

TEAM SURVIVOR Bulletin

January/February 2004 Announcements & Program Listings

DEAR PARTICIPANTS & SUPPORTERS:

Happy New Year! This year TEAM Survivor California will celebrate its 5th anniversary. Since our inception, so much has been accomplished, and yet we still have many more services that we would like to bring to the community of cancer survivors. These are some of the programming goals on our 2004 wish list:

- ♦ Add 2-3 new Dragon Boating teams, plus travel to outside cities and countries to meet other survivors and enjoy their friendly competition.
- ♦ Expand our Lying Down & Letting Go™ Yoga program to all the Team Survivor chapters across California and nationally.
- ♦ Grow our "Walk & Talk" programs with new participants and more groups.
- ♦ Launch an official Outdoor Education & Adventure Program, with both regular/seasonal programs, and also a major event/trip.
- ♦ Expand our Swim/Aqua-Exercise YWCA Encore program partnerships.

We are always in need of more volunteer instructors and financial sponsors to help us deliver these services. Please contact our office for more information on how to donate your time or resources: (310) 829-7849

SUMMARY OF PROGRAM CHANGES:

Dragon Boating—

Paddling in unison to the beat of a drum. Join us for lots of fun & a full body workout! New teams coming soon to Marina del Rey & Orange County.

Cardiovascular Interval Training—New! Walk/Run with the medal-winning Dragon Boating Team!

Burbank Lying Down & Letting Go™ — starts Jan 12

West L.A. Lying Down & Letting Go™ — starts Jan 13

Griffith Park Walk & Talk— temporary time change

USC Walk & Talk— re-starting soon...

Lying Down & Letting Go™ Classes more classes coming...

Orange County has "grown" into its own newsletter! Please refer to the TSOC Bulletin for all Orange County programming.

**For up-to-the-minute updates, call:
PROGRAM HOTLINE:
(310) 281-6152**

Special Events

Wanted: *All L.A. Marathon Runners, Walkers or L.A. Bike Tour Bikers!!!*

Would you be willing to raise pledges our behalf? We will help you! Ask us how to qualify for your entry fee discounts.

Call (310) 829-7849
info@teamsurvivor-la.org

***TSLA is an official LAM Charity L.A. Marathon on March 7, 2004**

**HIKE: New Year Kickoff
Sat. Jan. 31st**

**9:00 am—early afternoon
Ahmanson Ranch**
(Calabasas area)

We will have 2 groups:
"Easy-Strollers" & "Pacesetters"
Bring friends & family. Brown bag your lunches and we'll picnic as a group. Must RSVP for directions/info:
Call Keri (310) 829-7849

**Danskin Triathlon 2004
Informational Meeting
Sun. Feb. 8th**

Time: TBD (around noon)
Come explore with no commitment what the excitement is all about each year.

You can choose to run or walk, or swim, or bike, or do all 3 segments!

Call Ni Bueno for more info:
(310) 798-7153

Los Angeles Programs: Locations, Times & Places

AQUATICS

Westside Swimming / Aqua Exercise* *in cooperation with the Encore Program from the YWCA Santa Monica/Westside

- ◆ 11:00 a.m. - 12:00 p.m., special holiday schedule
Sundays: Jan 25th, Feb 8th, & Feb 22nd
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ West on Sunset Blvd., turn right on Bundy Drive. Travel 1.5 miles to Norman Pl. and turn right. Turn left at the end of Norman onto Chalon Rd. Driveway for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.
- ◆ Contact Keri Uejo (310) 829-7849 x4

CORE FITNESS & RESISTANCE TRAINING

Pasadena

with Exercise Specialist Mike Strickland, NASM CPT
Must call TSLA Office to register prior to attending for first time: (310) 829-7849

- ◆ Weekly on Tuesdays 7:00* - 8:00 p.m.
* If first time, must RSVP and arrive by 6:45 pm or earlier to review fitness needs with trainer. Ask for Mike Strickland.
- ◆ Hosted by Breakthru Fitness, 87 Fraser Alley, Pasadena. (Lower floor of 88 W. Colorado Blvd & accessible via Fraser Alley.) Located on corner of Delacey St. & Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.

CYCLING - OUTDOOR

Van Nuys to Lake Balboa—Winter schedule

- ◆ Most Tue & Sat., depending on weather & holidays
- ◆ Call first to coordinate with Ruth at (818) 782-6074

DRAGON BOATING

Los Angeles Team: L.A. Pink Dragons (LAPD)

Come try it out—it's fun! Be part of a team of 20 cancer survivors paddling in unison to the beat of a drum.

- ◆ You'll get a great full body workout!
**Studies show that it does not cause or affect Lymphedema.*
- ◆ We are all beginners learning proper paddling techniques—no requirements or experience necessary.
- ◆ Lifejackets and equipment provided.
- ◆ Practices are held Saturday mornings in Long Beach with a coach. Friends and family are welcome!
- ◆ New teams are forming soon in Marina del Rey and Orange County—call for info.
- ◆ Cardiovascular Interval training before boating practice—call for info.
- ◆ Contact Linda (323) 221-2334 for information.

