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JULY 2023



MESSAGE FROM A BOARD MEMBER

Hello! I am Elana Emlen, and I'm a new board member. I got involved with Northwest Sarcoma Foundation in 2020, when many of us were isolating at home. I wanted to find a way to support people impacted by Sarcoma, and NWSF invited me to help with the care package program and support chat groups. NWSF is a community; the opposite of isolation. In addition to the chat group, I have also Zoomed in for the Researcher Update Nights, where I learn so much about the promising work being done in our region to fight this cancer.

My own top priority is to build awareness of Sarcoma and promote early detection. I'll be wearing yellow this month (after I buy something yellow!) and will talk about how Sarcoma can show up anywhere in the body, and how important it is to get lumps diagnosed correctly as soon as possible. I will also be setting up my Dragonslayer Walk team - I hope you will, too! All of these events; the chat groups, Researcher Update Nights, the Dragonslayer Walks, and Sarcoma awareness help all of us. Let's do this!

Warmly,

Elana

*We ♥ our
Volunteers*

Volunteer with us!

Upcoming Committee meetings

Programs Committee 8.7.2023 2nd Mon. ea. month 2 p.m. PT

Events Committee 7.13.2023 2nd Thurs. ea. month 6 p.m. PT

Marketing-Communications Committee 7.5.2023 1st Wed. ea. month 3 p.m. PT

Development Committee 7.11.2023 2nd Tues. ea. month 6 p.m. PT

Dragonslayer Walks - PDX 9.9.2023 | BOI 9.16.2023

SPOK 9.17.2023 | SEA 9.23.2023

JULY IS SARCOMA AWARENESS MONTH

We need **your help** in creating awareness around Sarcoma. Sarcoma's ribbon color is yellow and we have taken that ribbon one step further to a dragon tail in honor of our Dragonslayers and their support systems of family, friends, and medical teams. We ask you in the month of July to wear yellow and share with us, "Why I wear Yellow". This effort will help to raise awareness during the month of July and **we ask** that you share personal quotes and stories, please get your family, friends, and medical professionals to join in this awareness effort. Here's what you can do:

- **Post a picture, video, quote, etc. via social media and tag us.**
- **Send us a picture and quote or video which we can share through our newsletters, social media, and direct emails to supporters.**

Remember to hashtag us: #nwsarcoma, #dragonslayersunite. Plus you can tag: #sarcomaawareness, #sarcomaawarenessmonth, #sarcoma, #sarcomacancer, #julyissarcomaawarenessmonth, #sarcomaresearch, #sarcomasurvivor, #sarcomathriver, #sarcomastrong.

Send your photos, videos, quotes, etc. to info@nwsarcoma.org anytime throughout the month of July!



Idea for you: register early for your local Dragonslayer Walk and use this photo, story, etc. for your fundraising page and kickstart your fundraising early and take on the Dragonslayer fundraising challenge to win some sports tickets (see more information on page 5!)



HOPE

EDUCATION SUPPORT

RESEARCH

A SARCOMA STORY



Peyton at 14 years old was diagnosed in Feb. 2022 with Ewing's Sarcoma localized in her tibia. Throughout her treatment has experienced many rounds of chemo and radiation. However, in July 2022 it was determined that Peyton would have her tibia replaced with a cadaver bone and titanium rod, but this was still a long road. In Dec. 2022 Peyton's surgical wounds needed extra attention and in early Jan. 2023, we discovered that her wounds were not healing fast enough and that radiation had possibly damaged her original bone that the new bone and titanium rod they were attached to. In late Jan. difficult news was

delivered. Peyton would have to have an amputation. In Feb. 2023 Peyton had her left tibia amputated and she has been on the road to recovery since. Peyton is a warrior, and she is stronger than any 14-year-old her parents have ever met. She is going to live a full and incredible life. Peyton plans to be on her paddle board this summer and enjoy the outdoors without limitations.

You can read more about Peyton's journey on Facebook – Testimony on Display.




[MORE STORIES](#)

We want your stories, not only from patients but caregivers and those whom we have lost too. Please join us in sharing more about Sarcoma from the perspective of those who have lived it. To share your story click [HERE](#)

Connecting with you in 2023!

UPCOMING PROGRAMS & EVENTS

Casual Chat



Casual Chat
FOR ADULTS BATTLING THE SARCOMA DRAGON

CASUAL CHAT: SURVIVORS OF SARCOMA ANGELS

Casual chat for anyone who has lost someone to Sarcoma.

Fourth Monday of every month
6 - 7:30 p.m.

Register today to receive Zoom link.

2nd Wednesday @ 6p.m. PT



CASUAL CHAT: SARCOMA CAREGIVERS

Casual chat for anyone who cares for someone with Sarcoma.

Third Tuesday of every month
6:00 p.m. (Pacific Time)

Register today to receive Zoom link.

3rd Tuesday @ 6p.m. PT

4th Monday @ 6p.m. PT

NORTHWEST SARCOMA FOUNDATION
HOPE EDUCATION SUPPORT

Casual Chats are free events:

[Adult patients & survivors](#): Second Wednesday of every month.

