



National Association of Team Survivor

Thrive and Survive

July 2009

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Letter from the President - Jill O'Donovan

National Association of Team Survivor Board President

Dear Teams,

I hope this finds everyone having a great summer! By all accounts the Trek races have been a huge success and participants have been pleased with the new race. We hope that your Team will enjoy them as well when they come to (or near) your city. Don't forget that your Team can earn extra money by helping Cathy Daldin at the Expo booth!



Speaking of money, we have had some questions regarding the Affiliation Fee Scholarship vs. the Nominal Request for Funding (aka Grant Request). The Affiliation Fee Scholarship is intended to be a onetime Scholarship to cover a Team's annual Affiliation Fee to keep them going (or help them get started) when they run into financial difficulties. This Scholarship covers the \$150 Affiliation Fee which NATS applies to defray the costs of the general liability and accident insurance coverage we provide to the Teams.

The Nominal Request for Funding (aka Grant Request) is a separate request and is limited to \$100 per request. Each Team is eligible for up to two \$100 grants per year and the funds are paid directly by NATS to the third party (vendor, instructor, gym,

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etc). Additional details about the Grant Request are set out below.

We will provide more information and forum for discussion of funding issues at the annual **National Leader's Conference, November 6-8** (tentatively planned for Chicago). In the meantime, please let us know if there are other issues of interest to your Team and we will plan the agenda accordingly.

Take care and please save the date for the conference!

Jill

Featured NATS Board Member – Barb Carey

Featured NATS Board Member: Barb Carey, NATS Affiliate Representative

Current Residence: Kirkland, WA

Board member since: January 2009

I got involved with Team Survivor when I was in treatment for breast cancer in 2000. I read a newsletter in the doctor's office and learned about the upcoming retreat and many fitness activities. I went to the 3 day retreat, met a host of wonderful women, and never looked back. Team Survivor turned me into a dragon boater, a runner, a biker and a triathlete, plus gave me the best friends of my adult life. I served on the board of Team Survivor Northwest for six years, three of them as president. I continue to lead the midweek hiking group, as well as participating in many of the programs.

In my free time I like to be active: run, bike, hike, snowshoe and paddle. I am also an avid reader, love music and write songs for my 16 grandchildren (we have a blended family!) My husband and I travel a great deal and enjoy our mountain cabin. I also fight the plastic problem through a business with my daughter called The Bag Ladies of Seattle.

My vision for Team Survivor is to grow the affiliates so that fitness opportunities exist all over the country for women cancer survivors. Team Survivor has done so much for me, I want to give back by helping it be available to others. I would like to see permanent financial support from the national hospital community helping us sustain and grow our programs. If we can help them see how significant our mission is in the continuing wellness of their women patients, it just may be possible!



Focus Fundraiser – Chocolate Chase Benefit Bike Ride with TEAM Survivor Madison



CHOCOLATE CHASE

What lead your affiliate to design the fundraiser format?

Trek Bicycle Stores of Madison is sponsoring the 3rd annual Chocolate Chase Benefit Bicycle Ride for TEAMSurvivor Madison, Inc. on Sat., Sept. 5. The family friendly ride offers 4, 10 and 20 mile routes with chocolate delights at the rest stops. In addition, a finish line reception with chocolate, chocolate and more chocolate, door prizes and more!

A board member heard of a similar biking event in another city and thought it could be popular here. The fact that TEAMSurvivor Madison, Inc. was already working with our local Trek Bicycle Store and were familiar with other rides they hosted benefitting other organizations. It was a natural fit to have the conversation with them. We scheduled a meeting, made the pitch and they loved it!

What benefits have your members experienced as a result?

The event has proved to be a great friend-raiser and fundraiser. We raised awareness about TEAMSurvivor Madison, Inc. Because of the design of the event, family friendly offering 4,10 and 20 mile routes, it provided an opportunity for members to participate with their families. There are also numerous pre-, day-of and post-event volunteer opportunities that bring members together to support the organization.

Do you have any personal quotes from people involved in the fundraising? Did new members join in the fun?

"The rest stops were the best!" "Great day, great fun." "Something for everyone!" Tremendous positives. Yes, new members did join in the fun. In fact, we ended up with a few new members as a result of their participation.

What highlights do you want to share with other affiliates?

