

SLAYER NEWS

FROM THE NORTHWEST SARCOMA FOUNDATION

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SARCOMA
FOUNDATION
HOPE • EDUCATION • SUPPORT

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MARCH 2025



The sarcoma community is not one that any of us thought we would join, but community is what gets all of us through. Community gets us through the flux of new terms and treatments. It connects us to information and resources. It helps us navigate this new and uncertain territory. And the sarcoma community provides us opportunities for fun, moments to forget the uncertainty, if only for a little while, and just enjoy being together.

Greta,
Board member

One such opportunity was the recent Portland Trail Blazers game. Chelsea Winn, the Director of Programs for the foundation, organized a great time for attendees

and the Blazers did not disappoint. But more than the game was the chance to be with other folks in the community, many of whom had been diagnosed within the last year. This was the first NWSF event many of them had attended. They shared stories of diagnoses, those moments where they just knew something was wrong, the dawning awareness of a new reality. They talked about their triumphs: gaining back mobility, building up stamina, beating the odds, hitting milestones they thought were out of reach. They talked about planning their funerals while looking forward to weddings, managing pain while chasing joy, and coordinating family care while prioritizing their own care. They flowed easily from laughing about the mundane to tearing up at the profound. And through it all, they mentioned how fun it was to be with each other.

Our community gets us through. We support patients and their families at the [Casual Chat for Adults](#) and the [Casual Chat for Caregivers](#). We learn from leading experts at our [Patient Education Nights](#) and our [Researchers Updates](#). And this year, we're excited for our [Hope Grows Here Event](#), our [Friends Crawl](#), and our [Dragonslayer Fantasy Dash & Strut](#).

We invite you to find your community with us this year, whether it is at an in-person event or one of the many online events.

Warmly,
Greta - NWSF Board Member

[NWSF events page](#)



Volunteer with us!

Upcoming Committee meetings

[Development Committee](#) 2.11.2025, 6 p.m. PT

[Programs Committee](#) 3.6.2025, 10 a.m. PT

[Events Committee](#) 2.13.2025, 6:30 p.m. PT

[Marketing-Communications Committee](#) 3.13.2025, 9 a.m. PT



VOLUNTEER



THOM PRICE'S PERSONAL STORY

It's hard to believe that I only had a 50% chance of living six months ago. My survival rate was broken down to a coin flip. 1.7 million cancer cases were reported in the United States last year and I was one of those numbers. OHSU doctors diagnosed me with a soft tissue liposarcoma that was so rare, that it only made up 1% of all cancer types. Sarcoma is a cancer that can develop at any age, anywhere in the body. Soft tissue sarcoma shows up in fat, muscle, tendons, blood vessels and cartilage and most commonly occur in the extremities. Approximately only 17,000 people in the United States will be diagnosed with a sarcoma this year and half will not survive the battle. I had become a statistic in some medical journal. One question people ask is, "How did I realize that I had this rare cancer?" I felt it every time I sat down. The stage 3 tumor was growing in my left gluteus maximus. Again, something few doctors had ever seen before, so I guess I'm like Bigfoot.



[READ THOM'S FULL STORY](#)

NOTES OF THANKS TO YOU, OUR DONORS



Thank you so much for the Package. I hope to be well enough to get into the Next Dragon Slayer Run. Once I heal up from my most recent Surgery I will have Surgery on my knee to remove a Giant Cell Tumor. Although I have been going through these unpredictable setbacks I truly feel blessed to have a great team of support. Thank you for everything and hope to be active in the foundations activities in the future. With Love and appreciation

has since passed away. He was touched by your generous gift. The blanket was on his bed daily. Thanks again for so promptly reaching out to be at the difficult time!



I just want to thank you personally for the B250 check & information. I cannot tell you how much it will help me & how much it means to me at this time. 7/31/2024
Best Regards,

Thank you for the box of special items and the check you sent in our time of need. It lifted our spirits. The blanket is on Edward's bed as he fights this battle. It gives him courage to know that you have reached out to him.
We are deeply grateful -
Thank you



In appreciation for all you do

UPCOMING PROGRAMS & EVENTS

Casual Chat



2nd Wednesday @ 6p.m. PT



3rd Tuesday of ODD months @ 6p.m. PT

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

Adult patients & survivors: Second Wednesday of every month.

Next meeting, 3/12/2025 6 - 7 p.m.

Led by either Jo McNeal, Chelsea Winn, or volunteer peer-led by Aaron Couch.

Caregivers: Third Tuesday of every ODD month.

Next meeting, 3/18/2025 6 - 7 p.m.