HIKING & NATURE WALK—see also front page

Saturday Jan. 31st 9:00 am Ahmanson Ranch

- ◆ 2 groups: "Relaxed Strollers" & "Fast Pacesetters"
- ◆ Meet back for group lunch. Bring brown bag lunch & water, layered clothing, sunscreen, hat, hiking shoes.
- ◆ MUST RSVP (310) 829-7849 for details & directions.

LYING DOWN & LETTING GO™ YOGA CLASSES

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Winter session resumes Jan. 12, 2004
- ◆ Providence St. Joseph Medical Center, corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 fwy at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 fwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Ask at front desk for directions to class.
- ◆ Validated parking. Suggested to bring yoga mat, blanket, water and socks.
- ◆ Call TSLA Office (310) 829-7849 to register.

Metro Los Angeles—Stentorian Fire Station

- ◆ Weekly, Thursdays, 6:00—7:00 pm
- ◆ Limited space, so RSVP if its first time.
- ◆ 1409 W. Vernon Ave., Los Angeles, CA 90062; Northwest corner of Vernon & Normandie;
- ◆ Free parking, enter lot from Normandie
- ◆ Contact Shirley Smith at (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Metro Los Angeles—T.H.E. Clinic

- ◆ 1st, 3rd, 4th (& 5th) Saturdays, 10:00—11:15 am (On the 2nd Saturday of each month will be a special activity announced the week prior.)
- ◆ 3860 MLK Jr. Blvd., Los Angeles, CA 90008; 2 blocks west of Crenshaw Blvd., on south side of MLK Jr. Blvd.; Free parking.
- ◆ Contact Shirley Smith (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Redondo Beach

- ◆ Weekly, Thursdays 6:00 - 7:00 p.m.
- ◆ The Wellness Community—South Bay Cities, 109 West Torrance Blvd., Redondo Beach.
- ◆ From Torrance Blvd., cross PCH & Catalina, see ocean, start downhill and turn right into 2nd driveway. Push button to get ticket, go to upper parking lot. See building 109 at end of parking lot. Bring a quarter (25 cents) for City of Redondo parking box.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

West Los Angeles

- ◆ Winter session resumes Jan. 13, 2004.
- ◆ Tuesdays, 7:00 - 8:30 p.m.
- ◆ Wilshire Boulevard Temple (dance studio); Irmas Campus: 11661 W. Olympic Blvd., Los Angeles, CA 90064; Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington

DANSKIN TRIATHLON TRAINING—see also front page

- ◆ Call TSLA Office (310) 829-7849 to register.
- ◆ Kick-off Informational Meeting: Sun., Feb, 8th
- ◆ Held poolside at Mount St. Mary's College Brentwood
- ◆ Contact Ni Bueno (310) 798-7153 for details.

Los Angeles Programs: Locations, Times & Places

WALKING GROUPS

Culver City—Walk & Talk (on hiatus)

- ◆ Contact Keri at TSLA office (310) 829-7849x4

Griffith Park—Walk & Talk

*****Temporary time & location change:**

- ◆ MUST arrange with Patrice the day before (by 8 pm) for the exact time and location.
- ◆ It will be an "early-riser" walk for the next few months: Tuesdays, 5:30 am
- ◆ Contact Patrice at (323) 906-1195
- ◆ ***Also—looking for substitute walk leader to lead walks at other times. Call Keri (310) 829-7849 x4

Long Beach—Walk & Talk

- ◆ Fridays, 12:00 p.m.
- ◆ Meet at bottom of ramp @ Ocean & Junipero; free parking on street or metered parking @ ramp bottom
- ◆ Call Ida (562) 425-7800

Metro L.A.—Walk & Talk

- ◆ 2nd Saturday of every month, 10 a.m.—varies
- ◆ Location and activity will vary each month
- ◆ Based from yoga class @ T.H.E. Clinic—see yoga info
- ◆ Contact Shirley at (310) 756-9862

Pasadena Rose Bowl—Walk & Talk

- ◆ Thursdays, 5:30 p.m.
- ◆ Meet at entrance to Parking Lot K on Seco Street, near the bridge over the wash.
- ◆ Contact Linda at (323) 221-2334

USC Campus Track—Walk & Talk

- ◆ Re-starting soon—looking for Walk Leader
- ◆ Contact Keri at TSLA office (310) 829-7849x4

Santa Monica—Walk & Talk

- ◆ Saturdays, rotates every week:
Call for time: 9:30 am –or– 10:30 am
- ◆ Location—rotates each week:
Call each week: Palisades Park -or-
In front of Shutters Hotel @ Pico Blvd. & beach
- ◆ Contact Diane at (310) 497-7772

