

# The Strength of Survival

## Letter from the Director

Hello Survivors!

As the end of summer is upon us, I hope you've all found some time to relax and unwind. If not, summer isn't over yet! Be sure to take some time to clear your mind and calm your body before the lazy, hazy, warm weather is behind us.

Take a walk in your favorite park at dusk. As we'll discuss in this month's issue, walking is a beneficial form of exercise for so many reasons.

Nourish your body with the bounty of the summer season. There are so many healthy and delicious fruits and vegetables available now. Visit your local farmers markets for local and often organic produce.

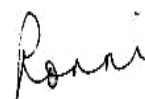
While you're there, be sure to buy the ingredients for the Very Berry Summer Salad, our

"Recipe of the Month".

Take time to take care of yourself. If you're feeling less-than-fabulous about your body, be sure to try some of the tips in the "Cancer & Body Image" section of our newsletter. Sometimes just making the decision to take charge of your fitness will greatly improve your self-image. That's why we've included "Motivational Tips" to help you jump-start your health and fitness program. Team Survivor is here to assist you in taking back the control over your body that cancer may have stolen from you. You can feel good about yourself again. You are capable of much more than you think you are. Remember, getting to the starting line is much harder than getting to the finish line. Once you get to the starting line, the rest is a walk in the park.

So let's get started! Your teammates are here for you, cheering you every step of the way!

Happy Training,



## Upcoming Events:

- 8/26: Mock triathlon
- 9/2: Running Clinic with Dr. Jacqui Lockwood
- 9/15: Danskin Women's Triathlon Series expo
- 9/16: Danskin Women's Triathlon, Sandy Hook, NJ

## Mock Triathlon Scheduled for August 26

Team Survivor Tri-State's mock triathlon is scheduled for Sunday, August 26 at 8:30 AM at the Spray Beach Yacht Club in Spray Beach (Long Beach Island), NJ. Join tri coach Tom Battaglia as we complete the full distance of the Danskin Women's Triathlon Series, complete with transition area. This clinic will allow you to complete a sprint-distance triathlon under the supervision of coaches and team leaders. Although the clinic is free of charge, **registration is required**. Please register by calling 609-203-7012 or emailing [ronni@teamsurvivortristate.org](mailto:ronni@teamsurvivortristate.org).

For directions to Spray Beach Yacht Club, please visit <http://www.spraybeach.org/aboutus/location.htm>.

## TSTS Notes:

- We are still collecting names and contact info to build our invitee list for our Survive & Thrive brunch. These might include your family, employer, co-workers, medical team and so forth. Keep the names coming. Thanks to all of you who have already provided names.

## One Month to the Danskin Tri:

Participants (and non-participants!) are invited to have some fun and help raise money for TSTS at the same time. Since there is a little competitive spirit in all of us, the race is on:

- Whoever raises the most money through pledges will win a \$50 gift certificate to Whole Foods and will receive a special thank-you in our newsletter.
- Whoever has the greatest number of unique pledges will win a \$25 gift certificate to Whole Foods and will receive a special thank-you in our newsletter.

So, let's get out there! Let people know that you are doing this triathlon and that you are involved with the amazing women of Team Survivor Tri-State. Every dollar raised on your behalf goes directly to the TSTS programming you enjoy!

All participants should have received pledge forms via email. If you need another one, please contact TSTS today.



*What's the best way to burn off a little steam after a tough week? A kickboxing class, of course! Kickboxing is fun, a great stress-reliever, and it burns approximately 700 calories for a one-hour class! Join TSTS on **Fridays at 7:30 PM** at Tri-State Martial Arts Academy in Levittown, PA for a good time and a great workout.*

*A journey of a thousand miles begins with a single step.  
Confucius*

## Spread the word and support Team Survivor Tri State with our new T-shirt!

You are an inspiration! Cancer is a challenging journey. Your commitment to yourself and your health and fitness and to Team Survivor prove that you are strong and are choosing to make the best of life. Be proud of your accomplishments; I am!

