

TEAM Survivor Moves



Another Remarkable Revlon Run/Walk

On Saturday, May 13th over 50,000 people walked or ran 3.1 miles near the L.A. Coliseum in an amazing display of support for women with cancer. The Spirit of Santa Monica/Team Survivor Team was over 400 people strong, and our red string backpacks were the envy of all. We met bright and early for our Team Photo, separated into smaller groups during the walk, and ultimately met back at the Coliseum Press Box to enjoy post-race festivities and a fantastic catered luncheon.

As an Entertainment Industry Foundation (EIF) beneficiary, TSLA has been able to bring our programs to hundreds of women. We're so grateful for EIF support and even more appreciative of those of you who donated funds and/or came out early Saturday morning to show your support.

Thank You to **Dr. Terpenning** who single-handedly hauled boxes from the bottom of Tunnel 20 to the Press Box! **Karen Van Kirk** was everywhere, doing everything, and doing it with a smile. Thanks!

When was the last time you did something for the first time?

On June 4, 2006, after months of training and a sleepless night or two before the race, 15 Team Survivor women participated in and finished the Danskin Women's Triathlon in Los Angeles County, CA.

It was a fun-filled, event-packed weekend starting with the traditional Survivor's Breakfast on Saturday morning and culminating in the race itself on Sunday morning. In between, participants attended the expo for packet pick up, body-marking, pre-race seminars, and most of us managed to do a bit of shopping!

As triathletes crossed the finish line to a cacophony of cow bells, cries of "You Go Girlfriend!", and the sound of their names over the loud-speaker, each one had a huge (well-deserved!) smile on her face. Congratulations to TS triathletes **Angie Bagnas (TS San Diego), Penny Noble (TS Marin), Maureen Phillips (TS Marin), Kelly Liegeois, Heather Carter, Cindy Miller, Ginny Shoren, Rachel Rivera, Rosemary Milbrath,** (Danskin cont'd on page 2)



SAVE A TREE! GET YOUR NEWSLETTER ELECTRONICALLY

If you want to continue to receive a hard copy of the newsletter, you don't need to do anything. It will continue to appear in your mailbox quarterly. **If you want to receive an email version of the newsletter**, please send an email to info@teamsurvivor-la.org with "Add Online Newsletter" in the subject line. If you no longer want to receive a hard copy of the newsletter, let us know that in the body of the email.

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LIVESTRONG™

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The Lance Armstrong Foundation donated funds to Team Survivor which help support our county hospital yoga program benefiting medically underserved, low-income women.

The LAF currently has an activity happening which we wanted to make you aware: The inaugural LIVESTRONG Summit, through which the LAF will lead a survivorship movement to broaden awareness and impact the unmet physical, emotional and practical needs of people living with cancer. LIVESTRONG Summit delegates will develop goals and action plans to effect change around the needs of cancer survivors. After the Summit, delegates will apply the action plans in their own communities. The LIVESTRONG Summit is scheduled for October 27-29, 2006, in Austin, Texas.

The LAF seeks a geographic, ethnic and socioeconomic cross-section of Americans affected by various cancer types who are willing to champion the cause of cancer survivorship. Anyone who is interested in participating in the LIVESTRONG Summit and has been affected by cancer – from those recently diagnosed through post-treatment to caregivers, family and friends – may apply at www.livestrong.org/summit. Once accepted, Summit delegates are strongly encouraged to apply for LAF scholarships.

Program Leader's Corner

TSLA/OC's very own **Micheline Keating** has created a sound healing CD entitled Healing All Around You to bring you a uniquely peaceful experience in the midst of the stress of everyday life. When you are feeling overwhelmed, allow yourself to take a journey with her to a place of calm.

Micheline has agreed to donate \$1 from the purchase of every CD to Team Survivor. Thanks, Micheline! For more information or to purchase a CD please call 714-895-4140, or catch Micheline after class.

Even though his Inglewood class is on hiatus, TSLA's own **Robert Taylor Jr.** is still practicing yoga and he invites you to join him on Tuesday and Thursday evenings from 5:30 to 6:30pm at T.H.E. Clinic / Ruth Temple Health Center. T.H.E. (To Help Everyone) Clinic is a non-profit, full-service health clinic located at 3834 S. Western Ave., Los Angeles, CA, 90062. For more information visit their website at www.THEClinicinc.org or call 323-295-6571.

Thank You to...

...our many volunteers. Kudos go to **Shirley Murray, TK Kimura, Dan Howard, Lindsay Connors,** and **Barbara** for their ceaseless work at the Revlon Run/Walk expo booth and luncheon.

Our appreciation goes to the Danksin support crew: **Chuck** (*Yvonne's husband*), **Peter** (*Idelle's husband*), **Manny** (*Angie's husband*), **Pam, Bruce,** and **Catherine** for all of their love and attention. Our gratitude goes to **Ni Bueno**, our awesome head coach, and **Rachel Rivera** and **Heather Carter** for coaching workouts. We're so grateful to the **Cerritos College Women's Polo Team** and all the other *Danskin Swim Angels* for making sure we didn't drown. And we couldn't have done nearly as well without **Lisa Inouye** and **Lindsay Connors** who coached our biking, running, and swimming workouts, swept the race course, always encouraged us, and did whatever needed doing!

We are also incredibly grateful to **Julie Hanson** for her data entry work. **THANKS TO EVERYONE!**



The Van Nuys Walk & Talk Group

Danskin Cont'd...

(cont'd from Page 1)

Yvonne Devine, Gwen Hovland (TS San Diego), Idelle Davidson, Ruth Berk, Rosalind Silver, and Jodi Brown.

