

SLAYER NEWS

FROM THE NORTHWEST SARCOMA FOUNDATION

NORTHWEST
SARCOMA
FOUNDATION
HOPE • EDUCATION • SUPPORT

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JANUARY 2024



Alison, Dev. Coordinator, Chelsea, Dir. of Programs Jo, Executive Director Julie, Acct. & Office Admin.

YOUR TEAM

HAPPY NEW YEAR!!

Welcome to 2024 and our 28th year as a leading and influential Sarcoma organization within the U.S. focusing on anyone affected by Sarcoma in the Pacific Northwest. Our history is rich, especially as the oldest Sarcoma organization in the U.S., we continue to strive to add programs and outreach within our Sarcoma communities.

As we launch into this new year, and you may begin to think about your resolutions please consider the Northwest Sarcoma Foundation as a place for your time and energy. We are

welcoming 4 new board members in 2024, along with new committee members, plus we are always searching for new committee members. Maybe this is the year you join us in our efforts.

We are excited to be bringing back programs that were on hold until we could meet in person again. We had our 1st Community Fun event in Seattle in Oct. 2023, but are launching them further in 2024 to include hosting locations in Oregon. Another return and expansion this year is the Pediatric Days. We bring fun to any cancer patient within certain medical centers in Washington and Oregon. The hope is to add more states as our funding continues to increase.

A few pages down you will see what we have currently in store for 2024! Mark your calendars.



Volunteer with us!

Upcoming Committee meetings

Programs Committee 1.15.2024 usually 2nd Mon. ea. month 1 p.m. PT

Events Committee 1.11.2024 2nd Thurs. ea. month 6 p.m. PT

Marketing-Communications Committee 1.10.2024 1st Wed. ea. month 3 p.m. PT

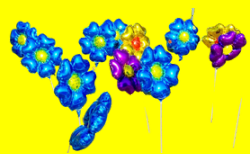
*Moved in Jan. 2024 to accommodate a schedule change.

Development Committee 1.9.2024 2nd Tues. ea. month 6 p.m. PT

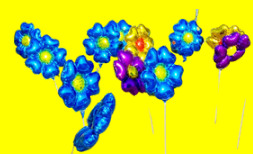
YOUR BOARD OF DIRECTORS



During 2023 we welcomed 2 new board members - Elana Emlen and Dr. Kenny Gundle. At the start of 2024 we are welcoming 4 new board members - Mike Bell, Nick Casillas, Mike Lillie, and Bill O'Connell!



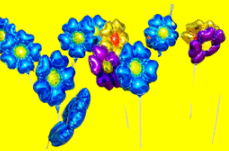
DRAGONSLAYER TRIBUTE FUND DECEMBER NEW TRIBUTE FUNDS



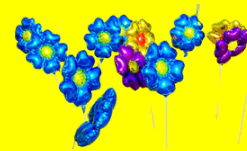
MATT EMLEN

Matt Emlen was someone who people would meet, and immediately feel comfortable and happy to be talking with him. He knew so much about history, politics, and music; and he was always curious about people and the world. He was not defined by his job but approached his career in resource conservation strategies with integrity and steadfastness.

Matt's full story [HERE](#).



DRAGONSLAYER TRIBUTE FUND JANUARY'S NEW TRIBUTE FUNDS



MARIA ANDERSON

In thinking about Maria's journey, I always go back to those years between ages 27 and 43, when Maria suffered through surgeries, procedures, and pain management on her right arm. Ultimately, I wonder what could have happened if Maria's doctors had been exposed to some of Chappie's expertise here in Seattle. In this way, the work of the Northwest Sarcoma Foundation is very real for me.

TRIBUTE FUNDS

Maria's full story [HERE](#)

Dragonslayer Tribute Funds are established by friends and/or families to honor the lives of specific Sarcoma patients, survivors, or loved ones lost to Sarcoma. These funds assist the Northwest Sarcoma Foundation in its mission and ensures that

No One Faces Sarcoma Alone
You helping to create *thri-vors* in 2024!

UPCOMING PROGRAMS & EVENTS

2024 NWSF EVENTS



Register!

