

# TEAM Survivor Moves



## Prevention and Early Intervention

As a longtime volunteer for the South LA ACS, I have had the pleasure of sharing with the community health educational information, recent research findings, and services available to the public through the ACS.

We have specifically targeted the African American community for whom the cancer incidence and mortality rates are jumping off the boards.

Prevention and early intervention seem to be the ticket for avoiding cancer and/or detecting it early enough to prevent spreading. The most effective ways to do this are to: know your family medical history, develop a relationship with your physician through regular visits, become aware of cancer symptoms, get your cancer screenings, participate in regular exercise activities (stretching, aerobic, weight, etc.), and finally, practice good nutritional habits (eating fruits, vegetables, fish, lean meat, etc.).

*Robert M. Taylor is a yoga instructor and work-site/community wellness consultant. He teaches yoga for Team Survivor.*

## The Orange Roughy's Dragon Boating Season Begins!

The Orange Roughy's are out enjoying the beautiful weather as they vigorously paddle their 40-ft long Dragon Boat along the shores of Newport. The team continues to grow as more women realize that Dragon Boating is great 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!

The team recently began practicing for an upcoming festival in Vancouver BC. The festival racing is a lot of fun but not all our paddlers race and not all travel to the festivals. For some, the exercise and camaraderie experienced at practice are enough. Whether you love the thrill of the race or just want to meet other survivors while participating in an exhilarating activity, Dragon Boating is a great sport for everyone.

See Program Bulletin for details.

### Festival Schedule:

- Vancouver—June 17-19
- Long Beach—July 30-31
- San Fran—Aug. 26-27

## Spectrum Club Launches New Program for Cancer Survivors

The Spectrum Club's Cancer Well Fit program is a mind and body fitness program for cancer patients and survivors who are less than one year out of treatment. This free, rehabilitative program provides a 10-week group strength training class designed to reduce fatigue and treatment side effects while boosting energy levels and reconditioning the body. It is an excellent way to re-introduce yourself to exercise or get started for the first time. Space is limited.

**Program locations:** Spectrum Clubs South Bay and Santa Monica  
**For more information** contact Toni Brown at (310) 534-7378

## Bike group tunes up for the triathlon



## Camp Kesum for Kids June 26-July 1, 2005

UCLA is offering week-long summer camp for kids 6-13 years old who have or had a parent with cancer. The cost is free for participating families. For more information visit [www.CampKesumUCLA.org](http://www.CampKesumUCLA.org) or contact Rachel at (760) 500-9986.

## Mark Your CALENDAR

**June 4- 5:** San Dimas, CA  
 Danskin Triathlon

## 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 - 9:30 am
- ◆ Wednesdays 6:00 pm
- ◆ Linda 323/221-2334 or Judy 714/373-2448
- ◆ Details at [www.LAPinkDragons.org](http://www.LAPinkDragons.org)

#### Newport Beach - Orange Roughys

- ◆ Newport Aquatics Ctr 1 Whitecliff Dr. Newport B.
- ◆ Practice Sundays 10:00 am
- ◆ Jennifer 714/642-1089

### CORE FITNESS / RESISTANCE TRAINING

#### Cypress (private gym)

- ◆ Tuesdays 7:15 - 8:15 pm
- ◆ Jennifer 714/642-1089

#### 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. Ask for Cindy.

#### Van Nuys: bike to Lake Balboa

- ◆ Saturday mornings, depending on weather
- ◆ 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 -

- ◆ Thursdays Beginning June 9th
- ◆ Catalina Coffee Shop (126 North Catalina)
- ◆ 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

### YOGA and LYING DOWN & LETTING GO™

- ◆ Catherine 818/901-1812
- ◆ **Burbank - Providence St. Joseph Medical Ctr.**
- ◆ Mondays: May 2, 9, 16, 23 June 6, 13, 20
- ◆ 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
- ◆ Jennifer 714/642-1089

#### 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 - 3:30 pm
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

#### 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

#### Sherman Oaks - weSpark Cancer Support Ctr

- ◆ On Hiatus until fall

### SWIMMING & AQUA EXERCISE

#### Brentwood - Mt. St. Mary's College

- ◆ Days and times TBD —call Lindsay for more information 310/486-0772
- ◆ 12001 Chalon Rd.
- ◆ Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; right on Chalon; right gate drive

#### 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
<b>8:00 AM</b>	<b>Dynamic Fitness</b>					
<b>8:45 AM</b>			<b>Yoga</b>		<b>8:30 Yoga</b>	<b>Step Aerobics</b>
<b>9:00 AM</b>	<b>Timeless Body</b>	<b>Step Interval</b>	<b>Barre Class</b>	<b>Step Interval</b>		
<b>10:40 AM</b>	<b>Gentle Exercise</b>	<b>Gentle Exercise</b>		<b>Gentle Exercise</b>		<b>10:30 Yoga</b>
<b>5:15 PM</b>	<b>Strong &amp; Stretched</b>	<b>Step &amp; Chi Ball</b>	<b>Strong &amp; Stretched</b>			
<b>6:30 PM</b>	<b>Yoga</b>		<b>Yoga</b>			



**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](http://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](http://www.wellnessandcancer.org)
- ♦ **Foothills** 626/796-1083  
[www.thewellnesscommunity.org/foothills](http://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](http://www.wespark.org)

**UCLA Ted Mann Family Resource Center**

Research/Resource/Support Groups & Lecture Series  
310/ 794-6644 or [CancerResources@mednet.ucla.edu](mailto:CancerResources@mednet.ucla.edu)



C A L I F O R N I A

11110 W. Ohio Ave.  
Ste. #111  
Los Angeles, CA 90025  
(310) 477-8557 phone  
(310) 477-4669 fax  
info@teamsurvivor-la.org

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.
- ◆ The Allergan Foundation
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Ctr
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ Lifestyles for Health-Glendale
- ◆ LAC + USC Healthcare Netwk
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Poko Pano Brazilian Bikinis
- ◆ Providence St. Joseph MedCtr
- ◆ The Spectrum Club-So Bay
- ◆ Susan G Komen Breast Cancer Foundation
- ◆ Toyota Motor Sales USA Inc.
- ◆ The Wellness Community:
- ◆ weSpark Cancer Support Ctr
- ◆ YWCA Santa Monica

NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 601  
Santa Monica, CA

**DATED MATERIAL. Please deliver by May 13**

*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 Staff, Board, Advisors & Program Leaders**

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Melinda Ewen

**Program Director**  
Jennifer Feldman

**Hiking Leaders**  
Bruce Rankin  
Catherine Wagar

**Indoor Fitness Trainers**  
Ali Boice  
Mike Strickland

**Lying Down & Letting Go™  
& Yoga Instructors**  
Florencia Dunayevich  
Joyce Gauss  
Olivia Israel  
Satya Kaur  
Karen Penhale  
Robert Taylor

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**Redondo Beach Walk Leader**  
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Gertrude Lewis  
Catherine Wagar

**Triathlon Coach**  
Ni Bueno

**LA Pink Dragons  
Team Affiliate Captain**  
Linda Gero

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

