

Team Survivor Bulletin

November / December 2002 Calendar & Program Listing

Program Update

NOTE TO ALL OUR READERS...

Team Survivor's continued growth has prompted us to move to a new format for our newsletters. Starting with this issue, we will be publishing a briefer "Calendar & Program Listing". In 2003, we will also launch a brand new, more expansive "Quarterly Newsletter" - with a new look and design!

Walking Groups - New & Changes

Our 3 newest walking groups in Los Angeles County are now in full swing, and the leaders would love to have you join:

- ◆ **New! USC Track**, Fridays 12:30 p.m.
- ◆ **New! Griffith Park**, Tuesdays 10:00 a.m.
- ◆ **New! Simi Valley**, Thursdays 6:00 p.m.
- ◆ **Change: Santa Monica Walk (Wednesday only):** After Oct. 27th (daylight savings time ends), the location will change to Palisades Park in Santa Monica (WED. only)
- ◆ **Change: Fullerton Walk—call for new locations**
- ◆ **Change: Irvine Walk—new location** Bill Barber Park, 16 Civic Center Plaza

See the insert for details on meeting time/place for all of our walking groups.

Fall Sessions Resume:

Lying Down & Letting Go

Classes resumed on Monday, October 7 (Burbank) and Tuesday, October 8 (West LA). These classes offer strengthening and stretching exercises that are gentle, safe and easy for anyone to do. See the insert for details on meeting times and places.

New Location! Yoga - South Bay

Our South Bay yoga sessions has a beautiful new location at The Wellness Community Center in Redondo Beach. The fall session runs for 10 weeks, from Oct. 10th to Dec. 12th. See the insert for details.

Komen Race for the Cure™ - L.A. County Sunday, November 3rd

Team Survivor LA is a supporter and participant of this event. We have a booth, as well as our own team for the 5 km (3.1 mile) walk/run to raise money for breast cancer research and services. By the time this newsletter reaches you, the event will be upon us. So we would love for you to come out and join us at this event, either as a walker or runner, booth sitter, or just to attend and support the cause. If you have any questions on how to volunteer or attend this event, please call Keri Uejo. For possible last minute registration for our Team Survivor LA 5k walk/run team, please contact our Team Captain Barbara Maller @ (310) 260-2147 or TSLA Program Director Keri Uejo @ (310) 829-7849 x4.

Marathon Exploration/Training Program

Have you ever pondered the possibility of trying to complete a marathon? Team Survivor will be offering a marathon training program for our participants that will let you explore the possibility without pressure, commitment or fund-raising requirements. Please contact Ni Bueno (310) 798-7153, nbueno@teamsurvivor-la.org for more information.

Member Celebration Event

Stay tuned!!! In early 2003 (official date forthcoming) we will have our first annual member celebration event...honoring all of our members participation. This will be a celebration of our members' milestones, accomplishments, lives, and friendships. Watch your mail for information!!! Contact Pam Burton for details.

For all last minute program announcements and changes, please call:

**TSLA Program HOTLINE
(310) 281-6152**

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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. For more information about Team Survivor contact the Los Angeles office at (310) 829-7849 or the Orange County office at (949) 275-3888.

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for holidays and College campus closures – **CALL HOTLINE BY FRIDAYS TO CONFIRM DATES**):
November 10 & 24, December 1 & 8
- ◆ 10:30 a.m. - 12:00 p.m.
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ From Sunset Blvd. traveling west, turn right on Bundy Drive. Travel 1.5 miles to Norman Place and turn right. Turn left at the end of Norman onto Chalon Road. The driveway for the College will be on the right. Stop at the gate to get directions to the Fitness Center/Pool.
- ◆ Free parking at the College.

INDOOR TRAINING

Pasadena

- ◆ Tuesdays 6:45 - 8:00 p.m.
- ◆ **TEMPORARY LOCATION CHANGE:** Braun Athletic Center, California Institute of Technology (CalTech)
- ◆ South of the corner of Wilson Ave. & California Blvd., about 1/3 of the way down the block
- ◆ Free parking on Wilson Ave. or in the parking lot near Cal Tech tennis courts

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.

