

TEAM SURVIVOR Bulletin

September/October 2003 Announcements & Program Listings

DEAR PARTICIPANTS & SUPPORTERS:

The summer flew by and 2003 is on its way into the last quarter of the year. We continue to work on bringing you new programs, and align our existing programs with your on-going needs and changing interests. We will kickoff our 2004 planning on Oct. 12th, so prior to that we would love to hear your requests and feedback for changing or adding programs in your area. Send to info@teamsurvivor-la.org or fax to (310) 829-6959.

This is the kind of information that really helps us:

- ◆ Type of programs you'd like to have in your area
- ◆ Names of anyone else who would be interested (we usually need about 10 regular participants)
- ◆ Any leads or ideas you may have on a facility (if required) and also any community or corporate sponsors to help us fund these programs

COME CHECK OUT OUR REVAMPED AQUATICS PROGRAM!

In cooperation with the YWCA Santa Monica/Westside Encore Program, we have enhanced our Sunday aquatics program at Mount St. Mary's in Brentwood. Come for swimming tips and instruction, or feel free to join our Water and Fitness specialist Lindsay Connors in an Aqua Exercise class using specially-designed movements and props that help you build strength, flexibility, and endurance. Details on page 2.

PROGRAMS THAT ARE NEW OR CHANGED:

- ◆ Dragon Boating—*new*
Team of 20 survivors paddling in unison to the beat of an accompanying drummer—Join us!!!
- ◆ Swimming & Aquatics—*new format*
- ◆ Burbank Lying Down & Letting Go —*see fall times*
- ◆ West L.A. Lying Down & Letting Go™—*see fall times*
- ◆ Metro L.A. Yoga (Stentorian Fire Station)—*new*
- ◆ Metro L.A. Yoga (T.H.E. Clinic)—*new*
- ◆ Culver City Walk & Talk—*hiatus*
- ◆ Griffith Park Walk & Talk—*time*
- ◆ Metro L.A. Walk & Talk—*new*
- ◆ Santa Monica Walk & Talk—*time/location/contacts*
- ◆ USC Walk & Talk—*hiatus*
- ◆ Van Nuys Lake Balboa Walk & Talk—*contact info*
- ◆ Orange County Running Club—*new*
- ◆ Fullerton Walk & Talk—*time/location*
- ◆ Huntington Beach Walk & Talk—*2 new times*
- ◆ Irvine Walk & Talk—*time/day/contact*
- ◆ City of Orange Walk & Talk—*new*
- ◆ Rancho Santa Marg/Mission Viejo Walk & Talk—*new*

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

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Griffith Park—Walk & Talk

- ◆ Tuesdays, 7:30 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.
- ◆ Contact Patrice at (323) 906-1195

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 Lauren at (310) 538-9945

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

Culver City—Walk & Talk (on hiatus)

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

USC Campus Track—Walk & Talk (on hiatus)

- ◆ 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

Los Angeles Programs Meeting Times & Places

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

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.,
- ◆ **2 Sundays each month—confirm dates on TSLA Hotline (310) 281-6152**
- ◆ **Call for Sept. & Oct. 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.
- ◆ 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

- ◆ Most Tuesdays 6:30 a.m. **AND** Saturdays 7:30 a.m.
- ◆ Rides are approximately 1 hour (6 - 10 miles)
- ◆ Contact Catherine at (818) 901-1812 for meeting spot and directions.

DRAGON BOATING

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

- ◆ Team of 20 cancer survivors paddling in the ocean in unison to the beat of a drummer. If you are a survivor and want to join the team, contact Lauren.
- ◆ **OPEN TO ALL:** Team invites anyone interested to join the practice workouts—we need people!
- ◆ **Weekly Practice Schedule:** (unless at an event)
6:00 pm on Wed. & 7:30 am on Sat.
Launch from Long Beach—call for directions
- ◆ **Spectator Fun!!!** Team invites everyone to watch them race—and come to have fun!
- ◆ **Upcoming Races/Festivals:** (confirm with Lauren)
Sept 27 & 28: San Francisco Dragon Boat Race
- ◆ Contact Lauren (310) 538-9945 or email lauren@teamsurvivor-la.org

FALL HIKING SERIES—coming soon!

- ◆ Contact Keri Uejo (310) 829-7849 x4

LYING DOWN & LETTING GO™ YOGA CLASSES

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Summertime Yoga through Sept 29th.
- ◆ Fall session of Lying Down & Letting Go™ resumes Oct. 13th—Dec. 15th.
- ◆ 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.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

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.

Sherman Oaks—coming soon!

- ◆ Contact Keri Uejo (310) 829-7849 x4

West Los Angeles

- ◆ Fall session will resume Oct. 14th—Dec. 16th
- ◆ 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
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Orange County Programs Meeting Times & Places

Indoor Weight & Resistance Training

With Exercise Specialists Alijandra & Stacey

- ◆ Call Betty for the fall session day and time
- ◆ 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.

