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JUNE 2023



MESSAGE FROM A BOARD MEMBER

Hello friends of Northwest Sarcoma Foundation! Jo asked me to write the introduction to our newsletter this month, which I was honored to do. My name is Jeff Sweeney, and I have been a board member for 20 years.

I just want to pass along a few quick thoughts. One, I am very honored and grateful to have met so many of you, and to have been involved in such an important cause.

Secondly, I am so proud of our successful operations and growth over our 25 years, which is a great tribute to all of us. Finally, I am very thankful for our immediate NWSF core team (employees and board members), as well as our volunteers, and constituents for your hard work, commitment and dedication to our foundation's mission, values and programs. A heartfelt thank you to each of you!

Relative noteworthy items to be aware of over the next month include:

- National Cancer Survivor Day - Sunday June 4th
- Sarcoma awareness month - July

In closing, I would like to ask each of you to continue to support and promote our foundation and programs. I look forward to seeing you at our Dragonslayer events in September.

Please have a safe and fun summer!

Volunteer with us!

Upcoming Committee meetings

[Programs Committee](#) 6.12.2023 2nd Mon. every-other-month. 6 p.m. PT

[Events Committee](#) 6.8.2023 2nd Thurs. ea. month 6 p.m. PT

[Marketing-Communications Committee](#) 6.7.2023 1st Wed. ea. month 3 p.m. PT

[Development Committee](#) 6.13.2023 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



A SARCOMA STORY



My name is Chabella McCarthy May. My sister, Maria McCarthy Anderson passed away six years ago after a battle with synovial sarcoma. Let me tell you a little about her and how the sarcoma foundation have made an impact on my family. At age 27 my sister started having issues with her right elbow. Her fingers were numb, and she was in a lot of pain. She was told by doctors that it was a benign tumor, and it was removed. Maria went on to marry the love of her life, Peter Anderson. Shortly after marrying, they had 2 kids and a busy family life. My sister was a successful businesswoman- she was a property manager and helped run a construction company. She was smart, witty, compassionate, and fun... most importantly she was my best friend. We were very close and talked at least twice a day. She introduced me to my husband Doug. Her husband was one of Doug's best friends. As a result, we spent a lot of time together and created a tight-knit family unit. My husband and I took all our vacations with Maria and Pete and their kids, along with our parents Steve and Liz. Despite not living in the same state, we managed to see each other at least once a month. We were so close that when I started trying to have kids, Maria also decided to have more kids so our children could be similar ages. The plan worked and Maria had twins while my kids were born 17 months apart. While this was a special time for our families, it also was difficult because the pain in Maria's elbow and arm returned. After her twins were born, this pain continued to get worse. She traveled all over the country meeting with various doctors trying to figure out what was happening. She saw many pain specialists and even got a spinal cord stimulator in her back to help with the pain. Despite these efforts, her pain continued. By the time Maria's twins were 5-year-old she had all but given up on finding answers to her pain. Maria then met with doctors at Seattle Cancer Care Alliance (SCCA) here in Seattle and was diagnosed with Synovial Sarcoma at age 43. It was at SCCA that she worked with a team of doctors who were experts in sarcoma cancer. The team of doctors that included Chappie Conrad, Gabrielle Kane, and Seth Pollack, were amazing and worked tirelessly to provide the best care for my sister. They also showed deep compassion for my sister, often asking her about the kids, taking time to get to know me and Maria's husband as we helped her navigate through the healthcare system. They went above and beyond our expectations. This care became evident when my sister's husband Pete suddenly passed away from a heart attack. As you can imagine this was a heart-wrenching loss for everyone, especially my sister. All her doctors called to pass along condolences. Despite her heartache, Maria continued to move forward in her fight against Sarcoma. On Jan 12th, 2017, six months after her husband's death, my sister passed away here in Seattle.

While this is a tragic story filled with painful loss for our family, it is also filled with strength, love, and gifts. Our tight-knit family continues as my husband, and I adopted my sister's children and integrated them with our biological kids. We went from a family of 4 to a family of 8. It has been a gift and a blessing to be able to help raise Maria and Pete's kids. We have not done it all alone. The phrase "It takes a village" is so true. Our community of amazing friends and my parents have helped each child grow and flourish.

[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:
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, 6/14/2023

Led by either Jo McNeal or Chelsea Winn

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

Next meeting, 6/20/2023

Volunteer peer-led by Anita Nelson

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

Next meeting, 6/26/2023

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](#)

DRAGONSLAYER WALKS:

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

Each year, the Northwest Sarcoma Foundation provides patient financial assistance grants, funds research, and organizes events to educate, support, and bring together the Sarcoma community. We are fighting to end the devastating impact of Sarcoma.

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!

[VOLUNTEER](#)

Portland - Gabriel Park - 9.9

[PDX REGISTER](#)

Boise - Ann Morrison Park - 9.16

[BOI REGISTER](#)

Spokane - Mission Park - 9.17

[SPOK REGISTER](#)

Seattle - Magnuson Park - 9.23

[SEA REGISTER](#)



Thank you DSW sponsors



Moving Beyond Cancer to

Wellness

Join Fred Hutch for their 17th annual Moving Beyond Cancer to Wellness in-person event designed to provide education on wellness after cancer. Patients, survivors, caregivers, friends, families, and healthcare professionals are invited to attend.

This free conference is designed to provide education on a variety of the late and long-term effects faced by cancer survivors after treatment is completed and to promote wellness and empowerment after cancer.

Complimentary light continental breakfast & lunch will be provided. In addition to a keynote presentation by Mary Elizabeth Williams, the event will feature breakout sessions, a survivor panel discussion, and opportunities for networking with community cancer organizations.

Saturday, June 3, 2023

8:30 a.m. - 3 p.m.

Fred Hutchinson Cancer Center
Campus

Thomas Bldg. Pelton Auditorium
1100 Fairview Ave N
Seattle, WA 98109

*Free parking on campus will be available

RSVP online by May 30

www.fredhutch.org/mbctw

[LEARN MORE](#)



Knights Unite

a remembrance event



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

Knights Unite

a remembrance event



October 21st
at 10am
at
OHSU
Knight Cancer
Institute

Hosted in
partnership
with:



[SEA REGISTER](#)

[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](#)

MAY'S SOCIAL MEDIA BESTS



Debbie Larson, RN
Kaiser Permanente



THANK YOU 2023 CORPORATE PARTNERS



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