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AUGUST 2023



## MESSAGE FROM A BOARD MEMBER

### John Anderson - Board Treasurer

We hope everyone is enjoying the summer, staying cool and making plans to attend one of our Dragonslayer Walks during September. Dragonslayer has been an annual gathering of the sarcoma community since the first event in Seattle in 2005.

Dragonslayer walks are non-competitive, non-timed roughly 5K walks/runs that brings together the sarcoma communities in Seattle, Portland, Spokane, and Boise to honor sarcoma patients, survivors, angels, and families, and highlights our commitment that no one should face sarcoma alone.

While the Dragonslayer Walks primarily serve to bring together the Sarcoma community, donations received at all our events provide funding for our operations and programs, including patient assistance grants, patient care packages, and other community outreach. Like many non-profits, the Covid-19 pandemic impacted our financial results beginning in 2020 when all in-person fundraising events were canceled and those impacts continued through 2022. In those three years, our cumulative operating financial shortfall totaled \$215,000. However, during that period, the foundation stayed steady in providing patient financial assistance, providing \$233,000 in patient grants.

During the first half of 2023, we have provided 116 patients with financial assistance grants and provided 80 care packages to patients in treatment or to family members who have lost a loved one to Sarcoma. Dragonslayer events in 2022 were attended by 559 supporters and would like to see that increase to 675 or more this year. For 2023, we've budgeted Dragonslayer contributions to be 25% of our annual revenue. As we come out of the pandemic, we ask you to help us continue this and other programs for our Sarcoma community.

Join the Dragonslayer Walk and fundraise, donate during Giving Tuesday or our Year-End appeal, or donate now to support us in our mission to assist patients, survivors, caregivers, and those who have lost someone to Sarcoma. We look forward to seeing you at one of our Dragonslayer Walks. Please visit our website for dates and other information, to register to attend or volunteer or to make a donation.

Your continued support has allowed us to provide hope, education, and support to those affected by Sarcoma in the Pacific Northwest for the last 27 years.

## A SARCOMA STORY



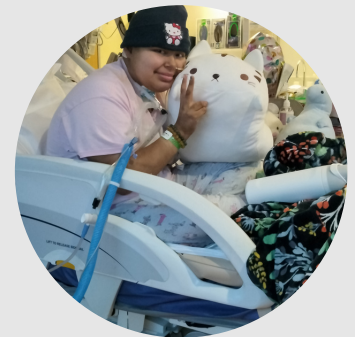
Hi, my name is Margarita. I am the mom of 12-year-old Mariana, she is my miracle baby. She is a lovely person, she amazes everyone, and they love her smile - she has the most amazing smile ever.

Mariana loves to draw in her spare time, I told her one day maybe we can make a comic book with her drawings. She also loves to swim, play Roblox, and read. Mariana has one sibling, her baby brother Junior, who she loves and adores very much those two are always together.

In November of 2022 Mariana was diagnosed with Chondroblastic Osteosarcoma of the 4th rib. When we received the news, it was the most horrible news ever, and our hearts were broken. We never once thought she would have cancer. We never thought we would go through this. There was . that moment I said why my child or any child but mostly my child, why? Then the thought of going through treatments or even the possibility

of not surviving. Mariana has been hospitalized for 7 months, and we never left her side. She has had some complications with her breathing which resulted in a tracheotomy. She gave us a scare, several scares, I almost lost my child. There was no blood going through to her kidneys which added dialysis 3 times a week. Mariana has been doing chemotherapy and she lost of her long beautiful black thick hair. Mariana became sad and depressed. I told her your hair doesn't define you as a person, what matters is life and being a strong warrior. I told her, your hair will grow back. Every day, I push her and tell her that she is a beautiful child. We have hope for Mariana, we have faith for Mariana is a true warrior. We thank her hospital team for keeping her safe and alive.

Mariana is still in treatment, and I know she is a strong warrior. This is a scary journey for Mariana. We try to keep her happy and enjoying life. We have faith she can pull through this. One thing as parents we learned - always kiss your kids, give them your time, and many hugs. Even as parents we have pain and sadness, but we always have a smile for Mariana even if inside it's scary to be in the world of cancer, especially when it's your child



[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, 8/9/2023

Led by either Jo McNeal or Chelsea Winn

**Caregivers:** Third Tuesday of every month.

Next meeting, 8/15/2023

Volunteer peer-led by Anita Nelson

**Sarcoma Bereavement:** Fourth Monday of every month.

Next meeting, 8/28/2023

Register once, the same Zoom link each time.

Volunteer peer-led by either Donna Anderson or Elana Emlen

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**



**Boise - Ann Morrison Park - 9.16**

**BOI REGISTER**

**Spokane - Mission Park - 9.17**

**SPOK REGISTER**

**Seattle - Magnuson Park - 9.23**

**SEA REGISTER**





# 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!

## VOLUNTEERS

### NEEDED



## 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

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# JULY'S SOCIAL MEDIA BESTS

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## Why do you wear yellow?

"I wear yellow for my husband - Jeff, my friend, my hero. His journey was a rollercoaster ride!"





July is Sarcoma Awareness Month

## KNOW THE FACTS:

What are the different types of Sarcomas?

**Soft Tissue Sarcomas:** most commonly found in arms, legs, chest, or abdomen.

**Bone Sarcomas:** are primary bone tumors, which means that they develop in the bones.

**Why do you wear yellow?**  
July is Sarcoma Awareness Month

[www.nwsarcoma.org](http://www.nwsarcoma.org)



# THANK YOU 2023 CORPORATE PARTNERS



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