

# TEAM Survivor Moves

**S P I R I T** & **TEAM Survivor**  
of Santa Monica LOS ANGELES



## The Revlon Run/Walk is Rapidly Approaching!

On Saturday, May 12, 2007 the Entertainment Industry Foundation (EIF) is hosting the 14<sup>th</sup> Annual Revlon Run/Walk for Women. The event raises money to support research on treatment of women's cancers and support for local service organizations. Our **Spirit of Santa Monica/Team Survivor** team (**#281**) is once again organizing to be part of this great event and we hope you'll join us! Last year our team raised over \$96,000 and we were among the top fund-raising teams in the event. With your help, we can do even better this year!

Team Survivor has been chosen as one of the 2007 beneficiaries selected by the EIF. Thanks to EIF support TSLA will be able to continue bringing our programs to hundreds of women.

You should have received a letter and brochure in the mail in the last few weeks with information on how to register for the Revlon Run/Walk with the **Spirit of Santa Monica/Team Survivor** team. If you did not receive, no longer have, or misplaced that letter please contact Juliet or Jodi ([info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org) or 310-477-8557) and we will be happy to send you that information.

If you want to register online go to <http://www.revlonrunwalk.com>, click on Los Angeles and follow the registration instructions. Be sure to enter team number **281** when you register, and encourage your friends and family to join us as well! After the run/walk we enjoy a delicious hosted lunch in the Coliseum Press Box with a wonderful view of all the festivities. It's not to be missed!!



## Triathlon Update!

As of March 30<sup>th</sup> Team Survivor boasts 18 women registered and training diligently for the upcoming Danskin Women's Triathlon on June 3<sup>rd</sup>. 12 of these gals are doing the tri as Individuals, meaning they're going to swim a ½ mile in Puddingstone Reservoir, bike 13 miles around the lake they just swam in, and follow that with a brisk 3.1 mile run/walk.

Our support and good wishes go out to: **Angie Bagnas, Judy Burrows, Christine Hollander, Joellen Lapidus, Sue Reyes, Jennifer Short, Shirley Shinohara, Ginny Shoren, Anggie B-corest, Heidi Davidson, Takako (TK) Kimura, Cheryl Schmid, and Mary Beth (MB) Ventrice.** We're also proudly fronting two Relay Teams: **Linda Gero, Akiko Kumagai, and January Nordman** are the Three Pink Dragons, and **Bhanu Calvert** and **Catherine Wagar** as Team Charvi.



We have a number of training events open to all TS survivors and supporters. If you're not up for training and racing this year, come on out and join us at the **Revlon Run/Walk** on May 12<sup>th</sup>, the **Bike Maintenance Clinic** at sporteve on April 21<sup>st</sup>, swimming at Mount St. Mary's College on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of every month, the **Mock Tri** on May 19<sup>th</sup>, or come cheer us on during the actual triathlon on June 3<sup>rd</sup>! The more the merrier!

For more information about the Danskin Women's Triathlon, please contact Jodi Brown at 310-477-8557 or [jodi@teamsurvivor-la.org](mailto:jodi@teamsurvivor-la.org)

## Our Sincerest THANKS Go To...

...**Pam Burton** for representing TS at the sporteve/Zoot Wetsuit Fitting.

**Allie Hall** and her entire family for labeling and stamping envelopes for the Revlon Run/Walk mailing.

**Linda G., Holly, Sharon, Akiko, January, Masako, & Linda K** for staffing the TSLA/LAPD booth at the 2007 Race for the Cure in Pasadena.

**Triathlon Lab** in Redondo Beach for extending a 15% discount to our triathletes and being such positive supporters of the TSLA/OC triathlon program for many years.

**Connie Chung** and the rest of the LARD participants for sharing their time and expertise during a WONDERFUL triathlon transition clinic on May 17th! Our athletes are ready now!!

**Haas Automation, Inc.** for their generous donation to help keep our programs running smoothly.



TSLA's Karen Van Kirk at the 2006 EIF Beneficiary Reception with Lily Tartikoff, founder of the Revlon Run Walk, Lisa Paulsen of EIF, and Dr. Dennis Slamon of UCLA.

## Did You Know...

Melissa H. raised \$3000 for Team Survivor as she trained for and ran the LA Marathon on March 4, 2007. TSLA is so grateful to Melissa for all of her efforts and we congratulate her on a fantastic (and very hot!) race!

\*\*\*\*\*



Congratulations to the Los Angeles Pink Dragons on their silver medal in the Breast Cancer Survivors Race at the 4th Annual Arizona Dragon Boat Festival March 24th and 25th. What a way to start the racing season!!

\*\*\*\*\*

Team Survivor has registered as a beneficiary organization with [www.ShopforCharityDay.com](http://www.ShopforCharityDay.com). Shop for Charity Day is an E-Mall that allows you to shop thousands of different stores with a percentage of everything you spend going back to Team Survivor. Simply follow the link above to get to the website, locate and click on Team Survivor and start shopping. It's that simple! Target, Home Depot, Macy's, Kmart, Gap, PetSmart, Dell, Radisson, and more...

