

DONATE

VOLUNTEER

WEBSITE

OCTOBER 2023



MESSAGE FROM THE EXEC. DIRECTOR

Jo McNeal - Executive Director

Go Dragonslayers! We have wrapped up another amazing September of Dragonslayer Walks. What a whirlwind of a month. We kicked off in Portland where we finally had BEAUTIFUL weather and a record number of attendees since we've been back from the pandemic years. Placed in the middle of our

walk season were Boise and Spokane. Both experiencing wonderful weather and Spokane hosting a record number of attendees - over 100 people and **EXCEEDING** its goal! Finally, we closed the month with the Seattle walk. Although our weather was cooler than in years past, we still had an amazing time, with enthusiastic participants, speakers, and so much more. However, our work is not done, we still need your support. Funds from the Dragonslayer Walks to support our Help\$ Grants. Grants are over \$100,000 each year and the total from all four Dragonslayer Walks has currently brought in \$90,386. This means we still need your support to ensure that not only does the Help\$ Grant program continue but our other programs are able to be supported too.

We are also launching a new Dragonslayer Tribute Fund program. This program allows donors to create a tribute fund in honor or memory of your loved one who is or has battled Sarcoma. This program will help us sustain all our current programs, keep dedicated and knowledgeable staff, and launch new programs in 2024. We may be contacting you over the next few months into next year to see if you would want to start a tribute fund in honor or memory of your loved one. If you would like to start the conversation with us, just reach out to me - jomcneal@nwsarcoma.org, or our Development Coordinator, Allison Evenson - allison@nwsarcoma.org. We would be delighted to share more with you.

Oh and it's my favorite time of the year, so Happy Halloween!!!

Volunteer with us!

Upcoming Committee meetings

Programs Committee 9.27.2023 usually 2nd Mon. ea. month 2 p.m. PT

Events Committee 10.12.2023 2nd Thurs. ea. month 6 p.m. PT

Marketing-Communications Committee 10.4.2023 1st Wed. ea. month 3 p.m. PT

Development Committee 10.10.2023 2nd Tues. ea. month 6 p.m. PT



A SARCOMA STORY



Hi, I'm Miles

I was diagnosed with osteosarcoma on September 27 2020.

My leg was hurting at a birthday party so we went to get an x-ray. I remember we were in the tree fort playing with play-doh and my parents told me I had cancer. I was so confused. I knew it was dangerous, but I didn't know what it was, and I was worried about what would happen. But thanks to the Dragonslayers educating my parents so that they could support me, that made me feel better.

Within 2 weeks of my diagnosis I got a lot of tests, IVs, scans, a biopsy, and met a lot of Doctors, Nurses, and Students that made me feel good, because they took good care of me, and were cool. My oncologist and I would always swap jokes, such as Why do humans have different blood types..... so mosquitoes can try different flavors.

I had to learn to get over my fear of needles pretty quickly, this I literally became Spider-Man and climbed a wall to get out of a flu shot. Now needles are easy to deal with. I started Chemotherapy the day I got my port. I did 1 year and 9 months of chemo and immunotherapy. I really don't remember much, but I remember doing virtual Halloween, my hair was falling out and my pee was neon green or neon red depending on the chemo drug. For fun I skateboarded my IV cart down the hallways while playing Pokemon Go, I also counted the amount of hidden squirrels on the 4th floor (there is 27 by the way).

I Went in for full knee replacement surgery in January 2021 and stayed at Doernbecher for 5 days. I actually wanted to get a prosthetic amputation because there is less risks. But we ended up getting an internal prosthetic, I still have my real leg which is good, but it's super stubborn and doesn't want to grow as fast. I still have to do more surgeries to lengthen it.

During all of this, video games helped me a lot, they were a break from a lot of the stress, and they also helped me keep in contact with my friends and family while I was in the hospital.