JANUARY

Patient Education Night

25 Topic: Chemo! Radiation!
A Port! OH MY!
RN Panel Discussion

FEBRUARY

Researcher Update Night

21 Topic: Tenosynovial giant
cell tumor
Dr. Elizabeth Loggers

MARCH

06 Dragonslayer Days
Seattle Children's Hospital
TBD Sarcoma Journal Club
Dr. Lee Cranmer

APRIL

01 Dragonslayer Days
Randall Children's Hospital
TBD Hope Grows Here
Spokane
27 Hope Grows Here
Seattle

MAY

9 Hope Grows Here
Portland
15 Dragonslayer Days
Providence Sacred Heart
TBD Sarcoma Journal Club
TBD Patient Education Night
TBD Topic: Radiation Therapy and what it
means for me
Dr. Art Hung

JUNE

TBD Researcher Update Night
Topic: PComas and new
treatments
Dr. Lee Cranmer

Adult Patients and Survivors Casual Chat - 2nd Wed. each month

Caregivers Casual Chat - 3rd Tues. each month

Sarcoma Bereavement Group - 4th Mon. each month



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:
4th Monday @ 6p.m. PT

CASUAL CHAT: SARCOMA CAREGIVERS
Casual chat for anyone who cares for someone with Sarcoma.
Third Tuesday of every month
6:00 pm. (Pacific Time)
Register today to receive Zoom link:
3rd Tuesday @ 6p.m. PT

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Casual Chats are free events, register once, the same Zoom link each time.

Adult patients & survivors: Second Wednesday of every month.

Next meeting, 1/10/2024 6 - 7 p.m.

Led by either Jo McNeal or Chelsea Winn

Caregivers: Third Tuesday of every month.

Next meeting, 1/16/2024 6 - 7 p.m.

Volunteer peer-led by Anita Nelson

Sarcoma Bereavement: Fourth Monday of every month.

Next meeting, 1/22/2024 6 - 7 p.m.

Volunteer peer-led by Elana Emlen

PATIENT EDUCATION NIGHT

Jan. 25 @6:30 PM PST
VIA ZOOM

Chemo! Radiation! A Port!
OH MY!

Register
Now

2024 NWSF EVENTS



Register!

JULY

Researcher Update Night

23 Topic: Chondrosarcoma
and chonDragon tx
Dr. Lara Davis

AUGUST

Researcher Update Night

06 Topic: Gastrointestinal
stromal tumor (GIST)
Dr. Limin Zhu

SEPTEMBER

07 Dragonslayer Walk
Portland
14 Dragonslayer Walk
Boise
15 Dragonslayer Walk
Spokane
21 Dragonslayer Walk
Seattle

OCTOBER

Patient Education Night

16 Topic: Palliative care
Dr. Elizabeth Loggers

NOVEMBER

06 Sarcoma Journal Club
Dr. Jeremy Sharib

DECEMBER

TBD Patient Education Night
Topic: Pathology - The
hidden heroes

Adult Patients and Survivors Casual Chat - 2nd Wed. each month
Caregivers Casual Chat - 3rd Tues. each month
Sarcoma Bereavement Group - 4th Mon. each month