Introducing a new Team Survivor Tri State t-shirt. Make a statement at the Danskin triathlon next month! If you are not participating in the tri, this shirt will let you make a strong statement to others while exercising at the gym, walking or running around your neighborhood, riding your bike or racing or volunteering in any event! These shirts are in a ladies cut and are made from lightweight wicking fabric to keep you cool and dry. Available in sizes Small to Extra Large.

**Each wicking t-shirt is only \$30 and all proceeds go to fund Team Survivor Tri State programming.**

*Pre-order yours today! Shirts will be available in a few weeks.*

Special thanks to Dr. Jacqui Lockwood, TSTS member and elite-level cyclist and triathlete, for conducting TSTS cycling and running clinics in August! The participants raved so much about her instruction, that we're bringing her back for an encore.

Dr. Lockwood will be conducting a **running clinic on Sunday, September 2nd in Allenwood, NJ at 8:30AM**. Please contact TSTS for more information or to register for the clinic.



## Update from the New Jersey Triathlon:

Team Survivor Tri-State was happy to support the NJ Triathlon, held on July 22 at Mercer County Park. Congratulations to NJ Triathlon finishers **Susan Holden** and **Jennifer Polo**, who competed in the sprint-distance triathlon, and to **Lauren Myler** and triathlon coach **Tom Battaglia**, who competed in the Olympic distance triathlon. Kudos also goes to TSTS husband **Scott Holden**,

who caught the tri bug from his wife Susan, and competed in his first ever sprint-distance tri!



Susan Holden and Jen Polo after the finish.

Special thanks to volunteers **Janice Caldwell**, **Amy Czop-Bartley**, **Jean Deamond**, **Donna Gunderson**, **Rose Krell**, **Clementine Reyes**, and **Amy Spiegel**. The race, put together by CGI Racing, was well organized and well attended.



Tri-coach, Tom Battaglia, coming down the chute to the finish line.

TSTS looks forward to bringing more members to the NJ Tri next year.

### FITNESS TIP OF THE MONTH: *Walking*

Walking is probably the most convenient cardiovascular activity available to most people. You don't need any fancy equipment; just a comfortable pair of shoes and a sidewalk! You can even walk in bad weather; simply head out to your local mall and window shop as you improve your fitness level.

How beneficial is walking? Walking burns calories (approximately 100 calories per mile for a 150-lb. person), it's easy on the joints, it increases oxygen intake to the blood and strengthens your heart, it improves circulation and lowers blood pressure, it helps alleviate stress, it reduces anxiety and depression, and therefore improves quality of life. For cancer survivors undergoing treatment, the benefits include a better ability to control weight gain associated with certain types of chemotherapy, pain reduction, and a decreased incidence of nausea and vomiting.

To get the greatest benefits of walking, aim for 30-60 minutes 3-5 days per week. If you can't do a full 30 minutes at first, slowly work up to it by starting out with a 10-minute walk for 3 days per week. When this becomes comfortable, increase your time by 5 minutes, to a 15-minute walk. Continue to increase your time until you are comfortable walking for at least 30 minutes at a time.

## Motivational Tips:

Many of us have the best of intentions when it comes to taking care of our bodies. How many times have you told yourself, "Tomorrow I'll eat better and exercise?" The key to a successful fitness program is to keep yourself motivated. Here are some tips to help you:

