

# The Strength of Survival

## Letter from the Director

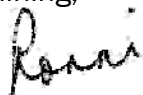
Hello Survivors!

'Tis the season to be thankful! With Thanksgiving just behind us and the holiday season fast approaching, we should all take some time to reflect on what we're thankful for. I am a big fan of gratitude. Research has shown that people who tend to experience gratitude also tend to be happier, more helpful and forgiving, and less depressed.

So carve out some time for yourself, pour yourself a nice cup of hot tea, and think about what you are grateful for this year. And remember, as John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

I wish you a wonderful, and gratitude-filled, holiday season.

Happy Training,



It's a good idea to keep up your fitness routine during the holidays! TSTS classes will help you reduce stress and stay focused. But this is a busy season, and because of that class size sometimes dwindles this time of year. If you are a regular at a TSTS class but are unable to attend, please contact TSTS so we can let the instructors know how many participants to expect.

Many of our instructors volunteer their time, so we want to be sure to alert them if there are not enough participants to hold a class.

Thank you!

### Upcoming Events:

- 12/03: 7:00 PM – TSTS social meeting, Summit YMCA
- 12/09: 2008 TSTS Planning Meeting
- 12/11: Festival of the Trees at the Sheraton
- 01/06: Visualization Seminar

### TSTS Programming Notes:

Coming in 2008:

- Mercer County pilates
- Monmouth County spinning & pilates
- North Jersey spinning & yoga
- South Jersey yoga

## JUST WHAT YOU WANTED FOR THE HOLIDAYS!

Are you hoping that Santa will bring you a brand-new TSTS shirt for the holidays? Perhaps you've been dreaming of a sleeveless T or a comfy hoodie? Or how about a brand-spankin' new TSTS coffee mug to drink your egg nog from this season? We are proud to announce the TSTS online store!

Please visit <http://www.cafepress.com/teamsurvivorts> to see all the fabulous TSTS items for sale! Have them shipped right to your door. Or pass this link along to Santa Claus...he knows you've all been good this year and deserve a special something!

## TSTS Bracelets for Sale

If you'd like something a little fancier this holiday season, TSTS is offering the following beaded bracelets. The letters spell "Team Survivor" and can be ordered as follows:

- Sterling silver 4.5mm letter beads and 6mm beads \$70
- Sterling silver 5.5mm letter beads and 6mm beads \$80
- Gold vermeil 4.5mm letter beads and 6mm beads \$70
- Gold vermeil 5.5mm letter beads and 6mm beads \$80
- Silver plate 8mm beads (pictured) \$20



To place your order, please contact TSTS via email, telephone or go to the "Contact Us" page on the website.

## Festival of Trees at the Sheraton Eatontown

Team Survivor Tri State will be one of the non-profit organizations that will have a holiday tree on display in the lobby of the Sheraton Eatontown during the holiday season. The event is FREE to the public and a FREE reception honoring all the worthy nonprofits on display will take place **Tuesday, Dec 11 from 5:30 to 8pm**. Come out and see all the beautiful trees to celebrate the season!



Special thanks to tree trimmers Donnalyn Giegerich and her husband Tom Zapcic, and my kids, Hallie and Morgan!

*If you want others to be happy,  
practice compassion.*

*If you want to be happy,  
practice compassion.*

*-Dalai Lama*

**Don't forget to make your year-end holiday donation to TSTS!**

**Contributions are tax-deductible to the fullest extent of the law and your support is greatly appreciated.**

## FITNESS TIP OF THE MONTH: Spinning

Spinning, or indoor cycling, is an excellent form of exercise during the winter months. Spinning will burn calories (the average woman will burn approximately 500 calories per class), increase strength, and improve cardiovascular health. People of all fitness levels can enjoy a spin class, since everyone goes at their own pace. A good instructor will guide each student through their own ride, and be sure that each participant is working toward her own fitness goals. So grab your water bottle, and head over to the nearest Team Survivor spin class this month!

Please check the TSTS website for classes in your area.