Today I feel grrrrreatt, it's been 2 years since there was a sign of cancer in me. Summer has been really fun but it is soon over and when it is I have another surgery.

I remember the groups that supported me while I went through my dragon such as The Dragonslayers, who raise money and educate parents of kids with sarcoma dragons, and MIB Agents, who sent me warrior mail every month with encouraging cards, little toys, and funny pictures, Candlelighters who let me throw a first pitch at a Hops baseball game, Ukandu who has super duper fun camps with lots of kids just like me, and Make A Wish who literally flew me to Disney World. So thank you for all the organizations and people who support them for kids like me. Now let's slay some dragons!



[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.

4th Monday @ 6p.m. PT

3rd Tuesday @ 6p.m. PT

NORTHWEST SARCOMA FOUNDATION
HOPE EDUCATION SUPPORT

Casual Chats are free events:

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

Next meeting, 10/11/2023

Led by either Jo McNeal or Chelsea Winn

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

Next meeting, 10/17/2023

Volunteer peer-led by Anita Nelson

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

Next meeting, 10/23/2023

Register once, the same Zoom link each time.

Volunteer peer-led by either Donna Anderson or Elana Emlen

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:  **KNIGHT
CANCER
Institute**

[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!



Dragonslayer
**COMMUNITY
FUN EVENT**



VS.



Cheer on the UW Huskies as they play
Arizona State Sun Devils - game time TBA.
4 FREE tickets per household.



Saturday, October 21, 2023

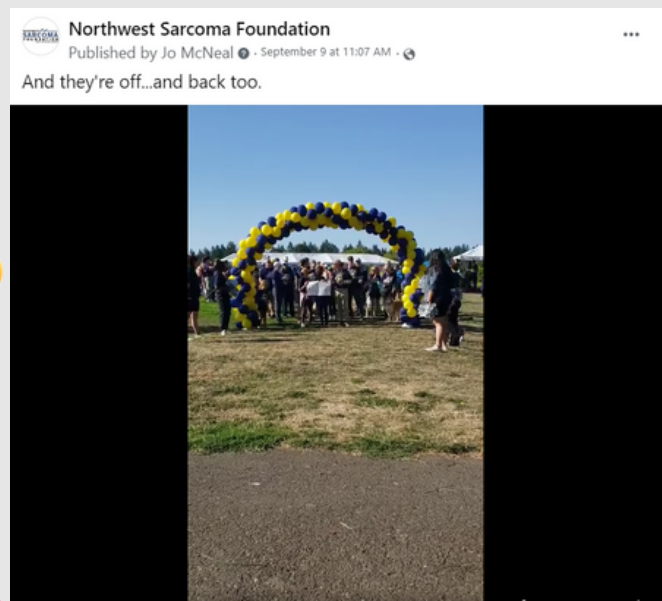
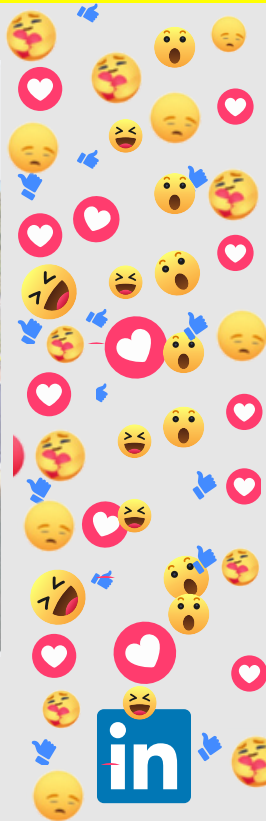
Hosted in
Partnership:



NWSF is pleased to present a free community event for Sarcoma patients and their families. Meet other Sarcoma patients and their families and grow your support system. Space is limited, sign-up today.

4 FREE TICKETS - REGISTER TODAY

SEPTEMBER'S SOCIAL MEDIA BESTS



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THANK YOU 2023 CORPORATE PARTNERS



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