

TEAM SURVIVOR Bulletin

May/June 2003 Announcements & Program Listings

UPCOMING EVENTS:

Revlon 5K Run/Walk for Women

Saturday, May 10, 2003 @ L.A. Memorial Coliseum

Team #281 Captain: Karen Van Kirk

Team Name Spirit of Santa Monica/TEAM Survivor

Online: <http://www.revlonrunwalk.com/la/html.main/home.html>

Or call TSLA (310) 829-7849

- ◆ Recruiting walkers & runners to join team
- ◆ Need volunteers for Expo booth and Luncheon

Danskin Women's Triathlon

Sunday, June 22, 2003 Sacramento, CA

Swim 1/2 mile, Bike 12 miles, and Run 3.1 miles

Contact: TSLA Coach, Ni Bueno

(310) 798-7153

nbueno@teamsurvivor-la.org

HOTLINE for changes and additions:

Aquatics: Due to school holiday schedule, please call Hotline for May & June dates after May 1st.

Spring/Summer Hikes & Nature Walks:

For the Orange County area—see page 3 for details on the May 3rd hike in Bommer Canyon in Irvine.

For the Los Angeles area—we would like to hear from anyone interested in hiking—see next column → → → → →

Metro L.A. Exercise class @ The Well: now on hiatus and planning for mid-May re-launch. See page 2 and call TSLA office for specific details on where, when, etc.

USC Walk: will be on hiatus for summer; last spring session walk is May 16th. Call TSLA office if you have any questions or requests for the summer.

TSOC Irvine Running Club—starts May 10th

Train for upcoming 5k and 10k events. See page 3 for details and call to RSVP.

Group Exercise Classes

Lying Down & Letting Go

Spring session starts on Monday, April 21 (Burbank) and Tuesday, April 22 (West LA). See page 2 for details.

The Metro L.A. Low Impact Aerobics class is on hiatus, and will re-launch in a new facility in a new program format as "Lying Down & Letting Go™".

* TSLA and TSOC are looking to expand this program into other areas of L.A. and Orange Counties, and are searching for additional host facilities, instructors, and participant groups. Please call Keri Uejo, Program Director for TSLA for more information on how to participate in or help expand this program—(310) 829-7849

Yoga in the South Bay Classes are held in the beautiful facility of The Wellness Community—South Bay Cities in

Redondo Beach. The spring class session begins on April 17th. Joyce Gauss teaches a gentle Hatha yoga class, creating a beautiful ambiance and routine that is approachable and appropriate for all. See page 2 for details.

Indoor Training in Pasadena has a new location!

On February 11th, classes moved into the brand new Breakthru Fitness facility in Old Town Pasadena. Fitness consultant Mike Strickland helps women improve core strength, joint stability, balance and flexibility—while making sure everyone always has fun. See page 2 for details.

Indoor Training comes to Huntington Beach!

Join Cancer Exercise Specialist Stacey Smout, MS on Tuesday's, 7pm to 8pm. See page 3 for details, and call to reserve a spot.

Group Hikes & Nature Walks:

It's that time of year again! It's a lot of fun to get outdoors, and a great way to exercise while getting in touch with others and with yourself. We want to know:

1. Days & Times of choice(s)
2. # of people in your group—we need min. #'s
3. Your ideal length of time for each hike
4. Preference on area/Trails (if you have one)

Call, fax or email your input to: Keri Uejo, Program Director: (310) 829-7849 x4 or keri@teamsurvivor-la.org

We are also looking for people to lead hikes—can be friends, family or associates—anyone with some hiking experience. Interested parties can call Keri Uejo.

Cancer Survivor Dragon Boat Racing Team

Newly formed local team is training for races in Vancouver, Long Beach and San Francisco. Sport is similar to Crew Rowing, Kayaking and Paddling. Friendly competition with other cancer survivor teams. Practices are every Saturday in Long Beach. Contact Lauren Scott (310) 538-9945 or lauren@arandaswoodcraft.com

TEAM Survivor Volunteer Opportunities

If you would like to help us reach more survivors, we have a variety of events and services that would benefit from your involvement. Event Booths and Outreach Support, Administrative Support, Program Support (Walk Leaders, Hiking Leaders, and other Group Exercise). TEAM Survivor California is also looking to fill several Board Member positions. Please contact us at: (310) 829-7849 and speak with Karen Van Kirk.

For up-to-the-minute program changes, call:

PROGRAM HOTLINE: (310) 281-6152

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 11:00 a.m. - 12:00 p.m., 2 Sundays each month
- ◆ Call **HOTLINE** (310) 281-6152 for May/June dates
- ◆ 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.

HIKING & NATURE WALKS—Spring/Summer/Fall Season

Send in your requests to Keri Uejo at TSLA office! Give dates, preferred areas, and approx. # in your group.

INDOOR TRAINING

Pasadena—NEW LOCATION!!!