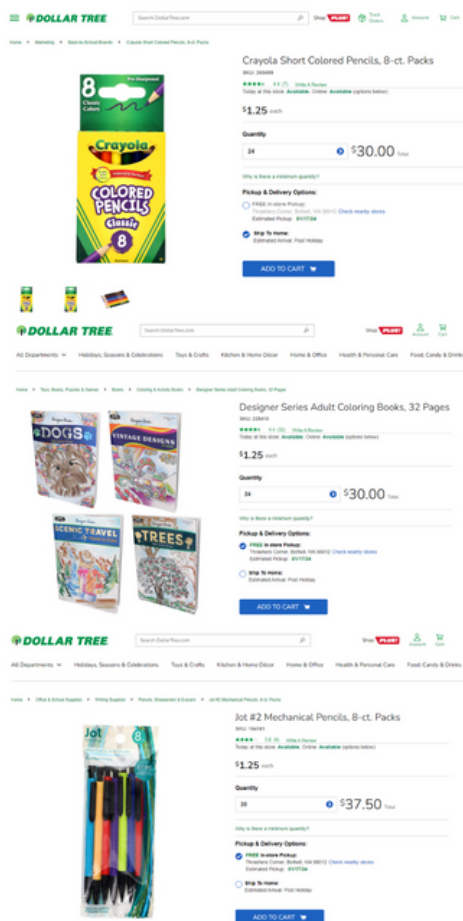
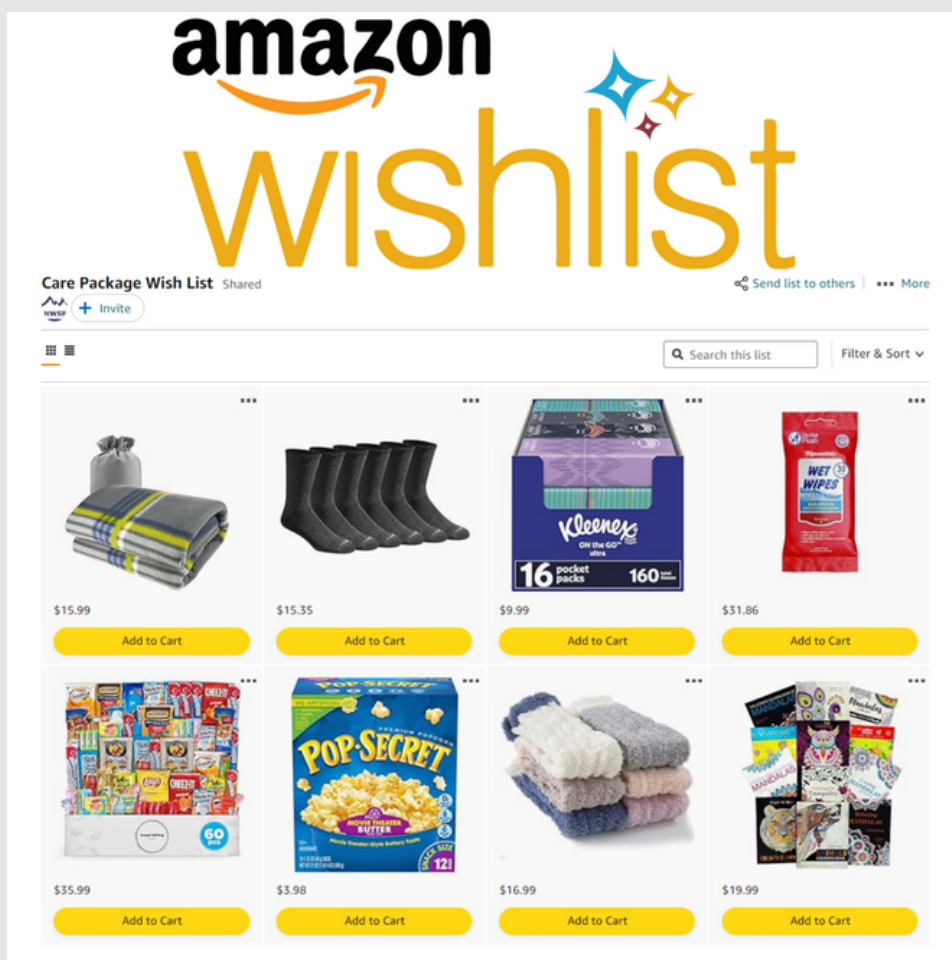
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CARE PACKAGES NEED YOUR CARE

In 2023, we provided a record number of care packages. Our supplies on specific items are getting low, and we are always in need of additional supplies. Please consider helping restock our shelves.

Items in most need:
Blankets & men's warm socks.



Not an Amazon purchaser, consider the Dollar Tree. You can order items in bulk and have them shipped to us directly.

Northwest Sarcoma Foundation
117 E. Louisa St., #443
Seattle, WA 98102

Or if you live in the Seattle, Portland, or Boise areas, we can arrange to pick up.