CYCLING - SPINNING/INDOOR

Redondo Beach

- ◆ To reserve a bike, call Keri @ (310) 829-7849 x4.

LOW IMPACT AEROBICS/BODY CONDITIONING

South-Central Los Angeles

- ◆ Saturdays 9:00 - 9:45 a.m.
- ◆ The Well, 1061 E. 54th Street
- ◆ Northwest corner of Central Avenue and 54th Street
- ◆ Entrance to The Well is on the ground floor, off of 54th Street
- ◆ Secured parking available in garage (entrance off 54th Street; honk horn and someone will open the gate for you)

LYING DOWN & LETTING GO™

Burbank

- ◆ Monday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ October 7 - December 9
- ◆ Providence St. Joseph Medical Center
- ◆ Corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 freeway at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 freeway 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

- ◆ Tuesday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ October 8 - December 10
- ◆ Wilshire Boulevard Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington

Please contact Keri Uejo @ (310) 829-7849 x4 for more information or to register for either of the Lying Down & Letting Go™ classes.

YOGA— *new location!*

Redondo Beach

- ◆ Fall 2002 Yoga classes will be "in-session" from: October 10 through December 12
- ◆ Thursday evenings, 6:00 - 7:00 p.m.
- ◆ **New Location!!!** 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 a ticket, and go to upper parking lot. See building 109 at end of parking lot. Bring a quarter (25 cents) for City of Redondo parking box.
- ◆ Call Keri in the Team Survivor office for more info (310) 829-7849.

WALKING GROUPS

- ◆ The meeting time/place details for our Walking Groups are listed on the next page...

Team Survivor LA is looking for more walk group leaders, either as regular or backup. Areas most needed: South Bay, Simi Valley, Griffith Park, and USC/Downtown. Call Keri Uejo for details.

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

USC Campus Track - **New!!!**

- ◆ Fridays, 12:30 p.m.
- ◆ USC Cromwell Track & Field
- ◆ Track is on McClintock Ave. off of Vermont Ave.— walk onto campus through Gate 6
- ◆ Free street parking on 36th Place or 36th Street, or in Smart & Final/Taco Bell parking lot on Vermont Ave., or metered parking on Vermont Ave.
- ◆ **More info:** Call Leigh at (213) 740-9040 (work) or (213) 764-4403 (home)

Griffith Park - **New!!!**

- ◆ Tuesdays, 10:00 a.m.
- ◆ Meet in front of Griffith Park Pony Rides Concession
- ◆ Free parking in Pony Rides parking 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

- ◆ Tuesdays 12:00 noon
- ◆ Meet at the bottom of the ramp at Ocean and Junipero
- ◆ Free parking on the street and metered parking at the bottom of the ramp
- ◆ **More info:** Call Lauren at (310) 538-9945

Pasadena

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

Santa Monica

- ◆ Wednesdays 5:30 p.m. **AND** Saturdays 10:30 a.m.
- ◆ **Saturdays:** Meet in front of Shutters Hotel, where Pico Blvd. runs into the beach. Metered parking available on street (\$1/hr) or Public Valet Parking is often available at Shutters (.50 / hr)
- ◆ **Wednesdays:** Evening walks will relocate to Palisades Park (corner of Washington Ave. & Ocean Ave.) after the time change on Oct. 27th.
- ◆ **More info:** Call Gail at (310) 815-1685 for Wednesday walks, and call Judy at (310) 230-4422 or Barbara at (310) 260-2147 for Saturday walks.