TSOC Running Club

- ◆ Weekly on Saturdays, 7:30 a.m.
- ◆ Meet @ Coco's parking lot in Irvine, 4595 Barranca
- ◆ RSVP to Betty (949) 275-3888

Fountain Valley—Walk & Talk

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

Fullerton—Walk & Talk—Let's start walking!!!

- ◆ Contact Candace (714) 871-8511 for times and locations that fit your schedule.

Huntington Beach—Walk & Talk on the Beach Now twice a week!!!

- ◆ *Starting in September:* Sunday mornings—meet @ Jack in the Box @ 8 am 17243 PCH; call Ali for more info (714) 827-2682
- ◆ *Starting October:* Mon. or Wed. mornings—contact Kathy (714) 846-8794 for times and location.

Irvine—Walk & Talk

- ◆ Weekly on Tuesdays, 6 pm;
- ◆ Meet @ parking lot of Woodbridge Lake's North Lagoon (off Stonecreek)
- ◆ Contact Kathleen for more info (949) 552-5007

Newport Beach Fashion Island—Walk & Talk

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKE Goddess store; stay for optional lunch after the walk.
- ◆ Contact Betty @ (949) 275-3888

City of Orange Walk & Talk—Starts Sept. 8th!

- ◆ Meet @ Hart Park, right off the 22 Frwy on Glassell
- ◆ Contact Kathy @ (714) 634-2585

Rancho Santa Margarita/Mission Viejo—Walk & Talk around the Lake—Coming Soon! (late Sept.)

- ◆ Contact Betty @ (949) 275-3888

Join Total Woman Gym & Spa!!!

You can get a Team Survivor discount by calling Jessica Dunn (949) 733-0478, Mention Team Survivor. This is a women's-only gyms with locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. They have cardio, weights, yoga, pilates & more! **we need a minimum of three members to get this discount applied*

Other Related Programs—Partnering Organizations

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 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

- ◆ Classes that TWC-F offers:
Dynamic Strength Training:
Tue. 5:30-6:30 pm (Pas), Fri. 1:30-2:30 pm (Pas)
Tai Chi: Wed., 5:00-5:45 pm (Pas)
Yoga: Thur 2:30-3:30, pm (Pas), Wed 2-3 pm (Burb)
- ◆ Call (626) 796-1083 for more information or to register for any of the TWC-F events or classes above.

Exercise for Breast Cancer Survivors-Placentia

- ◆ Tues. 7-8 pm; call Meredith Laskow (714) 524-5913

The Wellness Community—South Bay Cities

- ◆ 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

The Wellness Community—Orange County

- ◆ Classes that TWC-OC offers—for more information & complete list, call (714) 543-3200:
Tour de Fitness Exercise: 1st & 3rd Tues. 10a-noon
Yoga: Wednesdays 10:45 am
Qi Gong & Meditation: 1st & 3rd Thurs. 7-8 pm

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

Lectures & Education

The Wellness Community -South Bay Cities

*****BREAST CANCER AWARENESS FASHION SHOW*****
Oct. 14th: 5:30-8:30 pm Must RSVP 310-517-4665
Torrance Memorial Medical Conference Center
Hear stories while survivors model fashions from SAKS

Other Workshops and Events—(310) 376-3550

Sept 17: 7—9 pm "Building Your Immune System in Prevention & Intervention of Cancer with Janet Price
Oct 4: 1—3 pm "Pilates: An Adaptive Formula

UCLA Ted Mann Family Resource Center

Weekly Support Groups—(310) 794-6644

Many options on times, days, and types of groups

Cancer Lecture Series—(310) 794-6644

Sept 9: 7—9 pm "Current Treatments & Quality of Life"
Mark S Litwin, MD MPH and Steve P Lee, MD PhD
Oct 14: 7—9 pm "Innovations in Breast Cancer Treatment: Surgery and Medicine" Helena Chang, MD, PhD and Linnea Chap, MD



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

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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 & Support Organizations

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Fitness Solution Gym (*Huntington Beach*)
- ◆ Los Angeles Stentorian Fire Station (*Metro L.A.*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ 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*)
- ◆ YWCA Santa Monica/Westside

Team Survivor Personnel & Program Leaders

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Sharon Donaldson, YWCA Dir. of Programs

Core Fitness & Resistance Trainers
Mike Strickland, Stacey Smout, Alijandra

Swim Coach/YWCA Encore Program
Lindsay Connors

Lying Down & Letting Go™ & Yoga Instructors
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Florenca Dunayevich, Jill Simanton

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 Leader
Kathy Gurden, Ali

Irvine Walk Leader
Kathleen Rodarte

Long Beach Walk Leader
Lauren Scott

Orange (City of) Walk Leader
Kathy

Pasadena Walk Leader
Linda Gero

Santa Monica Walk Leaders
Diane Schreiber, Sonya Telias

Simi Valley Walk Leader
Cathy Kocur

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