

# SLAYER NEWS

FROM THE NORTHWEST SARCOMA FOUNDATION

NORTHWEST  
**SARCOMA**  
FOUNDATION  
HOPE • EDUCATION • SUPPORT

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APRIL 2024



## NEWS FROM A NEW BOARD MEMBER AND COMMITTEE MEMBER

They say that as you get older time goes by faster, I do not quite know what to make of it, but lately I am seeing the truth in this common phrase. It is so hard to believe that it is already April and 1/4th of the year is already gone. The questions I have for you today are two: What have you done with the time that has passed, and what do you have planned for the remainder of 2024? I do not ask these questions in an attempt to make you feel guilty about things you have missed out on, or prod you into hasty action, but simply to reflect on the opportunities that life presents to us. We all have opportunities that lie before us in our lives, choices to make, and it is up to us to act upon those opportunities.

Hi, I am Mike -a Northwest Sarcoma Foundation (NWSF) board member, a husband, a father of 2 wonderful daughters and a Physician Assistant working with orthopedic trauma and cancer patients in Spokane. I joined up with the NWSF helping on the events committee a little over a year ago to help try and bring more involvement in the Spokane area and became a board member starting in January 2024. I first got interested in medicine when my father played the role of Santa Claus at the one of our local hospitals in the children's cancer ward for several Christmas seasons. I saw the amount of time and effort that he put in, the dedication of his time and heart to bring a moment of joy to the pediatric cancer patients, as well as the emotional toll it took on him for several days after. He asked me to join him 1 year handing out gifts to the children, and that year one of my neighbors was in the hospital battling cancer... again. That was the day that I decided I wanted to try to do something to help people, to better someone's life, to brighten someone's day, a lot like what I saw my father do for many years. Fast forward in time many years and the opportunity to join the Sarcoma team in Spokane presented itself to me, and I felt like things were coming full circle. Now, I find myself now helping Sarcoma, and other cancer patients along in their journey, trying to do my best and ease their way.

Speaking of opportunities... we are coming into the time of our spring events, most notably the Hope Grows Here events, the first of which will be in here in my town, Spokane on April 18th. This will be followed by the Seattle event on April 27th, and then in Portland on May 9th. There is still a lot of work to be done, tickets to purchase, fun to be had, stories to be made and told. Please seize the opportunity, join us at Hope Grows Here and help us raise funds to support out Northwest Sarcoma Foundation patients.

# YOU'RE INVITED

**Seattle**  
Saturday,  
April 27  
6 - 8:30 p.m.  
Seattle  
Yacht Club -  
Fireside  
Room  
Tickets:  
\$75

**Spokane**  
Thursday,  
April 18  
6 - 8:30 p.m.  
Wonder  
Market - East  
Hall  
Tickets:  
\$50

**Portland**  
Thursday,  
May 9  
6 - 7:30 p.m.  
Imperial  
Bottle Shop  
Tickets:  
\$50



We invite you to join us in providing HOPE (happiness, optimism, positive encouragement). Times vary by location, tickets are limited. Get yours soon!

4.18 - Spokane @ the Wonder Market 6 - 8:30 p.m.

4.27 - Seattle @ the Yacht Club w/ keynote speaker Steven Young, from SARC 6 - 8:30 p.m.

5.9 - Portland @ Imperial Bottle Shop 6 - 7:30 p.m.

# 2024 NWSF EVENTS



Register!

## JANUARY

### Patient Education Night

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



[Watch Video](#)

## FEBRUARY

### Researcher Update Night

**21** Topic: Tenosynovial giant  
cell tumor  
Dr. Elizabeth Loggers



[Watch Video](#)

## MARCH

### 06 Dragonslayer Days

Seattle Children's Hospital

### 16 Knights Unite

UW Horticultural Center

### 30 Community Fun Event

Pratt Fine Arts Center

## APRIL

### 01 Dragonslayer Days

Randall Children's Hospital

### 06 Knights Unite

Portland

### 18 Hope Grows Here

Wonder Market - Spokane

### 27 Hope Grows Here

Seattle Yacht Club

### 30 Sarcoma Journal Club

Dr. Kenny Gundle

## MAY

### 09 Hope Grows Here

Imperial Bottle House - Portland

### 11 Community Fun Event

UW Baseball

### 15 Dragonslayer Days

Providence Sacred Heart

### 18 Community Fun Event

Board & Brush

### TBD Patient Education Night

Radiation Therapy

## JUNE

### Researcher Update Night

**25** Topic: PEComas and new  
treatments

Dr. Michael Wagner

### 26 Sarcoma Journal Club

Dr. Duncan Ramsey

## JULY

### Researcher Update Night

**23** Topic: Chondrosarcoma  
and chondrogenesis  
Dr. Lara Davis

## AUGUST

### Researcher Update Night

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

### Community Fun Event

**25** Hillsboro Hops

## 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

### 09 Community Fun Event PDX

Birdie Time Pub &  
Mini-Golf

### 09 Community Fun Event SEA

Pratt Fine Arts Center

## DECEMBER

### Patient Education Night

**03** Topic: Pathology - The  
hidden heroes  
Dr. Chen & Dr. Kao



## Casual Chat

### Casual Chat

FOR ADULTS BATTLING THE SARCOMA DRAGON



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



HOPE EDUCATION SUPPORT

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

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

Next meeting, 4/10/2024 6 - 7 p.m.