Simi Valley - **New!!!**

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave.
- ◆ Free parking—meet in west parking lot
- ◆ From the 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

- ◆ Tuesdays 7:30 a.m. **AND** Saturdays 8:30 a.m.
- ◆ Lake Balboa Park
- ◆ Exit 101 fwy. at Balboa, turn north. Cross Burbank Blvd., the park is on your right. Turn east into the 1st entrance into the park. Drive up the road and around the curve; park in the first paved lot on your left. A sidewalk goes from alongside the parking lot to the walkway around the lake. Meet at the junction of the sidewalk and the lake walkway. Look for the Walk Leader with a clipboard.
- ◆ **More info:** Call Ruth at (818) 782-6074

Orange County Programs Meeting Times & Places

WALKING GROUPS

Fountain Valley

- ◆ Tuesdays, 10:30 a.m.
- ◆ Meet at the Mile Square Park, northwest corner of Warner and Euclid (Euclid park entrance)
- ◆ Free parking on the street (Euclid)

Fullerton—**Location Change with time change!!!**

- ◆ Mondays, 6:30 p.m.
- ◆ Location will vary weekly on walkers' requests—call Candace with your requests and for weekly details on meeting spots
- ◆ **More information:** Call Candace (714) 871-8511

Huntington Beach—**Coming Soon!!!**

- ◆ Stay tuned for day, time and location...
- ◆ Call Betty with location requests or for more information (949) 275-3888 on start date, etc.

Irvine

- ◆ Mondays, 6:00 p.m.
- ◆ Meet in Bill Barber Park, at flag pole near baseball fields; 16 Civic Center Plaza; cross streets are Harvard and Barranca.
- ◆ Free parking in Civic Center Parking Lot.

Mission Viejo

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at the Vista del Lago Shopping Center (near Coldwell real estate office)

Newport Beach

- ◆ 2nd and 4th Fridays of each month
- ◆ 10:00 a.m.
- ◆ Meet at the NIKEgoddess store - Fashion Island
- ◆ Those who wish can stay for lunch after the walk

Walk Leaders Needed: We are looking for leaders to help with these Orange County walks. Walk Leaders ask people to sign in each week and stay in touch with the group members to remind them about the program.

If you are interested in helping with the walks or need more Orange County program information:
Call Betty at (949) 275-3888
or e-mail TeamSurvivorOC@yahoo.com

Other Exercise & Cancer-Related Programs

Encore Program -

YWCA of Santa Monica/Westside

Guided aqua exercise in heated pool, and informal peer support for women who have had breast cancer surgery. Thursdays, 10:30 am Call Sharon at (310) 452-3881. (See also "Discounts Available" section below for access to other Santa Monica YWCA classes and programs.)

Ted Mann Family Resource Center-UCLA

Support groups & classes—call (310) 794-6365.

- QiGong
- Healing Through Art
- Journal Writing
- Specialty support groups

Dynamic Strength Training Program - St. Vincent Medical Center

Weekly exercise program using elastic resistance tubing. Mondays 10:30-11:30 a.m., Tuesday, 2:30-3:30 p.m., and Thursdays, 2:00 - 3:00 p.m.

St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., Los Angeles. Call Claudia at (213) 484-7887.

Exercise for Breast Cancer Survivors - Placentia

Stretch, balance and resistance training for breast cancer survivors. Led by Meredith Laskow.

Tuesdays, 7:00 - 8:00 p.m.

Held at Backs Building, 201 N. Bradford, Placentia. Contact via email: meredithbead@netzero.net

The Wellness Community - Foothills

Below is a listing of some of the classes that TWC-F offers. For more information or a complete listing, call (626) 796-1083:

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)

TWC-F is sponsoring a team for the Vancouver Marathon to be held on May 4, 2003. Training and expenses will be paid for participants—call (626) 796-1083.

The Wellness Community - South Bay

Below is a listing of some of the classes that TWC-F offers. For more information or a complete listing, call (310) 376-3550:

Yoga: Wednesdays, 9:30-10:30 am (Redondo Beach)

Thursdays, 6-7 pm (**Sponsored by Team Survivor**)

Fridays, 2-3 pm (Redondo Beach)

Tai Chi: Thursdays, 9-10 am (Redondo Beach)

QiGong: Thursdays, 10:30-11:30 pm (Redondo Beach)

Lectures & Education

Ted Mann Family Resource Center-UCLA

November 12th, 7:00 to 9:00 pm

"Lung Cancer: Current and Developing Therapies"

- ◆ Barbara Gitlitz, MD, UCLA Oncologist, Assistant Professor and Researcher; Steven Dubinett, MD, UCLA Professor, Internist, Pulmonary & Critical Care Physician & Director of UCLA Specialized Program of Research Excellence (SPORE) in lung cancer. Call (310) 794-6644 for information.