1. Schedule your exercise. Treat your workout just as you would an important business meeting. Put it in your calendar. This way, you won't run out of time at the end of a busy day, or put it off until the next day. After all, there is nothing more important than your health.
2. Make exercise part of your routine. Just like brushing your teeth, it's something you do every day. If you exercise regularly for 3 weeks, you will have made it a habit and it will become much easier to stick to. Soon you won't be able to imagine skipping it... just as you wouldn't skip brushing your teeth!
3. Plan your meals. Before you do your weekly grocery shopping, plan how many fruits and veggies you're going to eat in a day. Then buy those fruits and veggies and they'll be in your fridge ready to eat. Always have your favorites on hand so you don't indulge in something less nutritious when you're hungry (I love frozen grapes and try to keep a supply in the freezer for when I want a sweet snack).
4. Keep track of your progress. An exercise log and a food diary can help you keep track of your progress, as well as let you know where you may need improvements. Do you always reach for the cookies at 3:00 PM? Maybe an afternoon walk or a fruit smoothie at that time would help you keep your energy up. Are you frustrated with your running times? If you chart your workouts in an exercise log, you'll notice when your times improve, even if it's just by a few seconds. The longer you chart your progress, the more progress you'll see!

*Volunteers still needed to man the Team Survivor booth at the Danskin Triathlon Expo on Saturday, September 15th.  
Contact TSTS if you can help out!*

## Cancer & Body Image

Many survivors experience physical changes in their bodies as a result of cancer or its treatment. Even if you didn't experience physical changes obvious to others, you may still feel differently about your body. Each survivor may react to physical changes in a different way.

Your body image is what you believe about your own appearance, even though other people might see you differently. A poor body image may cause you to feel ashamed, self-conscious and anxious about your body. If you have a poor body image, you might think that your body size or shape makes you unattractive to other people.

Cancer can affect your body image by:

- Changing your physical appearance
- Damaging how your body functions
- Challenging your self-worth

If you have experienced changes to your body as a result of cancer or treatment, you might feel less confident about your physical appearance. However, it is important to remember that your body is only one part of who you are as a whole person. If you focus only on what your body looks like, you might overlook the strength of your personality, your interest in life and the talents you bring to many areas of your life.

Physical changes can be difficult to accept, and they may be a temporary or permanent part of who you are. Being a cancer survivor may also seem like a big change in how you see yourself. Finding your personal way of dealing with these changes may improve your quality of life and help you feel more confident during your survivorship.

### **Suggestions to help with body image issues:**

#### **Support Groups:**

Cancer support groups exist in most communities. Following are ways to find out more about support groups in your area:

- Ask your health care team for suggestions. Some cancer programs offer support groups for cancer survivors and their family members right in the clinic or hospital.
- Call a nearby cancer center or university hospital and ask about support groups.
- Call the American Cancer Society at 1-800-ACS-2345 (1-800-227-2345) and request a list of support groups and cancer centers in your area.
- Visit LIVESTRONG SurvivorCare at [www.livestrong.org/survivorcare](http://www.livestrong.org/survivorcare), or call 1-866-235-7205 for information on support groups.

#### **Gain confidence in your appearance:**

- Wear clothing and make-up that makes you feel good.
- Find a Look Good...Feel Better program through the American Cancer Society.

#### **Seek out professional counseling, either for yourself or with a partner:**

Ask a member of your health care team for a referral to a therapist who works with other cancer survivors. Most cancer centers employ oncology social workers who are specially trained to work with cancer survivors and their families. Even if you are not a patient at a cancer center, the oncology social worker may meet with you or refer you to someone else in the community.

It is important to interview the therapist to find out if he or she is the right professional for you. Speak honestly with the therapist and let him or her know your reasons for wanting to work with a therapist.

#### **Include a healthy balance of exercise and good nutrition to improve how you feel after cancer:**

- Work with your health care team to develop an exercise program that fits your specific recovery needs.
- Talk with your health care team about ways to improve your diet and experiment with new recipes.
- Ask a member of your health care team to refer you to a rehabilitation specialist that can help you adjust to physical changes in your body.

Of course, Team Survivor offers programs to help you focus on the positive things your body CAN do as opposed to what it can't. Through our programs and classes, you can build strength, endurance, speed, and flexibility. Team Survivor also offers nutrition education to nourish your body and yoga and mediation classes to nourish your soul. At Team Survivor, there is the added bonus of helping yourself while sharing your feelings with other cancer survivors who may have similar experiences.

