It provides exercise and a fun way to meet others who have been through a cancer experience. It doesn't matter what kind of shape you're in, how old you are or whether you've ever paddled before. Everyone is welcome!

See page 2 for practice details.



Congratulations to the Spirit of Santa Monica - Team Survivor team who raised over \$112,000 in the May 2005 Revlon Run/Walk.

Thank you to all who participated. It was an inspirational day.

Save the Date:
PedalMania!! **November 5**
Spectrum Club at the Howard Hughes Center
See details on flyer inside

PROGRAM BULLETIN: Locations, Times & Places

Call Team Survivor office at 310/477-8557 to register for all classes

DRAGON BOATING Equipment & Instruction provided

- Long Beach—Los Angeles Pink Dragons**
(a division of LA Racing Dragons Foundation)
- ◆ Saturdays 7:30 am / Wednesdays 6:00 pm
 - ◆ Linda 323/221-2334 or Judy 714/373-2448
 - ◆ Details at www.LAPinkDragons.org

- Newport Beach - Orange Roughys**
- ◆ Sundays 9 am
 - ◆ Newport Aquatics Ctr 1 Whitecliff Dr. Newport B.

CORE FITNESS / RESISTANCE TRAINING

- Pasadena - Breakthru Fitness**
- ◆ Exercise Specialist Mike Strickland, NASM CPT
 - ◆ Tuesdays 7:00 - 8:00 p.m.
 - ◆ 87 Fraser Alley at Delacey & Colorado

CYCLING

- Glendale - LifeStyles for Health Studio**
- ◆ Tue/Thur 7 am Mon/Wed 6 pm Sat 8 am
 - ◆ 612 E. Glenoaks Blvd. Glendale
 - ◆ Ask for Cindy

- Van Nuys - bike to Lake Balboa**
- ◆ Saturday mornings, depending on weather
 - ◆ 7:30 am
 - ◆ Ruth 818/782-6074

WALK & TALK

- Pasadena - Rose Bowl**
- ◆ Thursdays 5:30 pm
 - ◆ Seco St. Lot K, meet near bridge
 - ◆ Linda 323/221-2334

- Redondo Beach - Catalina Coffee Shop**
- ◆ Tuesdays 6:30 pm
 - ◆ 126 North Catalina betwn Emerald & Diamond
 - ◆ Leigh 310/847-9207

- Santa Monica - Shutters Hotel**
- ◆ Saturdays 10:30 am
 - ◆ Pico Blvd. at beach
 - ◆ Diane 310/497-7772

- Van Nuys - Lake Balboa Park**
- ◆ Tuesdays 7:30 am / Saturdays, 8:30 am
 - ◆ 101 Fwy to Balboa (N), cross Burbank Blvd to 1st park entrance (E), meet at walking path
 - ◆ Catherine 818/901-1812

YOGA and LYING DOWN & LETTING GO™

- Burbank - Providence St. Joseph Medical Ctr.**
- ◆ Mondays: Sept 19 through Nov 14
 - ◆ 7:00 - 8:30 p.m.
 - ◆ 501 S. Buena Vista St at Alameda
 - ◆ 134 Fwy West to Buena Vista

- Fountain Valley - Fountain Valley Med Ctr**
- ◆ Thursdays 7:00 - 8:15 pm
 - ◆ 11250 Warner Ave., East Tower cafeteria

- Los Angeles - Stentorian Fire Station**
- ◆ Thursdays 6:00 - 7:00 pm
 - ◆ 1409 W Vernon Ave NW corner at Normandie

- Inglewood - Daniel Freeman Mem. Hospital Campus**
- ◆ Thursdays before Cancer Support Group
 - ◆ 12:45 to 1:45 pm
 - ◆ 601 Grace Ave. — look for ULAAC banner

- Los Angeles - LAC + USC Hospital Breast Cancer Clinic**
- ◆ Mondays 2:00 - 3:00 pm
 - ◆ 1200 N State Room 4P43 (outpatient clinic)
 - ◆ Between Zonal & Marengo, park 12A or 9A

- Mission Viejo Hospital Conference Ctr.**
- ◆ Tuesdays 7:00 to 8:00 pm
 - ◆ 26726 Crown Valley Parkway Mission Viejo

- Redondo Bch - Wellness Community So Bay**
- ◆ Thursdays 6:00 - 7:00 p.m.
 - ◆ 109 West Torrance Blvd.
 - ◆ Torrance Blvd. across PCH & Catalina, Right into 2nd driveway, upper lot, Building 109

SWIMMING & AQUA EXERCISE

- Brentwood - Mt. St. Mary's College**
- ◆ Sundays: October 9, 23 November 6, 20
 - ◆ 12001 Chalon Rd.
 - ◆ Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; right on Chalon; right gate drive
 - ◆ Lindsay 310/486-0772

- Santa Monica - YWCA Encore Program**
- ◆ Thursday mornings at Loew's Hotel pool
 - ◆ Call Sharon at 310/452-3881 to sign up.