- ◆ Weekly on Tuesdays 7:00 - 8:00 p.m.
- ◆ Breakthru Fitness, 87 Fraser Alley, Pasadena. (On lower floor of 88 W. Colorado Blvd and accessible via Fraser Alley.) Located on corner of Delacey St. and Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.
- ◆ Call (310) 829-7849 for free registration.

CYCLING - OUTDOOR

Van Nuys

- ◆ Tuesdays 6:30 a.m. & Saturdays 7:30 a.m.
- ◆ Rides are approximately 1 hour (6 - 10 miles)
- ◆ Please call Ruth at (818) 782-6074 for directions to the meeting place for these rides.

LYING DOWN & LETTING GO™ & YOGA CLASSES

For any of these classes, please call (310) 829-7849 for free class registration or information

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m. Spring session runs from April 21st to June 23rd. After that, call the TSLA office for the Summer break schedule.
- ◆ 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

West Los Angeles

- ◆ Tuesdays, 7:00 - 8:30 p.m. Spring session runs from April 22nd to June 24th. After that, call the TSLA office for the Summer break schedule.
- ◆ Wilshire Boulevard Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington

LYING DOWN & LETTING GO™ & YOGA CLASSES

Please call (310) 829-7849 for free class registration

Redondo Beach

- ◆ Thursday, 6:00 - 7:00 p.m. Spring session runs from April 17th through June 26th.
- ◆ 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.

Metro Los Angeles & Other L.A. Areas—Coming Soon!!! Call TSLA office to request times/locations.

Other Related Programs

Join Total Woman Gym & Spa—NEW!!!

Mention Team Survivor and get discounted member rates—call Jessica Dunn (949) 733-0478. Locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Women's-only gym that has Cardio, Weights, Yoga, Pilates & more!

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 10:30 a.m.: 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. You pay only a small per-class fee. Call Sharon at (310) 452-3881

The Wellness Community—Foothills

- ◆ Classes that TWC-F offers:
 - Dynamic Strength Training:
 - Tuesdays, 5:30-6:30 pm (Pasadena)
 - Fridays, 1:30-2:30 pm (Pasadena)
 - Tai Chi: Wednesdays, 5:00-5:45 pm (Pasadena)
 - Yoga: Thursdays, 2:30-3:30 pm (Pasadena)
 - Wednesdays, 2:00-3:00 pm (Burbank)
- ◆ Call (626) 796-1083 for more information or to register for any of the TWC-F events or classes above.

The Wellness Community—South Bay Cities

- ◆ Classes that TWC-SB offers—for more information & complete list, call (310) 376-3550:
 - Yoga: Wednesdays, 9:30-10:30 am
 - Thursdays, 6-7 pm (**TSLA class**)
 - Fridays, 2-3 pm
 - Tai Chi: Thursdays, 9-10 am
 - QiGong: Thursdays, 10:30-11:30 pm
 - Gentle Exercise: Thursdays, 12 pm-12:45 pm

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Weekly program with elastic resistance tubing.
- ◆ 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

Exercise for Breast Cancer Survivors -Placentia

- ◆ Stretch, balance & resistance training for breast cancer survivors. Led by Meredith Laskow. Tuesdays, 7:00 - 8:00 p.m. Backs Building, 201 N. Bradford, Placentia. Email: meredithbead@netzero.net

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Culver City—Walking Group – **NEW!!!**

- ◆ Tuesday, 6:00 p.m.
- ◆ Meet at bleachers at Paddle Tennis Courts, on corner of Elenda St. & Culver Blvd. (Elenda is east of Sepulveda and west of Overland.) Parking lot is on southeast corner of Elenda & Culver.
- ◆ **More info:** Call Gail at (310) 815-1685

Griffith Park—Walking Group

- ◆ Tuesdays, 10:00 a.m.
- ◆ Meet in front of Griffith Park Pony Rides Concession
- ◆ Free parking in Pony Rides lot; From <5> frwy, take Los Feliz exit & enter park from Riverside Dr/Griffith Park Dr. entrance; drive about 1/4 mile up the road and look for Pony Rides parking lot on your right.
- ◆ **More info:** Call Patrice at (323) 906-1195

Long Beach—Walking Group

- ◆ Fridays, 12:00 p.m.
- ◆ Meet at bottom of ramp @ Ocean & Junipero; free parking on street or metered parking @ ramp bottom
- ◆ **More info:** Call Lauren at (310) 538-9945

Pasadena Rose Bowl—Walking Group

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

Santa Monica—Walking Group

- ◆ Saturdays, 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into beach. Metered parking on street (\$1/hr) or Valet at Shutters (.50 / hr)
- ◆ **More info:** Call Judy at (310) 230-4422 or Barbara at (310) 260-2147.

