

JANUARY 2023

WE WISH
YOU A
HAPPY
NEW YEAR

20
23

MESSAGE FROM THE STAFF



Happy New Year! This photo is the essence of our coming year...connecting. During the Dragonslayer Walk last year these two people, left Anna and right Christi, connected in person after meeting during a Casual Chat. I was thrilled to be there when they met, to connect them together, and to help connect further with our supporters! This year do not be surprised if you receive a phone call, text, or email from a volunteer, board member, or myself! We are trying to connect with you, to learn more about you, and how we can further our relationship with YOU! I look forward to the opportunity to meet you in person, hopefully throughout the year.

Please mark your calendars for some upcoming chances to meet in person! April 13, 2023 @ the Imperial Bottle Shop in Portland, OR, or Thursday,

April 27, 2023, @ the Old World Tasting Room in Seattle for our Hope Grows Here A *Special Event* hour. Plus, our Dragonslayer Walks in September. Portland September 9, Boise September 16, Spokane September 17, and Seattle September 23.

We also have our Casual Chat groups for patients & survivors, caregivers, and for those who have had someone pass away from Sarcoma. There will be 3-4 Researcher Update Nights, the first one at the end of January. And we have a new event in development for remembering those whom we have lost throughout the years. More to come on this event.

We want every opportunity to meet YOU, please come join us in 2023!

A SARCOMA STORY

Rogelio Ornelas Pedraza...a message from his mom: #StayStrong

Rogelio is a five-year-old boy from Oregon who was diagnosed with rhabdomyosarcoma. His tumor is inoperable but his prognosis is good after he completes chemotherapy and radiation treatments. Before his diagnosis in July 2022, he was super excited to start kindergarten. He absolutely enjoys playtime and loved dinosaurs and playing with his big sister and going to the beach to play in the ocean water. During treatment, he has become very fond of Pokémon. Despite every challenge he has faced, he is staying strong and is often still his goofy self. He has had multiple surgical procedures and started chemotherapy and radiation which comes with fatigue and constant nausea.

As his mom, I want to encourage all parents to pay close attention to your children and even the smallest changes. I was lucky to catch Rogelio's tumor (extremely fast-growing) because I noticed the tiniest little change in the shape of his eyes. Within a day I had gotten him in to see his primary doctor and an eye doctor whom I knew would be able to see what I thought might be there and the next day, we were sent to the children's hospital in Portland, Oregon, and his diagnosis came quickly after that. Don't wait to check on them, make the calls, ask all the questions and make sure your baby is okay, and don't stop fighting to get them better. Stay strong.



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 check out our website for the Share Your Story link.

We want to connect with you in 2023!

UPCOMING PROGRAMS & EVENTS

Casual Chat



Casual Chat
FOR ADULTS BATTLING THE SARCOMA DRAGON

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



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.

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, 1/11/2023

Led by either Jo McNeal or Chelsea Winn

Caregivers: Third Tuesday of every month.

Next meeting, 1/17/2023

Volunteer peer-led by Anita Nelson

Sarcoma Bereavement: Fourth Monday of every month.

Next meeting, 1/23/2023

Register once, the same Zoom link each time.

Volunteer peer-led by either Donna Anderson or Christin Gray

RESEARCHER UPDATE NIGHT

JANUARY 26, 2023 @ 7 P.M. PT



DR. STEPHANIE SCHAUB, COMING YOUR WAY! SHE WILL SHARE HOW PROTON THERAPY TREATMENT HELPS SOME SARCOMA PATIENTS.

Dr. Stephanie Schaub is an expert in the treatment of adult and pediatric sarcomas at the Fred Hutch Cancer Center, University of Washington, and Seattle Children's Hospital. Proton Therapy is a specialized type of radiation therapy that can allow for the precise treatment of a tumor while allowing for reduced radiation dose to normal healthy tissues in the body. Sarcomas can arise anywhere in the body, and certain locations or situations may have a clinically meaningful benefit to the use of proton therapy. Dr. Schaub will walk you through how she evaluates each patient in her consideration of all different types of advanced radiotherapy treatment "tools" to decide what might be best for treatment for each patient and highlight exciting data and examples of the use of proton therapy for patients with Sarcomas.

DECEMBER'S SOCIAL MEDIA BESTS



2023 CORPORATE PARTNERS



Fred Hutch
Cancer Center



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