Click Here



OTHER DONATION OPTIONS

Fundraise with Raise Right. You can purchase gift cards (eCards) through our Raise Right account and a percentage of your purchase comes back to us. Plus you can donate gift cards to grocery stores, Starbucks, etc. to the care package program. Just choose to have them physically mailed to NWSF.

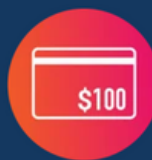
During the holidays, Exec. Dir. Jo registered, purchased, and donated \$18 back to NWSF!

Register and get started today. Create a free account on the RaiseRight mobile app or at RaiseRight.com.

Enrollment Code: TJ4HZXHS2PA6 Have questions contact: info@nwsarcoma.org

Gift cards that give back

See how easy it is to buy and earn online with this example.



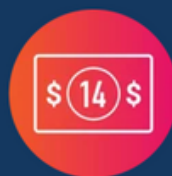
BUY A GIFT CARD

Buy a \$100 Gap eGift card from RaiseRight, with 14% earnings. Pay with your bank account or credit card.



USE IT INSTANTLY

Your \$100 eGift card is delivered to your online "Wallet" instantly, ready to use or save for later.



EARN AUTOMATICALLY

You automatically earned \$14 for your fundraising account. Way to go!



THANKS, GAP!

Your earnings come from the brand, so no extra money out of your pocket.

Fred Meyer Community Rewards

Fred Meyer will donate to Northwest Sarcoma Foundation based on your spending.

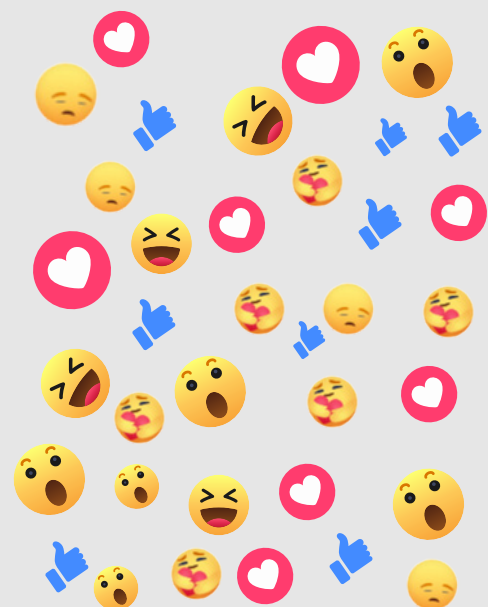
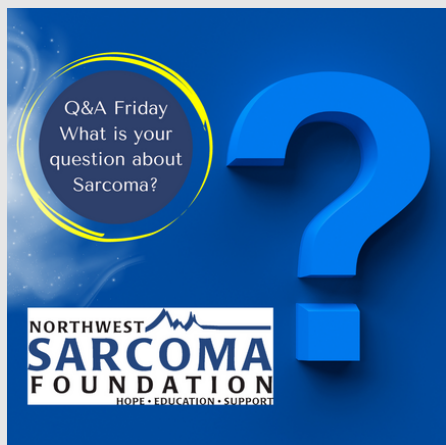
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Link your rewards card now!



Link your Fred Meyer rewards card to donate back to the NW Sarcoma Foundation!

Northwest Sarcoma Foundation - Seattle (HN504)



Q

Is there a national hub where all information is being compiled and sorted?

A

There are some efforts to establish databases to collect information on sarcoma patient outcomes on a large scale, but there are many complicating factors like making sure that all of the data is consistently and reliably entered and regulatory issues to ensure protection of patient data and patient privacy. On a national (and international) level, many sarcoma centers collaborate on clinical trials, database work, and basic science to establish sarcoma treatment guidelines and to find new (and hopefully better!) ways to treat sarcomas in the future. Even with the high level of collaboration between sarcoma specialists, there are sometimes differences of opinion and it never hurts to get a second opinion to discuss a treatment plan.

-Michael Wagner M.D.



Each month we host Q&A Friday. I'm thrilled that our question and answer in December were so well received. Thank you, Dr. Michael Wagner for providing the answer!

Thank You
2024 Corporate Partners



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