Simi Valley—Walking Group

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

Van Nuys Lake Balboa Park—Walking Group

- ◆ 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.
- ◆ **More info:** Call Ruth at (818) 782-6074

USC Cromwell Track—Walking Group

- ◆ **On hiatus after May 16th**—Call (310) 829-7849

Orange County Programs Meeting Times & Places

Indoor Weight & Resistance Training—**NEW!!!**

- with Exercise Specialist Stacey Smout, MS*
- ◆ Spring session: Tuesdays, May 6 through June 10
 - ◆ 7 p.m.—8 p.m. Hosted by FITNESS SOLUTION GYM, 16561 Bolsa Chica #106, Huntington Beach. (cross streets Bolsa Chica & Heil)
 - ◆ Contact Betty @ (949) 275-3888 to reserve a spot.

Join Total Woman Gym & Spa—**NEW!!!**

- Get Team Survivor discount—call Jessica Dunn (949) 733-0478 and mention TS. Women's-only gyms in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Cardio, Weights, Yoga, Pilates & more! *need minimum 3 members to get discount

2003 O.C. Hiking Series—**NEW!!!**

- "NATURE'S NECTAR IN BOMMER CANYON"
Sat. May 3, 10:15 am—12:30 pm, Bommer Cyn, Irvine
Must call Betty (949) 275-3888 to reserve a spot!!!
Hike 2-mile trail and learn more about native plants and wild-flowers—All fitness levels welcome. Pack a lunch, dessert provided, have fun with other TS members

TSOC Running Club—**NEW!!! Starts May 10th**

- ◆ Saturdays, 7:30 a.m.; Meet @ Coco's parking lot in Irvine, 4595 Barranca. RSVP to Betty (949) 275-3888
- ◆ Train for upcoming 5k & 10k events

Fountain Valley—Walking Group

- ◆ Tuesdays, 10:30 a.m., Meet @ Mile Square Park, NW corner of Warner and Euclid (Euclid park entrance)

Fullerton—Walking Group

- ◆ Saturdays, 8:30 a.m.; Meet @ North O.C. Court House, corner of Harbor & Valley View.
- ◆ From the 91 fwy, drive north on Harbor to Berkeley and turn left. Meet in parking lot on Berkeley.
- ◆ **More info:** Call Candace (714) 871-8511

Irvine—Walking Group

- ◆ Mondays, 6 pm; Meet @ parking lot of Woodbridge Lake's North Lagoon (off Stonecreek)
- ◆ Call Betty for more information (949) 275-3888

Newport Beach Fashion Island—Walking Group

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKEgoddess store—optional lunch after walk

Lectures & Education

The Wellness Community -South Bay Cities: Workshops and Events—(310) 376-3550

- May 15 & Jun 19: Kids Community, 530-7pm
May 17 & Jun 14: Writing for Wellness, 9am-noon
Jun 4: Survivor's Day @ Torrance Med Ctr, 530pm
Jun 18: Individualizing Chemotherapy, 630-830pm
Jun 30: Return to Wellness Orientation, 6—730pm

Ted Mann Family Resource Center-UCLA Cancer Lecture Series—(310) 794-6644

- May 13: 7:00 to 9:00 pm "PET Imaging: A New Diagnostic Tool in the Fight Against Cancer"
Jun 10: 7:00 to 9:00 pm "Bogeyman in the Closet: Reducing Fears of Cancer Recurrence, Death and Dying"



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U.S. POSTAGE
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TeamSurvivorOC@yahoo.com
Web: www.teamsurvivor-la.org
www.teamsurvivorcal.org

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 affected by 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 Host Facilities & Volunteer Support Organizations

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Fitness Solution Gym (*Huntington Beach*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ Step Up Women's Network (*Step Up for Yoga*)
- ◆ The Well (CA Black Women's Health Project) (*L.A.*)
- ◆ The Wellness Community—Foothills (*Pasadena*)
- ◆ The Wellness Community—South Bay (*Redondo Beach*)
- ◆ UCLA Bruin Belles
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ YAS Yoga and Spinning Center (*Venice*)

Team Survivor Personnel & Program Leaders

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Administrative Manager

Melinda Ewen
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Program Director (Los Angeles)

Keri Uejo
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Program Director (Orange County)

Betty Van Kirk
TeamSurvivorOC@yahoo.com

Program Specialist/Triathlon Coach

Ni Bueno
nbueno@teamsurvivor-la.org

Medical Advisory

Marilou Terpenning, M.D.

Board of Directors

Pam Burton Catherine Wagar
Bruce Rankin Lauren Scott
Karen Van Kirk

Indoor Training Trainers

Mike Strickland, Stacey Smout

Swim Coaches/Lifeguards

Lindsay Conners, Brittany Hart

Lying Down & Letting Go™ Instructors

Karen Penhale, Natalie McReynolds

Yoga Instructor

Joyce Gauss

Dragon Boat Team Captain

Lauren Scott

Culver City Walk Leader

Gail Kadar

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Huntington Beach Walk Leaders

Kathy Bates, Rosario Torres

Lake Balboa Walk/Bike Leaders

Ruth Berk, Georgia Gowin

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leaders

Linda Gero

Santa Monica Walk Leaders

Judy Kates, Barbara Maller

Simi Valley Walk Leader

Cathy Kocur

USC Campus Walk Leader

Leigh Ruth