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MAY 2023



MESSAGE FROM A BOARD MEMBER

Hello! Thank you so much for reading our May newsletter! My name is Ashley Glover, and I am a current board member of the foundation. I don't know about you but with the Spring season in full swing my schedule has gotten busy! Two kids in Spring sports, work, and my duties as a board member it's easy to feel overwhelmed. I often feel tapped out and that I couldn't possibly have anything left to give. It's so easy to think like this but then I remember this Tanzanian proverb, "little by little, a little becomes A LOT."

Every little bit counts! Especially when you add up our collected little bits. Whether it's five minutes of volunteer time reviewing a promotional poster before it's printed, a purchase on Amazon for a care package, a small financial gift every little bit of giving adds up and allows the foundation to fulfill its mission.

One of my favorite ways to do "a little" is by giving a monthly donation to the foundation. It's easy to sign up on our website and it's one less thing on my long to-do list! And the best part is I know that the monthly gift is going to a great organization and will have a positive impact on our Sarcoma community. Now imagine if everyone who read this newsletter signed up to give a monthly donation... our "little by little" would become "A LOT" and so many MORE in our Sarcoma community would benefit!

Dear reader I hope you have a wonderful Spring and remember what the NW Sarcoma Foundation is here for, to ensure that "no one should face Sarcoma alone." And "little by little" together we can make that happen!

Stay well,
Ashley Glover

Set up your monthly giving



Volunteer with us!

Upcoming Committee meetings

Programs Committee 6.12.2023 2nd Mon. every-other-month. 6 p.m. PT

Events Committee 5.11.2023 2nd Thurs. ea. month 6 p.m. PT

Marketing-Communications Committee 5.3.2023 1st Wed. ea. month 3 p.m. PT

Development Committee 5.9.2023 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



Jackie Kapua Tyler shared her outlook during the 2022 Dragonslayer Walk. Here are her words of inspiration:

I will share a story about a very famous Dragon Warrior; you may have met him before his name is Xiao Po, or Po who becomes the Dragon Warrior in Kung Fu Panda!

He dreams of the world of Kung Fu. He hears about the Dragon Warrior contest and is determined to go into the palace. He got in!

Just as Master Oogway was about to name Tigress Po lands in between the two. Master Oogway who chooses him to be the dragon warrior saying

"There are no accidents!" There are no accidents, you are all Dragon Warriors!

Let's talk about Mentors or Guides:

Shifu is his mentor who is doubtful of Po and yet he finds a way to work with him every time. He does NOT GIVE UP ON HIM. He trained him to fight and become the warrior that he is! Who are your guides? We have our guides here who have dedicated and studied all about the Dragon Warrior. These are your team of Doctors!

We have allies:

Po has the Furious Five they each are master warriors in the five art styles of Kung Fu: Tiger, Crane, Praying Mantis, Monkey, and Snake.

We have allies in our journey, these are warriors who fight beside you. They are reinforcements who step forward when you have to find strength and courage. These allies in our midst are the nurses, the physical therapists, occupational therapists, and aides.

We have helpers: these are those who along the way give resources, aid, and support. The Social Workers and the Northwest Sarcoma Foundation. People who help you along the way.

Back to PO now...

In facing the famous Tai Lung at one point Po is being dragged and beaten all over the town. There is a scene when we think that is it. He is done for! When something inside him is sparked and he is fired up. His Spirit and Will emerge! He believed!! He got the secret of the scroll, and he learned about the secret ingredient. He defeats Tai Lung and becomes an AWESOME Kung Fu Warrior!

We are ALL warriors Like Po. We will fight and we will conquer; we have helpers, allies, and guides with us.

What Po learned, as I did, was to find: courage, spirit, will, and total awesomeness!

Sayings:

Master Oogway

You are too concerned with what was and what will be. Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present."

Po:

"You guys, your real strength comes from being the best you, you can be. So, who are you? What are you good at? What do you love? What makes you- you?"

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!

THANK YOU!



Our 3 Hope Grows Here events in April were a great success. Raising over \$36,000 with all 3 events. Thank you to everyone who attended, donated, and provided raffle and/or auction items. These events would not be a success without your support.



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, 5/10/2023

Led by either Jo McNeal or Chelsea Winn

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

Next meeting, 5/16/2023

Volunteer peer-led by Anita Nelson

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

Next meeting, 5/22/2023

Register once, the same Zoom link each time.

Volunteer peer-led by either Donna Anderson or Elana Emlen

Re-imagining Pharma research & development for Sarcomas with a biomimetic, automation-ready animal platform for drug discovery.

In the United States, \$83 billion is spent annually by the pharmaceutical industry to develop new drugs. The R&D stage contributes \$26B in annual costs at a net \$474M per drug that reaches FDA approval. The process to develop a single drug generally takes 11-16 years. In the semiconductor industry, the Intel mantra is "fail fast" -- and in a startup, the goal is to find a technology that disrupts a market. The Children's Cancer Therapy Development Institute (cc-tti.org) seeks to make the nonprofitable pursuit of curative drugs for rare childhood cancers and adult sarcomas more feasible through the introduction of disruptive, innovative engineering approaches more typical of the Oregon Silicon Forest.

JOIN US FOR: RESEARCHER UPDATE NIGHT WEDNESDAY, MAY 17, 2023 @ 7 P.M. PT



JOIN US TO LEARN
ABOUT THE RE-
IMAGINING PHARMA
RESEARCH &
DEVELOPMENT FOR
SARCOMAS.

CHARLES KELLER MD, SCIENTIFIC DIRECTOR, CHILDREN'S CANCER THERAPY DEVELOPMENT INSTITUTE (CCTDI.ORG)

CHARLES' RESEARCH FOCUSES ON THE DEVELOPMENT OF MORE EFFECTIVE, LESS TOXIC THERAPIES FOR CHILDHOOD CANCERS.

[REGISTER](#)

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!

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



[VOLUNTEER](#)



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:



[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!

Clinical Trials 101

Community
Event Series

WEDS
MAY 17

6:00 PM
CT

Presented with:



Sponsored by:



IMMERMAN ANGELS

Virtual
Edition



Patient partner, Immerman Angles has partnered up with another of our patient resources, Lazarex Cancer Foundation, to host a virtual community event presentation about Clinic Trials 101. Join in learning about clinical trials, and other resources that may be available to you to regarding clinical trials.

Register [HERE](#).

Date: Wednesday, May 17

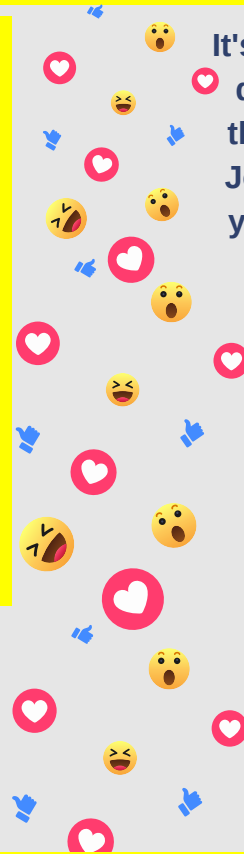
Time: 4 p.m. PT



APRIL'S SOCIAL MEDIA BESTS



Great event this evening with the
Portland Hope Grows Here event.



It's National Pet Day! All these great-looking dogs joined us at a Dragonslayer Walk in the past. DYK, dogs can have #Sarcoma?! Join us this year at any of the 4 walks with your pet and support our Dragonslayers... even 4-legged.



THANK YOU 2023 CORPORATE PARTNERS



Fred Hutch
Cancer Center



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