

## Program Bulletin

### The Important Things in Life

In today's too-busy world, it is good to slow down once in a while to think about why we do the things we do. Team Survivor is dedicated to enabling women who have been diagnosed with cancer to take an active role in regaining and maintaining their health and well-being by participating in programs of physical activity. The American Cancer Society says a priority for long-term survivors should be "an appropriate weight, healthful diet and physically active lifestyle to prevent additional primary cancers and other chronic diseases". The advice is not easy for most to practice, however. I think the trick is first to understand why healthy activity and food are important, and then make a HABIT of choosing them. Once habit is formed, difficult choices become easier.

We offer survivors an opportunity to begin and maintain a healthy, active lifestyle with the support and encouragement of peers. This increases our longevity and enhances our quality of life – which is about as important as things get in my book! I am asking all who are able to make a donation to Team Survivor to enable us continue our services both to you and also to the soon to be diagnosed cancer survivors whose lives can and will be improved if they join with us.

*Melinda Ewen, Executive Director, Team Survivor California*

### Mt. Gleason Night Hike



On July 31 this Team Survivor group enjoyed a picnic supper on top of the mountain & had a full moon for light on the trek down.

**The Time is NOW ...**  
**To start training for the LA Marathon - March 6, 2005**  
**Join the Team Survivor team**  
**Run, walk, or bike!!!**

### Yoga at LA Co + USC Breast Cancer Clinic

Ten years ago, a regular yoga class in a hospital setting would have sounded impossible to Florencia Dunayevich, Team Survivor's Certified Yoga Instructor at LA County – USC Hospital. It is a now a reality since the innovative program was launched in August in coordination with the Department of Social work at the hospital breast cancer clinic. We certainly know how physically and emotionally demanding cancer treatment can be. Add to that not speaking the same language as your health care provider, and waiting hours for a clinic appointment, and the stress can be over the top. However, at the end of our 1.5-hour Spanish/English class the calm facial expressions in the borrowed doctors conference room



speaking volumes about the value of this, often 1st-time, yoga experience. Florencia explains that when confronted with pain most people try to ignore it, or take a painkiller. These approaches do not make us feel that our body is our friend, a source of guidance and enjoyment. The women are taught to listen to their bodies and through this can learn a better response to pain. Shifting away from the old 'no pain no gain', they begin to enjoy moving their bodies. It is not uncommon to hear after class a comment that a pain or soreness is gone. Movement, breath, and consciousness are stress alleviators, creating an almost immediate sense of well-being and a step towards the integrated process of healing.

### Baja Bound!

National Team Survivor is sponsoring a 4 day cruise to Baja Mexico leaving from LA on January 31. Cabins start at \$293. This is a great way to have a great vacation and support Team Survivor National. Call Nicole 800-264-0557

### THINK ABOUT DRAGON BOATING !

Now that race season is over, it's the best time to try the Dragon Boat experience.

Learn how to paddle a large canoe that holds up to 20 paddlers, a steerer, and a drummer.

Various sizes, ages, and abilities are welcome. It's all about team work. Your body will feel great as you start building strength in your legs, waist, and arms.

*See p 2 for details*

### New !!! Redondo Beach Walk & Talk

**Starts December 3**  
**Meet at 6:30 PM**  
at McConnell's Ice Cream Shop on the Redondo Pier

Coffee shop stop to warm up afterwards. Best company & scenery around!

*See p 2 for details*



## 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

- ◆ Saturdays 7:30 - 9:00 am
- ◆ Linda 323/221-2334 or Judy 714/373-2448

#### Newport Beach

- ◆ Sundays 10:00 - 11:30 am
- ◆ Regina 714/501-1144

### INDOOR CORE FITNESS / RESISTANCE TRAINING

#### Cypress (private gym)

- ◆ Tuesdays 7:15 - 8:15 pm
- ◆ Ali 714/523-1771

#### 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 - 8 am Mon/Wed 6 - 7 pm
- ◆ Tue 5:30 - 6:30 pm Sat 8 - 9 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

#### Fountain Valley - Mile Square Park

- ◆ Wednesdays 8:30 am
- ◆ Euclid entrance
- ◆ Judy 714/373-2443 or Kathy 714/848-7128

#### Pasadena - Rose Bowl

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

#### Redondo Beach - Pier: McConnells Ice Cream

- ◆ Fridays 6:30 pm
- ◆ NEW!! Starts December 3
- ◆ 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), park in 1st paved lot on left, meet at sidewalk & walking path
- ◆ Catherine 818/901-1812