First time participant Rosemary Milbrath said "It was so great for me, that I was able to be with other survivors. I will never forget the images of the courageous survivors that I saw at the San Dimas tri."

The saying at Danskin is "The woman who has the most fun wins" and did we ever! Come, join us next year!

PROGRAM BULLETIN: Locations, Times & Places

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

DRAGON BOATING Equipment & Instruction provided (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

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

- ◆ Saturday mornings, depending on weather
- ◆ 7:30 am
- ◆ 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)
- ◆ Leigh (310) 847-9207

*** NEW DAY ***

Santa Monica - Shutters Hotel

- ◆ Saturdays 10:30 am
- ◆ Pico Blvd. at beach
- ◆ Diane (310) 497-7772 — **CALL TO RSVP**

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**

**HIKING—To get a hiking schedule
call Catherine (818) 901-1812**

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 - 9:00 pm
- ◆ 9940 Talbert - Special Program Building
- ◆ 3rd Floor - near room 301

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 2:00 - 3:00 pm
- ◆ Thursdays 2:00 - 3:00 pm
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

NEW CLASS

Mission Viejo Hospital Conference Ctr.

- ◆ Tuesdays 7:00 - 8:30 pm
- ◆ 26726 Crown Valley Parkway, Mission Viejo

Redondo Bch - Wellness Community So Bay

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

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**
- ◆ See full YWCA schedule on next page

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 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
- ♦ **Foothills** (626) 796-1083
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

UCLA Ted Mann Family Resource Center

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

WELL, WE ALREADY KNEW THIS...!

June 5, 2006, 1:48PM

Yoga eases cancer rigors

M.D. Anderson finds those with breast cancer can withstand treatment better

By TODD ACKERMAN

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Houston breast cancer survivor Teresita Ladrillo was feeling the usual side-effects of surgery, chemotherapy and radiation when she elected to try a different kind of pick-me-up: yoga.

Enrolled twice weekly in a class offered at the University of Texas M.D. Anderson Cancer Center, Ladrillo performed exercises aimed at calming tension and recovering lost mobility, problems stemming from her treatment.

"It proved very helpful," says Ladrillo, 52, a dentist from the Philippines now preparing to take U.S. licensing exams. "Learning to breathe deeply and slowly gave me relief when I would get tense and some of the poses gave me back the elasticity and flexibility that radiation takes away."

The classes are part of M.D. Anderson's efforts to incorporate yoga into treatment plans for cancer patients. On Sunday, center researchers reported the ancient discipline can help cancer patients function better physically and feel better about their health.

The study, one of the first of its kind in the U.S., found breast cancer patients in such classes were better at everything from lifting groceries to sleeping regular hours to feeling a sense of well-being than their counterparts who didn't do yoga.

"It was gratifying to see that we could make a clinically significant difference in the quality of life of these women," said Lorenzo Cohen, director of M.D. Anderson's Integrative Medicine Program. "This shows yoga can ameliorate the treatment-related side effects that accumulate in cancer patients over time."

Yoga has long been touted for its health benefits, but there has been little scientific study of it outside of India. As its popularity in the U.S. has skyrocketed, researchers are increasingly subjecting the workouts to rigorous studies.

Last year, one study found that yoga, in conjunction with a vegan diet and moderate exercise, can slow the progression of early prostate cancer. Another, by cancer researchers, found yoga can prevent middle-age weight gain.

The M.D. Anderson study randomly assigned 30 women to a test group that took twice-a-week yoga classes and 31 to a group that didn't. All the patients, who ranged from stage 0 to stage 3 in the disease, had undergone radiation and most had received chemotherapy. About half had undergone surgery.

The yoga program was designed specifically for the patient population - emphasizing breathing and relaxation and excluding some positions that would be difficult given the patients' possibly weakened range of motion.

At the end of six weeks, the patients were asked to grade their abilities and sense of well-being. The responses were converted to a scale ranging from 0 to 100, where the yoga group reported higher scores in almost every area. In physical function, their advantage was 82-69.

The researchers also drew blood and took saliva samples in an effort to measure the participants' immune function and stress levels, but those are not yet finished.

Among the study participants was Dianne Landsden, a 58-year-old teacher who had done yoga only once when she enrolled. She hadn't suffered the debilitating fatigue common among people who have undergone radiation, but wondered if it might help her overcome the disease's emotional toll.

"It was great for my general well-being, the feeling that everything's going to be all right," said Landsden, who participated in yoga class for six weeks during radiation and six months after. "Breast cancer is such a solitary journey. When you get the diagnosis, it's hard not to associate it with death."

Still, the one disappointment with the study was that it found no differences in the level of depression or anxiety between the two groups.

The study was just the start of yoga research at M.D. Anderson, which last year began a collaboration with India's top research foundation, Swami Vivekananda Yoga Anusandhana Samsthana. The two plan to utilize brain-imaging technology in an attempt to pinpoint precisely where changes take place in the brain as a result of yoga exercises.

Earlier this spring, the National Cancer Institute awarded Cohen and his team \$2.4 million to study the effects of Tibetan yoga in women with breast cancer undergoing chemotherapy, the largest such grant.

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 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.
- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Mission Valley Breast Center
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Ctr
- ◆ Revolution Fitness
- ◆ Susan G. Komen Breast Cancer Fdtn — Orange County Affiliate
- ◆ The Spectrum Club
- ◆ The Wellness Community — South Bay
- ◆ The Wellness Community — Foothills
- ◆ weSpark Cancer Support Ctr

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