

Let Every Woman Know



FALL 2019

LET EVERY WOMAN KNOW

– ALASKA IS DEDICATED TO RAISING AWARENESS, SHARING INFORMATION AND SAVING LIVES THROUGH LOCAL EDUCATION OF ALL ALASKANS AND SUPPORT FOR THOSE WOMEN LIVING

2020 Gynecologic Cancer Awareness & Arts of Healing Weekend

2020 Gynecologic Cancer Awareness & Arts of Healing Weekend SAVE THE DATE! January 31st, February 1st & February 2nd

The 2020 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on January 31st, February 1st and February 2nd in Anchorage. Weekend events include a free 2-day Gynecologic Cancer Course for survivors and the medical community with speakers from all over the nation at Providence Health park, a Last Friday Art Showcase at the Georgia Blue Gallery featuring artists whose lives have been touched by cancer, and a Rhythm Heals Benefit Concert on Saturday night at Koot's featuring Joshy Soul from Utah with dance performances by Underground Dance Company and The Tap Studio.

*Let Every Woman Know is seeking artists to be featured in the 2020 Gynecologic Cancer Awareness & Arts of Healing Weekend 'Last' Friday Art Showcase. If you are interested in submitting a work of art, please contact us at leteverywomanknow@gmail.com.

*Seeking Active Volunteers

Let Every Woman Know is currently on the hunt for a crew of dedicated volunteers for the planning committee of our 2020 Awareness & Arts of Healing Weekend. Are you interested in being involved? If so please contact us at leteverywomanknow@gmail.com.

*Seeking Silent Auction Donations

Let Every Woman Know is collecting items in the \$50-\$100 range for our silent auction during the weekend conference. If you have an item that you would like to donate or know of a generous business that might like to donate items, please email leteverywomanknow@gmail.com.

SAVE THE DATES

Nov. 9th Cancer Connection Community Health Forum 11 am – 2 pm at Centennial Hall in Juneau

Dec. 10th **Holiday with a Heart** ladies pamper night 5:30 pm- 7:30 pm at Providence Health Park

Jan. 31st, Feb. 1st & Feb. 2nd Gynecologic Cancer Awareness and Arts of Healing Weekend.
Georgia Blue Gallery/Providence Health Park/Koots

August 4-6 GYN Survivor Retreat on Yukon Island

1st and 3rd Tuesday of every month: Let's Talk About It GYN Cancer Support Group from 12-1:30pm in Conference Room 2401, 3851 Piper Street, U Tower, 2nd Floor



Tis the Season for Pampering: Holiday with a Heart



Let Every Woman Know-Alaska is excited to announce the fifth annual Holiday with a Heart pampering event! Mark your calendars for Tuesday, December 10th from 5:30-7:30pm at the Providence Health Park 3851 Piper Street. This event is free of charge and will offer massages, photo-ops, gift bags, live music, snacks, a craft and so much more. We want YOU, our women warriors, to have a chance this holiday season to be pampered. We hope you can join!
RSVP by email: leteverywomanknow@gmail.com

Ongoing EXTRA-TOUGHS program

Let Every Woman Know offers a one-of-a-kind 12-week weight loss, survivorship and support program for women faced with obesity related cancer diagnoses. The EXTRA-TOUGHS program has been hugely successful and we currently in our 20th 12-week cohort of amazing women dedicated to making positive lifestyle changes! Congratulations on such great work ladies! If you or someone you may know would be interested in becoming an EXTRA-TOUGHS participant, please contact us.





Team THRIVE: Hip Hop Dancers Touched by Cancer

Do you like to dance? Do you care about cancer awareness and saving lives? Let Every Woman Know and the Underground Dance Company are collaborating to offer the fourth season of team THRIVE: Hip Hop Dancers touched by Cancer. Survivors, providers, caregivers and people who care about the cause are all welcome! No previous dance experience required. Participants will commit to meeting once a week on Wednesday nights from 6:30-7:30 pm from October 2nd, 2019 through May 2020 and will learn choreography to perform at several cancer events throughout the year. The cost to Team THRIVE dance members is \$35 a month. To join or find out more, please visit our website at <http://leteverywomanknow.org> or call Ali at (907) 263-1009.



Team Thrive



Exciting News!!

