

You can help us be a voice for the organization. Tell us your story. Stories drive an organization and share with the world an experience few have had. Stories help raise funds to support the mission: to provide hope, education, and support to Sarcoma patients and their families in the Pacific Northwest while investing in research to improve cure rates for sarcomas.

These stories also inspire Sarcoma slayers to keep up the fight! Your story can help.

No one should face Sarcoma alone.

How to tell your story:

- Who you are: Name, age, where you live, activities in your life, people in your life
- How you were diagnosed, difficulties/ease of your diagnosis
- Treatment, research, trials you have experienced

Ingredients for a powerful story:

- Mystery, tension, or conflict resolution
- Genuine and authentic
- Setting that ignites the senses
- You, a likeable character!

Anatomy of a great story:

- Main character introduction
- Problem or challenge arises in main character
- How has our organization helped you
- Call to action

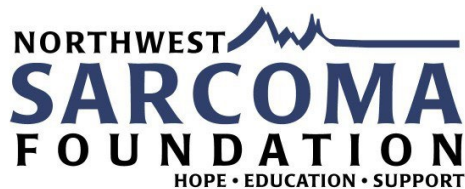
*Be clear about the point of your story and the action you want people to take after hearing it.

Things to be beware of:

- Too much jargon or acronyms
- Too much data

Please provide a high-resolution photo of you to accompany your story. We may reach out to learn more about your story and inquire about video stories. Stories will be used on our website, social posts, newsletters, etc. See sample stories included.

Please fill out and return the release form with your submitted story.



117 E. Louisa St., #443 ~ Seattle, WA 98102

Story/Video/Photo/Audio Consent Form

Legal Name: _____

Address: _____

Email: _____

Phone: _____

Please read the following Northwest Sarcoma Foundation waiver and Sign:

RELEASE AND WAIVER:

I, the undersigned, do hereby consent to the use by Northwest Sarcoma Foundation (NWSF) of my submitted story, image, and voice, in (1) the submitted story, video, photograph, or audio recording described below; and (2) any video, photograph, or audio recording reproduced either in whole or in part from the submitted story, video, photograph or audio recording described below: regardless of whether these materials are used for education, fundraising, advertising, publicity, or any other purpose on behalf of NWSF.

I warrant that I have the full right and authority to grant this consent.

In addition, I waive all claims to compensation or damages based on the use of my story, image, or voice by NWSF. I also waive any right to inspect or approve the finished story, photograph, video, or audio recording.

I understand that this consent is perpetual, that I may not revoke it, and that it is binding on me, my heirs, and assigns.

I warrant that I, the participant, am at least 18 years of age or I have the legal right to sign for the participant. I further attest that I have read this consent form and fully understand its contents.

Description of personal story, video, photograph, or audio recording: Webinar, podcast, personal story to educate and inspire patients, families and supports about real life lived experiences and advice after being diagnosed with Sarcoma or having a loved one diagnosed.

Printed Participant Name (and guardian, if applicable):

Participant/Guardian Signature:

Date:



Hello there! My name is Anna Grace Pelson. I'm 17 years old, a senior in high school, as well as a sophomore in college. I'm part of a really awesome organization that allows me to get my associates degree by the time I graduate high school! I love spending time outdoors, whether that's hiking, swimming, camping, running, or wake surfing. I have been a ballerina for most of my life and am currently on the cross-country team. I am the second born of four siblings, all of whom I am very close with. My family loves spending time together. I also have two dogs and a cat, one dog of which was my Make A Wish (her name's Nala :).

I was diagnosed with osteosarcoma on February 19th, 2020. It had been a long road to a diagnosis, as I never had any pain. We actually found the tumor by accident, as an x-ray of my back went too wide and showed both of my shoulders. The radiologist noticed an unusual bone growth in my left shoulder. Eight months later, after more x-rays, an MRI and a biopsy, I was diagnosed. I remember just being in shock when we heard the news as I imagine most people are. From there, I started eight months of chemotherapy. During that time, I had a reverse total shoulder surgery to remove the tumor. My entire left humerus is now titanium, so I can confidently sing the song Titanium by Sia ;) I'm always curious to see whether or not I'll set off the metal detectors at airports! Half the time I have, and half the time I haven't! Anyways, I finished chemo on October 4th, 2020. One of the hardest parts of being in treatment was losing my hair. I had long, thick, red hair down to my waist before treatment, and it was really hard to watch it fall out, even though I knew it would come back eventually.



Unfortunately, I had a recurrence of osteosarcoma in my lungs. Thankfully, this lesion was really small, so small, my oncologist was hesitant that surgeons would even be able to find it during surgery. They did successfully remove it on December 8, 2021, and it was concluded that it was osteosarcoma. I am now part of a clinical trial for recurrent osteosarcoma, using immunotherapy. The trial is a yearlong, involving trips to Seattle Children's Hospital initially, and OHSU more recently, every three weeks. I finish this clinical trial in three months, and I am so excited. I am also beyond grateful for this trial, and for all the people who put time and research into the trial. Even though it's not fun to receive treatment, it's amazing to have another option. Thank you to the Northwest Sarcoma Foundation, and so many other amazing foundations who have raised funds for treatment and research for kids like me :)