Simi Valley—Walk & Talk

- ◆ Thursdays, 5:45 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave. in west parking lot. From 118 frwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. & turn left; corner of Royal & Pride, across from Royal H.S.
- ◆ Contact Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

Van Nuys Lake Balboa Park—Walk & Talk

- ◆ Tuesdays 7:30 a.m. -AND- Saturdays 8:30 a.m.
- ◆ Lake Balboa Park; Exit 101 frwy @ Balboa, turn north. Cross Burbank Blvd., turn east into 1st entrance of park; drive up and around curve; park in first lot on left. Meet @ junction of sidewalk & walking path.
- ◆ Contact Catherine at (818) 901-1812

Other Related Programs—Partnering Organizations

Encore Program: YWCA Santa Monica/Westside

- ◆ **Thurs, 10:30 a.m. @ Loews Santa Monica Hotel**
- ◆ Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery. For other types of classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. Pay only a small per-class fee.
- ◆ **More info:** Call Sharon at (310) 452-3881

The Wellness Community—Foothills

- ◆ **Train..Travel..Triumph!** Join Strides for Hope in the **Vancouver Int'l Marathon** charity event for TWC-F. For more info, call Sarah (626) 796-1083 or www.twcfoothills.org or www.vanmarathon.bc.ca
- ◆ Call (626) 796-1083 for info on these TWC-F classes:
Dynamic Strength Training:
Tue. 5:30-6:30 pm (Pas), Fri. 1:30-2:30 pm (Pas)
Get on the Ball: 2nd & 4th Fri. 1:30pm (Pas)
Qi Gong: 1st & 3rd Fri. 1:30pm (Pas)
Tai Chi: Wed., 5:00-5:45 pm (Pas)
Yoga: Thur 2:30-3:30, pm (Pas), Wed 2-3 pm (Burb)

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Mon 10:30-11:30a, Tue 2:30—3:30p, Thu 2-3p
- ◆ St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., L.A. Call Claudia at (213) 484-7887

The Wellness Community—South Bay Cities

Call (310) 376-3550 for info on following:

- ◆ Writing for Wellness: *Sat. Jan. 17th & Feb. 21st*
- ◆ Scrap Booking: *Sat. Jan 10th & Feb. 7th*
- ◆ "Hormone Replacement" *Sat. Jan 24th, 10a-noon*
- ◆ "Survival Strategies for Health & Recovery" (using Integrated Medicine) *Wed Jan 28th, 630-830pm*
- ◆ Classes that TWC-SB offers—for more information & complete list, call (310) 376-3550:
Yoga: Wed. 9:30-10:30 am, Fri. 2-3 pm
Thursdays, 6-7 pm (**TSLA class**)
- Tai Chi: Thursdays, 9-10 am
- QiGong: Thursdays, 10:30-11:30 pm
- Gentle Exercise: Thursdays, 12 pm-12:45 pm

UCLA Ted Mann Family Resource Center

Weekly Support Groups—(310) 794-6644

Many options on times, days, and types of groups

Insights into Cancer Lectures—(310) 794-6644

- ◆ *Jan. 13th:* 7—9 pm "Cancer Fatigue and 'Chemo-Brain'" John Glaspy, MD, MPH
- ◆ *Feb. 10th:* 7—9 pm "How Do I Take Care of Myself While the Doctors Care for My Cancer?" Brenda Bursch, PhD



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Please contact us via phone or e-mail if you would like to be removed from our mailing list.

About TEAM Survivor

TEAM Survivor California was founded in 1999 as a nonprofit 501(c)(3) organization that provides 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 and 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. To receive a medical release form or for more information about TEAM Survivor, please contact your nearest TEAM Survivor office listed above.

Thank You to Our L.A. Host Facilities & Support Organizations

- ◆ Breakthru Fitness (Pasadena)
- ◆ Los Angeles Stentorian Fire Station (Metro L.A.)
- ◆ Mount St. Mary's College (Brentwood)
- ◆ Partnered for Progress (Metro L.A.)
- ◆ Providence / St. Joseph Medical Center (Burbank)
- ◆ T.H.E. Clinic (Metro L.A.)
- ◆ The Wellness Community—Foothills (Pasadena)
- ◆ The Wellness Community—South Bay (Redondo Beach)
- ◆ The Wellness Community—West Los Angeles
- ◆ Wilshire Boulevard Temple (West Los Angeles)
- ◆ YAS Yoga and Spinning Center (Venice)
- ◆ YOGItimes Magazine
- ◆ YWCA Santa Monica/Westside

TEAM Survivor Personnel & Program Leaders

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Core Strength/Fitness Trainer
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Swim Coach/YWCA Encore Program
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Florenca Dunayevich

Dragon Boat Team Captains
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Griffith Park Walk Leader
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Simi Valley Walk Leader
Cathy Kocur

Van Nuys Walk/Bike Leaders
Catherine Wagar, Gertrude Lewis,
Georgia Gowin, Ruth Berk

Orange County Leaders
(see O.C. Newsletter)