## Member Spotlight: Donnalyn Giegerich

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

My diagnosis was Leiomyosarcoma, a rare 4 in one million diagnosis. I had a soft tissue sarcoma tumor removed 11-21-06 from the retroperitonium (between kidneys in back of torso) in originally planned 10 hr kidney autotransplantation surgery at NY Pres/ Cornell. Treatment decision: Do It All! Surgery, General Torso Radiation, Cyberknife, and Chemotherapy, including regular massage during chemo, personal training during radiation for torso mobility, PT on torso scar during surgical rehab, meditation, yoga, reiki, lunch with the ladies and therapeutic dog walks. :) I also consider treatment/ recovery



**TSTS Member Donnalyn Giegerich**

rehab enhanced by resuming activities of daily living including running a business, getting a personal training certification and doing public

speaking engagements on survivorship for the American Cancer Society and the Sarcoma Foundation of America during treatments. I'm a big believer in keeping the mind and body engaged in healing throughout the journey. I like to think where the mind goes, the body follows.

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

I started with TSTS in early March at a Monmouth County swim gig during radiation treatments. I was curious as to how my torso would react in the pool after surgery. I found out I was fast but had lousy form per Coach Tom. :) This fall, I started teaching yoga and running walking clinics for TSTS in Colts Neck.

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

I participate in TSTS swimming, yoga, walking... attended the annual brunch as well as the tree trimming festivities at the Sheraton Eatontown. I'm looking forward to much more in 08...

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

The annual brunch- super survivor stories and great mimosas... :)

### **Have your exercise and nutrition**

### **habits changed since your diagnosis?**

Exercise changes: NO, I ran 9 miles the last day of radiation, ran the 5 mile Rumson Race after my first chemo drip in a wig with a port, and continued yoga and walking daily thru all treatments. Nutrition changes: YES, I eat less sugar, dairy, chicken and fish. I'm an aspiring raw foods vegan but I've been known to fall off the wagon of good intentions.

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

I view the cancer journey as an expansive experience in compassion toward suffering but stay focused on healthy, active living in recovery. I have a new respect for the amazing recovery capabilities of the body and give thanks to God daily for the ability to pay the experience in all its dimensions "forward". I'm celebrating 1 year cancer free and am proud to be plucking my hairy eyebrows again in between workouts. My surgeons know I only demand another 40 years...

## Congratulations to the Philadelphia Half Marathon Finishers!

Bonnie Crowley, Carla Hagan, Amy Spiegel and TSTS husbands Rick Crowley and Scott Holden completed the Philadelphia Half Marathon on Sunday, November 18th.



Bonnie Crowley



Carla Hagan



Amy Spiegel

***Congratulations on a fantastic achievement!***

## Dairy: Bone Builder or Bad News?

Dairy has long been touted as a “bone-builder” and the best source of dietary calcium. But recent studies show that dairy may not be a health food at all.

According to T. Colin Campbell, author of “The China Study” and professor emeritus of nutritional biochemistry at Cornell University, not only is dairy making people very sick, but it’s doing little to help bone loss and osteoporosis. Campbell’s views come from observations he and his colleagues made during a series of nutritional studies that began in 1983 and are collectively known as the China Study. These studies found that Asians, who consume far less dietary calcium than Americans, have one-fifth the bone fracture rate of Americans.

“Those countries that use the most cow’s milk and its products also have the highest fracture rates and the worst bone health,” Campbell says. He goes on to say that in Asian countries, people can get all the calcium their bodies need from plant sources such as leafy green vegetables. Campbell also believes that Americans have weak bones not because they drink too little milk but because they drink too much. Animal protein, such as the protein in milk, makes blood and tissues more acidic, and to neutralize this acid, the body pulls calcium, which is a very effective base, from the bones. Because dairy products contain substantial amounts of animal protein, drinking milk actually robs the bones of calcium, he says. The more meat and milk Americans eat, he says, the more calcium they need to consume to process that protein.

In addition to his views on dairy consumption and bone health, Campbell strongly believes that dairy promotes cancer, which he demonstrates with extensive data in “The China Study.”