Led by either Jo McNeal or Chelsea Winn

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

Next meeting, 4/16/2024 6 - 7 p.m.

Volunteer peer-led by Anita Nelson

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

Next meeting, 4/22/2024 6 - 7 p.m.

Volunteer peer-led by Elana Emlen

## Dragonslayer Walk Registration is open

Portland 9.7.2024 @ Gabriel Park

Boise 9.14.2024 @ Ann Morrison Park

Spokane 9.15.2024 @ Mission Park

Seattle 9.21.2024 @ Magnuson Park

Volunteers needed at each location!



## CONNECT WITH OTHER SARCOMA PATIENTS



# Smart Patients

[Join the community](#)

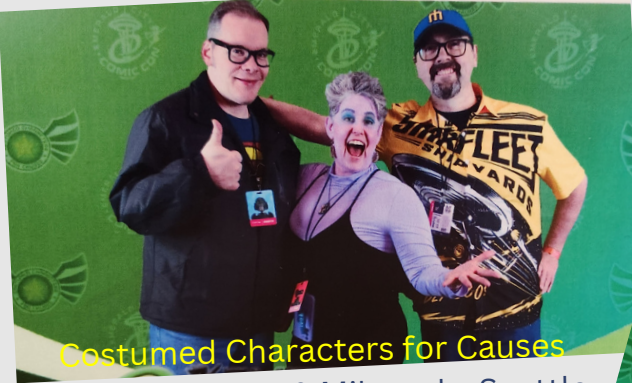
Patients and caregivers are invited to join the Sarcoma community with Smart Patients.

Individuals (18 years and older) can join the community by securely sharing their email address and setting up a free personal account. Once the account is confirmed participants will have access to information, and resources, and be able to participate in community conversations on topics of interest.

About Smart Patients:

Smart Patients is an online community where patients and their families affected by a variety of illnesses learn from each other about treatments, challenges, and how it all fits into the context of their experience. While providing patients with safe and high-quality peer support, we help the healthcare system learn from patients to serve them better.

# NW SARCOMA OUT IN THE COMMUNITY



Costumed Characters for Causes  
volunteers Matt & Mike - aka Seattle  
Batman & Superman @ DSW



Emerald City Comic  
Sarcoma patient, Michael and  
best friend Sam



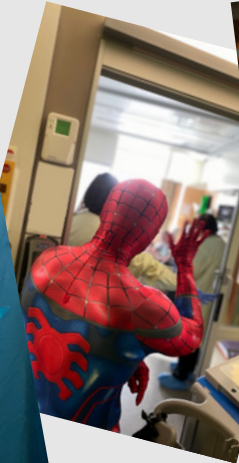
Sarcoma Survivor and committee  
member Renee  
dad, Michael



Emerald City Comic  
Con Volunteers w/  
Costumed  
Characters for  
Causes!

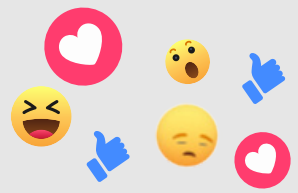
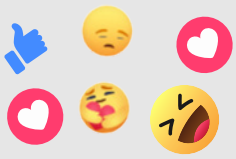


Dragonslayer  
Pediatric Day @  
Seattle Children's  
Hospital



Knights Unite  
Remembrance  
Event

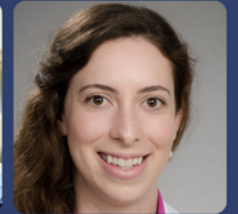
# MARCH'S SOCIAL MEDIA BESTS



Follow  
-US-



Doctors'  
Day  
2024



Hosting a Community Fun Event for our #Sarcoma community @ Artful Ashes with Minhi, John, & Megan. We thank them for volunteering their time & expertise! #nwsarcoma, #Dragonslayersunite

## Volunteer with us!

### Upcoming Committee meetings

Programs Committee 5.9. 2024 - odd months, 2nd Thursday 10 a.m. PT

Events Committee 4.11.2024 2nd Thurs. ea. month 6 p.m. PT

Marketing-Communications Committee 4.3.2024 3 p.m.PT

Development Committee 4.9.2024 2nd Tues. ea. month 6 p.m. PT



Thank You  
2024 Corporate Partners



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