\*\*\*\*\*

There is a FANTASTIC article about the benefits of exercise in the fight against breast cancer in the March 26, 2007 issue of Newsweek. To view the article online, click on <http://www.msnbc.msn.com/id/17662260/site/newsweek/> Happy Reading!

### **HELP TEAM SURVIVOR SAVE MONEY!**

One of Team Survivor's long-term goals is to have the majority of our newsletters sent electronically. **Help us in this effort to save money and trees by sending an email to [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org) with "Add Online Newsletter" in the subject line.** If you want to continue to receive a hard copy of the newsletter, you don't need to do anything.

## PROGRAM BULLETIN: Locations, Times & Places

If you are new to Team Survivor, please call (310) 477-8557  
to register for all classes

### DRAGON BOATING (referral programs)

#### Long Beach - Los Angeles Pink Dragons

- ♦ (a division of LA Racing Dragons Foundation)
- ♦ Saturdays 7:30 am / Wednesdays 3:30 pm
- ♦ Sharon (626) 799-9858 or Sue (562) 431-3074
- ♦ Details at [www.LAPinkDragons.org](http://www.LAPinkDragons.org)

#### Newport Beach - Orange Roughys

- ♦ Newport Aquatics Ctr 1 Whitecliffs Dr.
- ♦ Sundays 10 am

### CYCLING

#### Glendale - LifeStyles for Health Studio

- ♦ Mondays & Wednesdays 6:00 pm
- ♦ 612 E. Glenoaks Blvd.
- ♦ Ask for Cindy (818) 243-9586

#### Van Nuys - bike at Lake Balboa

- ♦ Saturdays 7:30 am (depending on weather)
- ♦ Gertrude (818) 421-7760

### WALK & TALK

#### Cypress - Veterans Park

- ♦ Saturdays 10:00 am
- ♦ NE corner of Ball & Denni
- ♦ Ali (714) 827-2682 - **CALL TO RSVP**

#### Pasadena - Rose Bowl

- ♦ Thursdays 5:30 pm
- ♦ Seco St. Lot K, meet near bridge
- ♦ Linda (323) 221-2334

#### Redondo Beach - Catalina Coffee Shop

- ♦ Wednesdays 6:30 pm
- ♦ Catalina Coffee Shop (126 North Catalina)
- ♦ Ginny (310) 803-7790

#### Van Nuys - Lake Balboa Park

- ♦ Saturdays, 8:30 am
- ♦ 101 Fwy to Balboa (N), cross Burbank Blvd. to 1st park entrance (E), meet at walking path
- ♦ Gertrude (818) 421-7760 - **CALL TO RSVP**

### SWIMMING & AQUA EXERCISE

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

- ♦ Every 2nd and 4th Sunday at 11:00 am
- ♦ 12001 Chalon Rd.; Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; left on Chalon; right gate drive
- ♦ Lindsay (310) 486-0772 - **CALL TO RSVP**

#### Santa Monica - YWCA Encore Program

- ♦ Tuesday mornings in West LA
- ♦ Thursday mornings at Loew's Hotel pool
- ♦ **Call Sharon (310) 452-3881 to sign up**

### CORE FITNESS / RESISTANCE TRAINING

- ♦ Pasadena - *Breakthru Fitness*
- ♦ Tuesdays 7:00 - 8:00 pm
- ♦ 87 Fraser Alley at De Lacey & Colorado
- ♦ Exercise Specialist Mike Strickland, NASM CPT

### YOGA and LYING DOWN & LETTING GO™

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

- ♦ Mondays 7:00 - 8:30 pm
- ♦ 501 S. Buena Vista St. at Alameda
- ♦ 134 Fwy West to Buena Vista

#### Fountain Valley - Orange Coast Memorial Medical Hospital & Center

- ♦ Thursdays 7:00 - 8:15 pm
- ♦ 9940 Talbert - Special Program Building
- ♦ 3rd Floor - near room 301

#### Laguna Hills - Saddleback Memorial Medical Center

- ♦ Mondays 6:00 - 7:00 pm
- ♦ 24451 Health Center Drive
- ♦ The Women's Hospital Bldg.
- ♦ Conf Room 2 in the basement

**\*NEW CLASS\***

#### Los Angeles - Stentorian Fire Station

- ♦ Thursdays 6:00 - 7:30 pm
- ♦ 1409 W Vernon Ave, NW corner at Normandie
- ♦ Olivia (323) 462-5110

#### Los Angeles - LAC + USC Hospital Breast Cancer Clinic

- ♦ Mondays 1:30 - 2:30 pm
- ♦ Tuesdays and Thursdays 2:00 - 3:00 pm
- ♦ 1200 N State Room 4P43 (outpatient clinic)
- ♦ Between Zonal & Marengo, park 12A or 9A

#### Mission Viejo - Mission Viejo Hospital Conference Ctr.

- ♦ Tuesdays 7:00 - 8:30 pm
- ♦ 26726 Crown Valley Parkway

#### Redondo Beach - The Wellness Community South Bay

- ♦ Thursdays 6:00 - 7:00 pm
- ♦ 109 West Torrance Blvd.
- ♦ Torrance Blvd. across PCH & Catalina, Right into 2nd driveway, upper lot, Building 109