Next meeting, 7/12/2023

Led by either Jo McNeal or Chelsea Winn

[Caregivers](#): Third Tuesday of every month.

Next meeting, 7/18/2023

Volunteer peer-led by Anita Nelson

[Sarcoma Bereavement](#): Fourth Monday of every month.

Next meeting, 7/24/2023

Register once, the same Zoom link each time.

Volunteer peer-led by either Donna Anderson or Elana Emlen

RESEARCHER UPDATE NIGHT

TUESDAY JULY 25, 2023 @ 7 P.M. PT



Dr. Lara Davis from OHSU

JOIN US TO LEARN
ABOUT DESMOID
TUMORS AND
RESEARCH
ADVANCEMENTS IN
TREATMENT.

Researcher Update Night with Dr. Lara Davis

Dr. Lara Davis from OHSU will share with us what are Desmoid Tumors and what is new in the treatment of Desmoid Tumors.

Tuesday, July 25, 2023 | 7 p.m. PT



[REGISTER](#)

Thank you
sponsors



DRAGONSLAYER WALKS:

JOIN US FOR OUR BIGGEST EVENTS OF THE YEAR AND HELP US FUNDRAISE FOR OUR PROGRAMS.

The Dragonslayer Walks and Seattle location's Fun Run are non-competitive, non-timed, roughly 5K walks/run to honor Sarcoma patients, survivors, and angels and raise vital funds for NWSF.

We have 4 locations again this year. Registration is open, come join the fun!

Portland - Gabriel Park - 9.9

PDX REGISTER



VOLUNTEER

Boise - Ann Morrison Park - 9.16

BOI REGISTER

Spokane - Mission Park - 9.17

SPOK REGISTER

Seattle - Magnuson Park - 9.23

SEA REGISTER



Fundraising 101 - July 26, 6 p.m. PT via ZOOM

Join Zoom Meeting Passcode: DSW

We are hosting our 1st ever fundraising training. Open conversation to get your fundraising kick-started. Join us! Learn how to:

- **Form a team**
- **Update your fundraising page**
- **Ask team members to join your efforts**
- **Send fundraising page to friends, family, and co-workers via social media, email, etc.**

July-August Dragonslayer CHALLENGE CHALLENGE CHALLENGE

Fundraise in the month of July and be part of the challenge! Win 2 tickets to a sporting event near you.

How to participate in the challenge:

- If not already registered for your local Dragonslayer Walk, **get registered**.
- Personalize your fundraising page.
- Send your fundraising page to friends, family, medical team, etc., and **ask them to support your efforts** to raise much-needed funds to support the programs of the NW Sarcoma Foundation.
- Fundraise the most by August 15, 2023, 11:59 p.m. cut-off, minimums must be met to be considered for the incentives.
 - Fundraising minimums are: Portland \$500, Boise \$200, Spokane \$200, and Seattle \$1,000

The top fundraiser in each walk location wins:

Portland 2 tickets to a Trailblazers basketball game in 'the 23-'24 season - game TBD

Boise 2 tickets to a Boise State football game in Sept. or Oct. - game TBD

Spokane 2 tickets to a Zags Men's basketball game - date TBD

Seattle 2 tickets to U.W. vs. Cal State football game, Sat. Sept. 23, 2023

Tickets must be picked up during the Dragonslayer Walk.



Knights Unite

a remembrance event



Saturday,
October 14
9:30 - 11 a.m.
at
U.W. Center
for
Urban Horticulture
Free event - register today.

[SEA REGISTER](#)

Knights Unite

a remembrance event



October 21st
at 10am
at
OHSU
Knight Cancer
Institute

Hosted in
partnership
with:



KNIGHT
CANCER
Institute

[PDX REGISTER](#)

Our inaugural Remembrance events, Knights Unite will be in October 2023. These FREE events are for those who have lost someone to Sarcoma to come together with others who understand your journey. These events will host a remembrance collage project along with memorial discussions. Please consider joining us for these inaugural events.

Seattle Location: U.W. Center for Urban Horticulture

Date: Saturday, October 14, 2023

Time: 9:30 - 11 a.m.

Tickets: FREE!

Portland Location: Knight Cancer Institute

Date: Saturday, October 21, 2023

Time: 10 - 12 p.m.

Tickets: FREE!

Running/Walking in support of the NW Sarcoma Foundation

MARATHON
IRON MAN
HALF MARATHON
ULTRA
MARATHON
TRIATHALON

NORTHWEST
SARCOMA
FOUNDATION
HOPE • EDUCATION • SUPPORT

Run/Walk a "Thon"

Do you love to participate in marathons, half marathons, fun runs, Iron Man's, triathlons, or an ultra marathon? You can do this and still fundraise for the NW Sarcoma Foundation. We provide you with a fundraising page you can create a team or do this as an individual. Send page links to friends and family to help support your efforts to raise funds to support the mission of the NW Sarcoma Foundation.

[LEARN MORE](#)



JUNE'S SOCIAL MEDIA BESTS



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-US-



THANK YOU 2023 CORPORATE PARTNERS



Fred Hutch
Cancer Center



Providence
SWEDISH



Seattle Children's
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