The event was a win-win for TEAMSurvivor Madison, Inc. and the Trek Bicycle Stores of Madison. Our first year it proved to be the biggest single-day event that Trek had experienced. The highlights to share are numerous:

- 1) Identify a community partner in your city that you can work with for the event. Have that partner sponsor the event and your organization benefits.
- 2) Keep it simple the first year and start small. If successful, you can always grow the event.
- 3) Establish committees to work on the various aspects of the event.
- 4) Solicit sponsors to help offset any costs (printing, t-shirts) and donations (rest stop, finish line, etc.)

For more information about Chocolate Chaser Fundraiser, please contact:
TEAMSurvivor Madison at teamsurvivormadison@yahoo.com

We invite you to visit our web site at **teamsurvivormadison.org** On the left navigation bar, click on the "Programs", then the "photo gallery" link and view the photos from the 2008 event.

Featured Member and Affiliate – Mary Ibbetson Of Team Survivor Albany

Please share with us how Team Survivor Albany was founded:

When I was diagnosed with breast cancer last year I was scared, I was angry, I was disappointed, I was sick but the one thing I wasn't....was alone. My husband, Joe, and friends (aka: running buddies) were with me all the way - "Team Mary" They took turns walking me, walking with me, running with me (slowly at first), racing with me (always letting me finish first) and cheering me on all the way.

I wanted to be able to give that kind of support to all female cancer survivors! I was doing research on exercise and cancer recovery when I learned of Team Survivor and knew that it was something I wanted to bring to others.

What community resources did you utilize for outreach and support:

I have been so fortunate to have had a great response to Team Survivor Albany. Gilda's Club of the Capital Region and American Cancer Society have been great. They have given me lots of suggestions and contacts! I have had interest from a local personal trainer and gym and my friend and website designer, LF Creative, has made getting the word out easy.

Challenges you have faced in getting Team Survivor up and running and lessons learned:

Getting Team Survivor Albany up and running has been time consuming but a definite labor of love. So many people have come out of the woodwork to rally around me and my passion for this project – they've made it so easy to spread the word via talk, emails, phone calls,



Featured Member and Affiliate, continued from page 4

word-of-mouth. My friend and running buddy, Erin, has been a sounding board as well as a wonderful resource as a nurse.

It can be overwhelming to think of all that needs to get done and should be done to make Team Survivor Albany perfect. I would love to have free gym memberships and daily walks/runs, 5k training groups and yoga classes for everyone so I have to keep reminding myself of how this all started...with my friends just taking me for one lap around the track. The rest will follow.

Favorite Program:

I have been "using" my friend Judy at work as my guinea pig for 5k training. We have been running together several times a week at lunch, starting with a 90 second run/walk. One month later she is running 2 miles straight several times a week.

It is so rewarding to see someone accomplish something that they didn't think they could. I am really looking forward to doing that for others.

Notable Quotes/Tidbits from Team Survivor Members:

My husband and I both got "Long May She Run" tattooed on the arch of our foot. It has become a key phrase for me.



I am doing my first sprint triathalon this Fall with some of my girlfriends (aka: more running buddies) and a friend of mine is making bracelets for us all to wear that say "Long May She Run"

Contact Info:
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New Feature – Exercise Information for Women Cancer Survivors



Sami Papacek of (Overland Park, KS) is a certified personal trainer and cancer exercise specialist and owner of Life in Focus. Her trainees have had breast, prostate, skin (which can metastasize if not caught early), lung, ovarian and colon cancer. As in the general population, the response that cancer patients have to exercise is wide-ranging. Obviously, cancer patients who have a history of consistent exercise will get through a workout session easier, than one who's always been sedentary.

www.lifeinfocusonline.com

Sami is willing to address exercise topics that are of interest to your affiliate members. We will post on our NATS affiliate dashboard the extensive information regarding: Osteoporosis, Estrogen Regulation, Metabolism and Lean Body Mass, Posture, and overall benefits of exercise. In addition: if you would like information regarding a particular topic, please send an email with your questions, comments, and concerns. Email:

Rochelle@teamsurvivor.org

Topic: Strength Training

Cancer patients already experienced with lifting weights: A program of bodybuilding and other forms of intense weight lifting will be more difficult to sustain for a person undergoing cancer treatment, than other types of exercise, such as cardio classes, Pilates, swimming and jogging. Papacek explains, "Since bodybuilding is a more intensive and predominately anaerobic activity, it is much more difficult to sustain when someone is going through treatment, both chemo and/or radiation." It's important that a cancer patient **not** cut back on complex carbohydrates; he or she needs this valuable form of fuel. Cancer and its treatment strains the body, and if exercise is added to that, then a higher intake of healthy carbs is on order. If your trainee is interested in bodybuilding—even with a history of such—be aware that cancer treatment "causes the depletion of energy-yielding substances (phosphagens), glycogen and blood glucose," says Papacek. "Second, there is the accumulation of metabolites." Fatigue may come quickly for the bodybuilder or strength-trainer with cancer, since such a workout is primarily anaerobic. It's perfectly okay to keep your trainee—who's already experienced with weights—on lighter resistance and high reps, and add some completely new routines. This way, the body will get a surprising training stimulus without the threat of too much intensity.

Trainees with little strength-work background: Papacek explains, "I don't recommend anything too anaerobic during treatment unless they were very fit to begin with. For the average client, they will just get too tired. We want to keep them out of the glycolytic energy system (which weight-training relies upon) because it produces lactic acid which

Exercise Information, continued from page 6

contributes to their fatigue. However, this is up to the trainer to determine safe levels for their clients. I will lower the weight, increase the reps and allow extra recovery and many clients will do just fine. It's not an absolutely can-do, but it **is** essential to monitor their fatigue." If your trainee with cancer can get through a weight workout, then this will help reverse the muscle shrinkage that results from the cancer treatment. "For someone to continue to do strength training will keep them physically stronger for day-to-day activity, and tolerate treatments much better," says Papacek. "I know that there is starting to be a lot more research, but personally, I have definitely found this very true both on a physical and psychological level."

NATS Grants for Affiliates Update

NATS Grant for Affiliates:

Several Team Survivor affiliates have successfully utilized the \$100 grant money to help "jump start" a fitness program. Money has been utilized to pay for instructors and to start a new fitness program to generate increased participation of Team Survivor members. By utilizing this grant money, affiliates have been able to continue to offer quality fitness events to their membership.

The rules are simple:

- Each Affiliate will be eligible for up to two grants per calendar year.
- Grant requests will be reviewed within 15 days of submittal and a check will be cut within 15 days of approval.
- The event/activity must be directly associated within the Team Survivor Affiliate's programming.
- If approved, NATS will pay the vendor or designated service provider directly.

Remember, if it fits into our mission of healthy living and fitness and is available to women cancer survivors of all types of cancers, please submit a grant request to help your program meet the needs of the women of Team Survivor.

The NATS Grant Short Form is located on the Dashboard of the Affiliate Resources Page. You will need to log onto the restricted access page with your log on information. The NATS Grant Short Form is located under the heading: Forms and Applications.

Please feel free to contact us with questions or comments. We look forward to hearing from you.

American Cancer Society Community Networking

Thanks to the American Cancer Society's website, each Team Survivor affiliate can post contact information on their local AMC resource page. The directions are very straightforward and are outlined below.

If you run into difficulty, just contact your local office to walk you through the process. This is a great networking tool!

Directions for Posting Team Survivor Affiliate Info:

-Go to www.cancer.org

-On the right side of the webpage, find the box where it says "In my community" and enter the zip code -You will be taken to the "In My Community" home page, scroll down to find "Local Resources" and click on the link -Near the top of the "Local Resources" page you will find a link that says Update Resource/Submit Organization for Consideration -Click on that link

From there, you can fill out that submission forms provided.

Accuconference partners with Team Survivor!



Affiliates get a low rate for conference calls with 15% benefitting Team Survivor

Accuconference, a sponsor of the National Association of Team Survivor, provides communication needs ranging from conference calls to video conferencing and more.

Accuconference invites affiliates to use their services at the rate of 4.9 cents per person, per minute, and 15% of sales will be donated to the National Association of Team Survivor.

In order to use the service, affiliates can set up an account by calling 800-977- 4607.

Visit their website: www.accuconference.com

The National Association of Team Survivor thanks you for your commitment to improving the lives of women affected by cancer.

Sincerely, The NATS Board of Directors

National Association of Team Survivor

Email: info@teamsurvivor.org

Web: <http://www.teamsurvivor.org>

Features in this newsletter written by Diane Groff, Rocky Mountain Team Survivor