### YOGA and LYING DOWN & LETTING GO™

#### Burbank - Providence St. Joseph Medical Ctr.

- ◆ Mondays 7:00 - 8:30 p.m.
- ◆ Through November 8, resume in January
- ◆ 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

#### Inglewood - Daniel Freeman Mem Hospital

- ◆ Wednesdays 6:00 - 7:15 p.m.
- ◆ 333 N. Prairie Ave (btwn Manchester/Florence)
- ◆ Enter Admin. Bldg (left of main entrance)
- ◆ Guard has temporary pass to Conf Room C

#### Los Angeles - Stentorian Fire Station

- ◆ Thursdays 6:00 - 7:00 pm
- ◆ 1409 W Vernon Ave NW corner at Normandie

#### Los Angeles - LAC + USC Hospital

- ◆ 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

- ◆ Thursdays 7:00 - 8:30 p.m.
- ◆ Through November 11, resume in January
- ◆ 13520 Ventura Blvd (btwn Coldwater&Woodman)

### Swimming & Aqua Exercise

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

- ◆ Sundays 11:00 am - noon
- ◆ November 7, 21 December 5, 12
- ◆ 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

- ◆ Thursdays 10:30 am at Lowe's Hotel
- ◆ Sharon 310/452-3881

### Hiking

- ◆ 310/477-8557 to be put on our hiking roster.



**PROGRAM BULLETIN:  
LOCATIONS, TIMES & PLACES**



**YWCA Body Shop classes  
2019 14th Street Santa Monica**



Sign in on TS roster at front desk.  
Call Sharon at 310/452-3881 for class details.

	MON	TUE	WED	THUR	FRI	SAT
8:00 AM	Dynamic Fitness					
8:45 AM			Yoga		8:30 Yoga	Step Aerobics
9:00 AM	Timeless Body	Step Interval		Step Interval	Strong & Stretched	
10:40 AM						10:30 Yoga
5:15 PM	Strong & Stretched	Cardio Exercise	Strong & Stretched	Energy Core		
6:00 PM		Pilates Express				
6:30 PM	Yoga		Yoga			

**Must have Medical Release & Information Forms on file before attending classes and events. Contact Lindsay at 310/477-8557.**

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 visit [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

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(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**

- ◆ Advanced Litho—Cerritos
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman Memorial Hospital - Inglewood
- ◆ Dr. Howard Chen / ICEA
- ◆ Fountain Valley Medical Ctr
- ◆ The Intimate Image
- ◆ LA Stentorian Fire Station
- ◆ Lifestyles for Health-Glendale
- ◆ LAC + USC Healthcare Netwk
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ ProvidenceSt. Joseph Medical Center - Burbank
- ◆ The Spectrum Club-So Bay
- ◆ The Wellness Community: Foothills
- ◆ The Wellness Community: South Bay
- ◆ weSpark Cancer Support Ctr
- ◆ YWCA Santa Monica

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

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

**TEAM Survivor Staff, Board, Advisors & Program Leaders**

**Executive Director**  
Melinda Ewen

**Program Director**  
Jennifer Feldman

**Administrative Asst**  
Lindsay Connors  
**Hours: M-F 9am—noon**

**Dragon Boat Captains**  
Judy Burrows  
Linda Gero  
TK Kimura  
Regina Savage

**Outdoor Hiking & Backpacking Leaders**  
Bruce Rankin  
Catherine Wagar

**Indoor Fitness Trainers**  
Ali Boice  
Mike Strickland

**Studio Cycling**  
Cindy Miller

**Board of Directors**  
Pamela Burton  
Linda Gero  
Bruce Rankin  
Catherine Wagar  
Karen Van Kirk

**Lying Down & Letting Go™ & Yoga Instructors**  
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Joyce Gauss  
Olivia Israel  
Satya Kaur  
Karen Penhale  
**Fountain Valley Walk Leaders**  
Kathy Bates  
Judy Burrows

**Pasadena Walk Leader**  
Linda Gero

**Redondo Beach Walk Leader**  
Leigh Ruth

**Professional Advisory Board**  
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Sharon Donaldson, YWCA  
Florenca Dunayevich, R.D.  
Samantha Wood, M.P.T.

**Santa Monica Walk Leader**  
Diane Schreiber

**Van Nuys Walk/ Outdoor Bike Leaders**  
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Georgia Gowin  
Gertrude Lewis  
Catherine Wagar

**Swimming/Aquatics YWCA Encore Coaches**  
Lindsay Connors  
Sharon Donaldson

**Triathlon Coach**  
Ni Bueno

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