HIKING—call 310/477-8557 to join hike group

PROGRAM BULLETIN: Locations, Times & Places



YWCA Body Shop classes 2019 14th Street Santa Monica

*Sign in on Team Survivor roster at front desk.
Call 310/452-3881 to verify classes.*

**Team Survivor participants receive
their 1st-year YWCA membership
free!**

	MON	TUE	WED	THUR	FRI	SAT
8:30 AM					Yoga	
8:45 AM						Step Aerobics
9:00 AM	Timeless Body	Step Interval	Barre Class	Step Interval		
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
5:15 PM	Strong & Stretched	Step & Chi Ball	Strong & Stretched			
6:30 PM	Yoga		Yoga			



Must have Medical Release & Information Forms on file before attending classes & events. Call 310/477-8557 to be put on roster.

Forms are available at www.teamsurvivor-la.org on "Join Us" page.

OTHER RESOURCES & SUPPORT CENTERS

The Wellness Community

Free programs of support, education, and hope for people with cancer and their loved ones.

- ♦ **South Bay Cities** 310/ 376-3550
www.wellnessandcancer.org
- ♦ **Foothills** 626/796-1083
www.thewellnesscommunity.org/foothills

St. Vincent Medical Center—Los Angeles

Claudia at (213) 484-7887; Seton Hall, 201 S Alvarado

weSpark Cancer Support Center

Various groups, programs, activities, and classes to lighten and enhance your journey in recovery.
818/ 906-3022 or www.wespark.org

UCLA Ted Mann Family Resource Center

Research/Resource/Support Groups & Lecture Series
310/ 794-6644 or CancerResources@mednet.ucla.edu



C A L I F O R N I A

1223 Wilshire Blvd. #570
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TEAM Survivor California is a nonprofit 501(c)(3) organization founded in 1999 to provide free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being. Our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in TEAM Survivor events or programs.

**THANK YOU to our
Host Facilities
& Supporting
Organizations**

- ◆ Aerosoles & mml inc.
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Ctr
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Netwk
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health-Glendale
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Providence St. Joseph MedCtr
- ◆ The Spectrum Club-So Bay
- ◆ The Wellness Community
- ◆ weSpark Cancer Support Ctr
- ◆ YWCA Santa Monica

DATED MATERIAL. Please deliver by October 10

*To be added or removed from the Team Survivor mailing list
Please contact the office at 310-477-8557 or info@teamsurvivor-la.org*

TEAM Survivor Board, Advisors, Staff & Program Leaders

<u>Board of Directors</u>	<u>Professional Advisory Board</u>	<u>Administrator</u>
Pamela Burton Karren Gantswig Anne Henderson Jan King Bruce Rankin Catherine Wagar Karen Van Kirk	Marilou Terpenning, M.D. Kimberly Fowler, J.D. Sharon Donaldson, YWCA Florencia Dunayevich, RD Samantha Wood, M.P.T.	Melinda Ewen
	<u>Program Leaders</u>	
Hiking Leaders Bruce Rankin Catherine Wagar	Orange Roughy Captains Regina Savage Denise Tolbert	Studio Cycling Cindy Miller
Indoor Fitness Trainers Mike Strickland	Pasadena Walk Leader Linda Gero	Van Nuys Walk/ Outdoor Bike Leaders Ruth Berk Georgia Gowin Gertrude Lewis Catherine Wagar
Lying Down & Letting Go™ & Yoga Instructors Florencia Dunayevich Joyce Gauss Olivia Israel Satya Kaur Sonia Morales Karen Penhale Robert Taylor	Redondo Beach Walk Leader Leigh Ruth	Triathlon Coach Ni Bueno
	Santa Monica Walk Leader Diane Schreiber	LA Pink Dragons Team Affiliate Captain Linda Gero
	Swimming/Aquatics YWCA Encore Coaches Lindsay Connors Sharon Donaldson	

Please choose Team Survivor for your corporate matching gift or United Way charity.