Source: [www.livestrong.org](http://www.livestrong.org)

**Tax deductible donations always welcome: Please click "Make a Donation" at the bottom of our home page at [www.TeamSurvivorTriState.org](http://www.TeamSurvivorTriState.org)**

**Space is limited so order your tickets today!**

Advanced tickets for the THRIVE & SURVIVE brunch are on sale now! Tickets are \$60 if purchased before October 14th and \$65 the day of the event if space permits. Bring your friends and buy a table of 10 for \$550! Please contact TSTS to purchase your tickets or for additional information.

**Member Spotlight: Jennifer Polo**

**What and when was your cancer diagnosis and what treatment did you choose?**

May 2, 2005 I was diagnosed with Stage III follicular lymphoma, which is a form of non-Hodgkin's lymphoma. That diagnosis came after months of tests and finally a lymph node biopsy. After a lot of research and hematology-oncology opinions, I chose to have chemotherapy (CHOP) paired with Rituxan, a mouse antibody treatment that is used a lot in lymphoma treatment. Because my cancer is incurable, I chose what would



Jennifer Polo with TSTS teammate Carla Hagan

hopefully be able to give me the longest remission. I did 6 cycles and was declared in remission November 1, 2005. That was the first time. I was diagnosed as

being in relapse, Stage III again, in September 2006. It was 10 days after the Danskin Tri and I had been in remission less than 11 months. The second time I went with a different chemotherapy regimen as part of a clinical trial. I had T-cells removed and then went through 4 cycles of Fludarabine/Cytosin chemo. In April 2007 my T-cells were put back and now I am recovering and training again. Hopefully, my remission will stick a little longer this time - actually, I hope A LOT longer!

**When did you get involved with TSTS?**

In November 2005, four days after being declared in remission, I met Ronni and some other TS women at the initial TS TriState organizing meeting. I came home and told my family, "I'm in training now. I'm going to do a triathlon next September."

**What TSTS programs do you participate in?**

I have done just about everything TS does! I do spinning, kickboxing, nutrition seminars, tri seminars, rock-climbing. I am up for pretty much anything active within a 3 hour radius!

**What is your favorite TSTS program and why?**

I love all TS programs. They have all challenged me to try new things and I have met amazing women. Anytime I can get together with the women in this group I know I will learn something, challenge myself at something, and most of all laugh a lot.

**Have your exercise and nutrition habits changed since your diagnosis?**

I was big into nutrition before my diagnosis so not much has changed there. As far as exercise, well, I would have never been hooked by the triathlon bug had it not been for TS. Now I look to challenge myself and train as a way of life not as something to do because "I

**RECIPE OF THE MONTH: Very Berry Summer Salad**

2-3 cups. mixed greens (romaine lettuce, red leaf lettuce, spinach, etc.)  
 1/2 cup sliced strawberries  
 1/2 cup blueberries  
 1/3 cup chopped walnuts  
 1/3 cup gorgonzola cheese (optional)  
 Raspberry vinaigrette to taste

- This salad is packed with nutrients, antioxidants, and flavor. YUM!

should." It's my reading that has changed the most! Now my mailbox is filled with Runner's World, Bicycling, Triathlete magazine. I peruse nutrition books related to endurance events. I've become a total triathlon geek.

**Is there anything else you'd like to share with other TSTS members?**

In April, after reading a post from fellow TS member Amy Spiegel, I entered a contest with Trek Bikes called "Women Who Ride." Out of 2600 women applicants, I was picked as one of five winners. I now am representing Trek Bikes as part of their new Trek Women community. For the next year, TS and the rest of the world can follow my life through my Trek blog! See: [www.trekbikes.com/women/](http://www.trekbikes.com/women/) and click "Women Who Ride".

While cancer is a horrible thing, I would have never found TS, these amazing women friends or had these amazing opportunities to explore without the role it has played in my life.

**Coming Next Month:**

- Benefits of organic food
- Stories from the Danskin tri
- More great news and tips!

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