December 3rd, 7:00 to 9:00 pm

"Cancer and Nutrition"

- ◆ Karen Duvall, MD, MPH, UCLA Assistant Professor and Physician in prevention and treatment of cancer. Discussion of role of exercise, dietary supplements and intervention, and the latest information on healthy diets during and after treatments. Call (310) 794-6644 for information.

The Wellness Community -Foothills:

"Return to Wellness"

10-week fitness, nutrition, education and support program for women who are at least 3 weeks post-treatment for breast cancer. Combines discussion and exercise. Call (626) 796-1083 to RSVP for Jan., 2003.

The Wellness Community -South Bay Cities:

November 4, 6-8 pm: "Frankly Speaking About Cancer Treatment: Take Control of Side Effects with Medicine, Mind and Body" PAB Member John Link, MD will be joined by Chirstine Winkler, PhD, TWC facilitator. Call (310) 376-3550 for free sign-up.

November 16, 8:30 am—1 pm: "Frankly Speaking About Lung Cancer" Offsite 1/2 day of education, support and hope. Limited seating—must register by calling (310) 376-3550.

Discounts Available for Team Survivor Participants

YWCA of Santa Monica / Westside

TSLA Participants have the opportunity to take a variety of classes at the YWCA of Santa Monica / Westside. Try aqua pool exercise, yoga, "Strong & Stretched", Pilates mat classes and more!

Call (310) 452-3881 and ask for Sharon. Mention Team Survivor and your \$35 annual membership fee at the Santa Monica YWCA will be waived. You will pay only a small per-class fee.

Body Builders Gym - Silver Lake

TSLA Participants can receive a one-year membership at Body Builders Gym in Silver Lake for \$190 (regular price is \$375). In addition, you can receive a "starter" personal training session for \$30 / hour (regular price \$50 / hour). Please contact Erik at (323) 668-0802; mention Team Survivor.

Sierra Madre Pool

The community pool in the City of Sierra Madre allows Team Survivor participants to swim for free on Monday, Wednesday, Thursday and Friday evenings from 8:30 to 9:30 during the summer. The pool is located at 232 W. Sierra Madre Blvd., between Baldwin Ave. and Santa Anita Ave.

Survivors' Column

Editor's note:

Mimi sent us this letter less than a week after her most recent surgery...it touches all of our hearts and inspires us to continue with our mission and reach out to as many cancer-affected women as we can. Although Mimi asked otherwise, I have chosen to leave it mostly unedited, as the heart-felt rawness in her writing speaks to the idea that so shortly after surgery, while still on medication and interrupted sleep, her bond with Team Survivor was so strong that it compelled her to write this letter in the wee hours of the morning...

.....

My name is Mimi Rosenblatt and I have no exceptional physical feats that I have accomplished; no Mt Whitney mountain climbed, no crossing the line at the Triathlon – not yet at least. This is my story:

In September 2000, I had my second lung cancer surgery, a Pneumonectomy (removal left lung). In 2001, a coworker Georgia (who is a breast cancer survivor) mentioned a group for women that have been touched by cancer. She invited me to join their Saturday walks at Balboa Lake Park. I decided to join them and found an incredible, diverse group of women.

This group has gotten me through some rough spots, depression mostly. They never gave up on me and persisted consistently. These were the only women I couldn't lie to, and when I tried, they never accepted my excuses.

Over time, as I have bonded with this group, I have come to realize it is not just a "walking group." These women are my sisters and best friends. They always seem to understand what I experience. At one point or another they have been through desolation, whether it's cancer related or not. They all understand. Words are unnecessary.

Team Survivor has changed my life in such a positive way that it has helped me in my healing— physically and emotionally. My love is my thanks and I know the love comes back so much stronger.