Dr. Joel Fuhrman, a board-certified family physician who specializes in reversing disease through nutrition and author of “Eat To Live,” agrees with Campbell. He too believes that there are many good reasons NOT to consume dairy. Dr. Fuhrman states that there is a strong association between dairy and ischemic heart disease, as well as a strong correlation between dairy and cancer. He believes calcium intake is better achieved through vegetables. For example, there are 1,055 mg of calcium in 100 calories of bok choy and 455 mg of calcium in 100 calories of kale versus 194 mg of calcium in 100 calories of milk.

For strong bones, consume plenty of leafy green veggies and exercise. Weight-bearing exercises such as walking, strength-training exercises such as lifting weights, and flexibility exercises such as yoga can all help keep your bones and the muscles surrounding them stronger and healthier.

*Sources: “The China Study” by T. Colin Campbell, “Eat to Live” by Joel Fuhrman MD, The LA Times. The Mayo Clinic*

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)

## Tips to Reduce Holiday Stress

- 1) Get enough sleep. Lack of sleep leads to fatigue, which in turn reduces your ability to cope with the holiday demands.
- 2) Find time to exercise. Exercise helps to increase your energy level and reduce stress.
- 3) Nourish yourself. Take time to eat properly. In the rush to accomplish all the things planned for the holidays, you may tend to skip meals in order to get more done. You need fuel to perform, but make sure to eat nutrient-dense foods such as fruits, vegetables, and whole grains.
- 4) Plan ahead so that you are prepared for what's coming up. If something unplanned comes up that you find you don't have time to do, politely refuse or reschedule.
- 5) Set and stick to a holiday budget. It's easy to overspend during the holidays which can lead to even more stress. Remember, it's not the price tag on the gift, it's the thought behind it.
- 6) Shop early to avoid the holiday crowd. Try shopping online... you won't have to deal with the crowds and you can do it in your pajamas!
- 7) Prioritize what you want to accomplish over the holidays. Stick with the most important first and you'll get the things that are most important to you done.
- 8) Simplify your life. If you plan on entertaining, make easy-to-prepare dishes and use simple decorations.
- 9) Reduce your expectations. Holiday get-togethers or events don't have to go exactly as you planned. Remember, there is no such thing as perfection! Don't try to do too many things or expect too much from others; take the holiday time to relax.
- 10) Donate your time to those less fortunate. This charitable spirit will help you be more appreciative of what you already have and remember what the holiday is really about.

Source: [ehow.com](http://ehow.com)

### Team Survivor Tri-State 2008 Planning Meeting Sunday, December 9

TSTS will be holding its annual planning meeting on Sunday, December 9, at 11:00 a.m. We will be discussing programs and events for the upcoming year, including possible races, seminar subjects, new program locations, and any other ideas you would like to explore. The meeting will be held in the Princeton, NJ area. The exact location will be announced via email. Come mingle with your TSTS friends, and help guide the direction of our programs in 2008! Bagels, fruit, and coffee will be served.

Please RSVP by emailing [ronni@teamsurvivortristate.org](mailto:ronni@teamsurvivortristate.org) or by calling 609-203-7012.

### RECIPE OF THE MONTH: *Roasted Root Vegetables*

- 8 medium shallots peeled
- 2 medium red skin potatoes, cut into 1-1/2 inch cubes
- 2 medium turnips, cut into 1-1/2 inch cubes
- 2 medium parsnips, cut into 1-1/2 inch cubes
- 4 medium carrots, cut into 1-1/2 inch pieces
- 2 cloves garlic minces
- 1/4 c olive oil
- 1 T chopped fresh thyme
- salt and ground pepper to taste

Preheat oven to 450. In large bowl combine vegetables, oil, garlic, thyme, salt and pepper-toss evenly to coat. Transfer coated veggies to baking dish and bake until tender and browned, 35-45 minutes. Serve warm.

Source: [www.vegfamily.com](http://www.vegfamily.com)

*One kind word can warm  
three winter months.  
- Japanese proverb*

### Coming January:

- New Years' Resolutions
- New 2008 Programs
- More great news and tips!