Volunteer peer-led by Anita Nelson

NWSF GRANT RECIPIENT 2024

Come learn from PhD student, Alex Chen about his research in TCR discovery for Synovial Sarcoma: challenges and innovations.

[REGISTER](#)

RESEARCHER UPDATE NIGHT



Alex Chen

Host: Alex Chen

Date: Mar. 19 @ 6 PM PST

Topic: TCR Discovery for Synovial Sarcoma: Challenges and Innovations



Sarcoma Patient and Caregiver Education Program

Saturday, March 22, 2025 • 9 a.m. to noon PT • Virtual Event

Fred Hutch Cancer Center is hosting a free, virtual patient education event for patients with sarcoma and their caregivers, in partnership with the Northwest Sarcoma Foundation and Sarcoma Foundation of America.

- During the event, providers will talk about:
- Advancements in systemic therapies like chemotherapy, targeted therapy or immunotherapy for treating sarcomas.
 - How to read your pathology reports.
 - Updates on surgery and radiation therapy for treating sarcomas.
 - Including integrative medicine in the treatment of sarcomas. Integrative medicine includes services like medical nutrition, physical therapy, acupuncture and more.



To register, visit fredhutch.org/classes-and-events or scan the QR code.



March 22, 2025

9:00 a.m. - 12:00 p.m. PT

Fred Hutch Cancer Center is hosting a free, virtual patient education event for patients with Sarcoma and their caregivers, in partnership with the Northwest Sarcoma Foundation and Sarcoma Foundation of America.

Topics:

Advancements in systemic therapies like chemotherapy, targeted therapy, or immunotherapy for treating Sarcoma

How to read your pathology reports.

Updates on surgery and radiation therapy for treating Sarcomas.

Including integrative medicine, like nutrition, physical therapy, and more, in the treatment of Sarcomas.

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FEBRUARY'S SOCIAL MEDIA BESTS

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Remission: A period of time when there are no signs or symptoms of cancer.

No evidence of disease (NED): A term that means no signs or symptoms of cancer are currently detectable. NED is often used interchangeably with complete remission.



IT'S OUR JENNA HELPS DAY ON INTERNATIONAL CHILDHOOD CANCER DAY

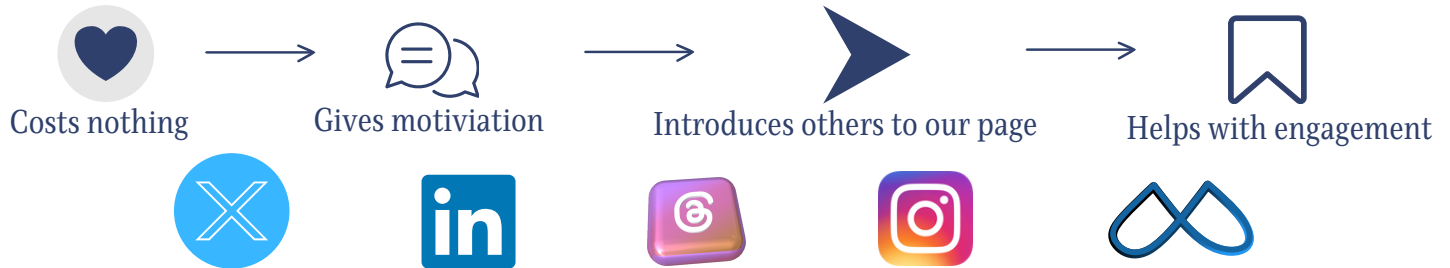
Cancer-free: A term that implies there is no cancer in the body and there's no chance of it coming back. However, there's always a slight risk of recurrence.



JENNA LOVED TO DANCE, DANCING WHERE EVER SHE WENT, ALL AROUND THE HOSPITAL AND HER HOUSE. SHE WANTED TO BE TINKER BELL WHEN SHE GREW UP, OR A TEACHER LIKE HER MOM. HER BLUE EYES TWINKLED AND LIT UP A ROOM. SHE LOVED TO MAKE CRAFTS AND THANK YOU NOTES. HER FAVORITE COLORS WERE GREEN AND PINK (THAT'S WHY THE JENNA HELPS LOGO ARE THESE COLORS) AND HER FAVORITE FLOWER WAS A DANDELION. SHE WAS PROUD TO BE A BIG SISTER TO HER BROTHER, BRADEN.

OUR 1ST JENNA HELPS GRANT WAS PROVIDED ON THIS DAY IN 2012. THANK YOU TO THE WESTERHOLM FAMILY FOR YEARS OF COMMITMENT TO THIS PROGRAM IN MEMORY OF YOUR DAUGHTER!

How to support us further and it's FREE



Thank you **2025** Corporate Partners



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