We had a birthday dinner 9/19/02 for three of the September birthday girls, Helen, Ofra and Sandy. This is part of our extra-curricular activity. Did I mention that this group likes food better than exercise?

Recently I was diagnosed with a brain metastasis. At the Saturday walk I notified the group that the surgery was scheduled for the following week, unsure of the date & time. Debbie took the bull by the horns and stated that we needed a phone tree communication line. Julia volunteered to relay the info to the group. She was even there in the recovery room so her report was accurate.

Thursday, prior to the surgery I took the day off & Julia stayed with me and helped with laundry and driving me

around for last minute errands. Friday, 9/27, the surgery lasted 2 hours and was so successful that it was past my wildest dreams. The tumor was attached to a capillary not brain matter; therefore speech & memory were left intact. I know I had lots of people praying for me and supporting me, however it appeared that Team Survivor had their order in first! And trust me...you don't argue with these women—waiters & waitresses dread us when they see us coming.

Saturday, there was a Relay for Life in Simi Valley (unfortunately I couldn't attend) where a luminary was lit for me and I got a T-shirt, teddy bear, ribbon, pin, etc. Sunday I was released from the hospital. On Monday I was able to join most of the group at Sandy's house where a special television story was aired on NBC, about an incredible Team Survivor who beat the odds & finished the Danskin Triathlon.

I also want to mention other Team Survivor Triathletes who are such an inspiration to me. This was also Gertrude's first Triathlon competition (my hero) who was so proud of her accomplishment. Ruth, Pam and Georgia are also repeat Triathlon finishers. One day I would like to join this elite group, each one of us an incredible survivor that continues to beat the odds.

To make a long story short, the battle never ends— we all know this but I'll say it anyway— We are strong Team Survivors and can literally overcome anything together! I will attempt to train for the triathlon next year and know that the "Team" will push me and never let me give up.

Just wanted to thank the "Saturday Morning Walkers" for the absolutely magnificent tropical floral arrangement, preparing me for my upcoming trip to Hawaii.

Also want to send my love to the following Lake Balboa Team Survivors that have made such a difference in my life:

Julia, Georgia, Sandy, Debbie, Ofra, Gertrude, Betty Ann, Helen, Adalberta, Ruth, Catherine & Bruce, Rose, Florence, Bernice, Lun, Connie.

And last but not least, thank you to Karen for coming up with this brainchild!!!

With love,

Mimi Rosenblatt

To contact her:

Email: MimiRosenblatt@aol.com

Chatsworth, CA

<http://hometown.aol.com/mimirosenblatt/myhomepage/index.html>



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

Exercise, health education and support programs for all women affected by cancer

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

Thank You to Our Host Facilities

The Team Survivor programs are made possible by the work of our dedicated volunteers and the support of our host facilities. Thank you for your support!

- ◆ Aranda's Woodcraft (Gardena)
- ◆ Breakthru Fitness (Pasadena)
- ◆ California Institute of Technology (Pasadena)
- ◆ Mount St. Mary's College (Brentwood)
- ◆ NIKEgoddess (Newport Beach)
- ◆ Providence / St. Joseph Medical Center (Burbank)
- ◆ The Well (a facility of the California Black Women's Health Project - Los Angeles)
- ◆ The Wellness Community Center—Foothills
- ◆ The Wellness Community Center—South Bay
- ◆ Wilshire Boulevard Temple (West Los Angeles)
- ◆ Workout Warehouse/The Speed Center (West Hollywood / Redondo Beach)

Team Survivor Personnel

Executive Director

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Ni Bueno
nbueno@teamsurvivor-la.org

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Marilou Terpenning, M.D.

Indoor Training Trainer

Mike Strickland

Swim Coach

Kristine MacRae

Low-Impact Aerobics Instructor

Natalie McReynolds

Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

USC Campus Walk Leader

Leigh Ruth

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Lake Balboa Walk/Bike Leaders

Ruth Berk, Georgia Gowin

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leader

Linda Gero

Santa Monica Walk Leaders

Gail Kadar, Judy Kates, Barbara Maller

Simi Valley Walk Leader

Cathy Kocur

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