#### Santa Ana - The Wellness Community Orange County

- ♦ Tuesdays 6:30 - 8:00 pm
- ♦ 540 N. Golden Circle Dr.
- ♦ Suite 315

#### West Los Angeles - Wilshire Boulevard Temple

- ♦ Tuesdays 7:00 - 8:30 pm
- ♦ 11661 Olympic Blvd. (corner of Olympic & Barrington)
- ♦ The Moyer Dance Studio 271

## 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
8:30 AM					Yoga	
8:45 AM						Step Aerobics
9:00 AM	Timeless Body	Step Interval	Barre Class	Step Interval	TGIF Dance	
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
5:15 PM	Strong & Stretched	Step & Low Impact	Strong & Stretched			
6:30 PM	Yoga		Yoga			



**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)

# Spotlight on Team Survivor's Yoga

Team Survivor's Yoga and Lying Down and Letting Go™ classes are some of our most popular, and with good reason! Recent research has shown that yoga helps cancer patients function better physically and feel better about their health.

As of April 2007, Team Survivor proudly offers 11 yoga classes in various locations: four in Orange County (Mission Viejo, Laguna Hills, Fountain Valley, and Santa Ana in conjunction with The Wellness Community-Orange County), three at LAC + USC Hospital, one at the Los Angeles Stentorian Fire Station, one in conjunction with the Wellness Community South Bay in Redondo Beach, one on the Westside at Wilshire Boulevard Temple, and a Lying Down and Letting Go™ class at St. Joseph's Hospital in Burbank. For a complete list of times and exact locations, please see the Program Bulletin in the middle of this newsletter.

Our classes focus on the special needs of women with cancer. Support is an important element of the Team Survivor programs and many issues shared in our classes are very specific to women. Also, some women are new to exercise or self-conscious about their appearance and are more comfortable participating with other women. All of our yoga classes are gentle and many include a talking circle prior to the beginning of the class as an added element of support.



For as much as our yoga classes have in common, they are ultimately as varied as the instructors and participants themselves. The Lying Down and Letting Go™ class might be using guided imagery while the Fountain Valley class includes chanting. The Stentorian Fire Station could be doing downward facing dog while the LAC + USC Hospital class concentrates on breathing. If there is something the women want to focus on or bring to the class, our instructors are trained to incorporate those interests in a safe manner.

The impact of our classes is best seen in the powerful words of the women themselves:

"The yoga is fantastic – being able to share with others who have been on the same journey as I have."

"Relaxation and exercise to use in my life the rest of the week."

"Time focused on me."

"I like meeting other people."

"I wish these classes could be somewhere else, too, for more people in other areas."

The numbness in my fingers and hand goes away after the class."

In 2006 alone over 400 women took at least one Team Survivor yoga class, and many return week after week for the support, stretching, and camaraderie they receive at a Team Survivor Yoga Class.

Our three newest classes are West Los Angeles (Tabby Biddle), Santa Ana (Kim Mason), and Laguna Hills (Micheline Keating) and all are outstanding. Kim, our Kundalini yoga teacher in Santa Ana wants everyone to know that they include chanting and focus on meditation as well as a healing component in each class. She reports that so far, the women are saying that they come in with headaches and backaches and leave feeling pain free! Our thanks to Wilshire Boulevard Temple, The Wellness Community — Orange County, and Saddleback Memorial Medical Center for donating the facilities for these amazing classes. Hope to see you there!



1223 Wilshire Blvd. #570  
 Santa Monica, CA 90403  
 (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**

- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Loew's Hotel
- ◆ Mission Valley Breast Center
- ◆ Mount St. Mary's College
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Center
- ◆ Revolution Fitness
- ◆ Saddleback Memorial Med Center
- ◆ Santa Monica College
- ◆ sporteve
- ◆ Susan G. Komen Breast Cancer Fdtn — Orange County Affiliate
- ◆ The Wellness Community — Foothills
- ◆ The Wellness Community — Orange County
- ◆ The Wellness Community — South Bay
- ◆ weSpark Cancer Support Center
- ◆ Wilshire Blvd. Temple
- ◆ YWCA Santa Monica

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*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 Board, Advisors, Staff & Program Leaders**

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 Jan King  
 Bruce Rankin  
 Catherine Wagar  
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Ali Boice  
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**Pasadena Walk Leader**

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Cindy Miller

**Lying Down & Letting Go™ & Yoga Instructors**

Tabby Biddle  
 Maria de la Paz Garcia  
 Joyce Gauss  
 Olivia Israel  
 Micheline Keating  
 Kim Mason  
 Sonia Morales  
 Karen Penhale

**Redondo Beach Walk Leader**

Ginny Shoren

**Triathlon Coach**

Ni Bueno

**Van Nuys Walk/ Outdoor Bike Leaders**

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 Georgia Gowin  
 Gertrude Lewis

**LA Pink Dragons Team Affiliate Captain**

Sharon Mitchell

**Swimming/Aquatics Coach**

Lindsay Connors

**Orange Roughys Team Affiliate Captain**

Regina Savage