EXTRA-TOUGHS Valley Program

Thanks to generous grant funding from the State of Alaska Comprehensive Cancer Control, Let Every Woman Know has established the EXTRA-TOUGHS program in the valley. The second 12-week cohort begins October 30th and runs through December 20th at Active Body in Palmer.

Support Group Topics Calendar:

- Oct. 15** Choices and Decisions
- Nov. 5** Assertiveness & Care Management
- Nov. 19** Managing Changes
- Dec. 3** ~~Fatigue~~ cancelled
- Dec. 17** Celebrations and Traditions

Let's Talk About It: Ongoing Gynecologic Cancer Support Group

This group meets the 1st and 3rd Tuesday of every month from 12-1:30pm in Conference Room 2401, 3851 Piper Street, U Tower, 2nd Floor. This free support group is for women with a GYN cancer diagnosis; women in all stages are welcome including newly diagnosed, in treatment, or women who currently have no evidence of disease and are in survivorship stages of their diagnosis.



2019 CAREGIVER RETREAT RECAP

The fourth annual Caregiver Retreat took place in Girdwood September 7th-8th! Participants braved the weather to adventure on a rafting trip and relaxed at the peaceful Carriage House B&B. Several group times provided helpful tools for self-care and sharing with other caregivers. If you missed out this year, you can look forward to another opportunity next year as we plan to make this special retreat happen each year.



Consider LEWK as you file for your annual PFD

LEWK is a nonprofit run by volunteers, one full time staff member and a small board of directors, many of whom have been touched by gynecologic cancers. Survivors, family members and friends; physicians and medical professionals; cancer support professionals and compassionate community members are all part of the Let Every Woman Know team. We are an official Pick Click Give organization.



SE HPV Community and Provider Education RECAP

Let Every Woman Know-Alaska partnered with The American Cancer Society, The State of Alaska Comprehensive Cancer Control Program and gynecologic oncologist Dr. Melissa Hardesty to bring HPV awareness and education to Juneau, Ketchikan and Sitka. Over 60 providers listened to Dr. Hardesty give a presentation on HPV along with a free public event held in Sitka.



The 2019 Survivor Retreat was one for the books! We took full advantage of the glorious summer days as we explored Yukon Island, relaxed, laughed, made new friends and ate too much! Just what the doctors ordered!



2019 Yukon Island Retreat

delicious eats *massage* *beach walks*
LAUGHTER *archeological dig site*
KAYAKING *sisterhood* *a few tears*



Mark your calendars now for the 2020 Survivor Retreat August 4th-6th Yukon Island (in Kachemak Bay)



We be thriving! Hoping you will join us for Holiday with a Heart on Tuesday December 10th!

Climbathon 2019

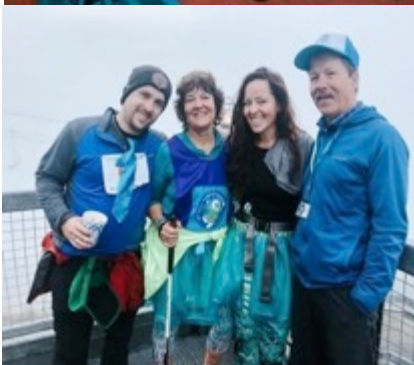
A huge success!



The 12th annual Alyeska Climbathon took place on Saturday, September 14th, 2019. 324 climbers hit the mountain and with great weather and determination, a total of 1,163 laps were made in ten hours! An impressive \$92 thousand dollars was raised. 100% of funds stay in the state of Alaska with 25% going to the Girdwood Health Clinic and 75% to Let Every Woman Know-Alaska to further our mission of gynecologic cancer awareness and support for Alaskan women and families faced with a GYN cancer diagnosis.



Thank you
fundraisers
and
volunteers!



Words cannot describe the gratitude that Let Every Woman Know, Girdwood Health Clinic, and Alyeska Resort are feeling after this year's successful Alyeska Climbathon. Fundraising efforts surpassed expectations and funds raised will stay right here in Alaska. Both Let Every Woman Know and Girdwood Health Clinic can assure you that money will be spent on programs and services that benefit Alaskans. In addition to fundraising, there was an increased level of enthusiasm, camaraderie, and determination felt on the mountain this year. **Thank you** *Gracias* *Merci Beaucoup* *Grazie* *Danke sehr* *Quyana*