



Let Every Woman Know-Alaska

Volume 2 Issue 4

Summer 2016

2016 Alyeska Climbathon Saturday, September 10th

The Alyeska Climbathon is a gynecologic cancer awareness event that raises money for the fight against women's cancer by climbing the North Face Trail at Alyeska Resort in Girdwood. This is an all-day event and will take place Saturday, September 10th. Online registration is currently open and spots are still available so register today and be a part of this amazing outdoor event. Let's get out in the mountains and start training to climb for a cause! All funds raised go towards furthering our mission of gynecologic cancer awareness and supporting Alaskan women and families faced with a GYN cancer diagnosis. Did you know that the Alyeska Climbathon is an official part of the international Globeathon to End Women's Cancer during GYN cancer awareness month this September? One step can make a world of difference so join the Gynecologic Cancer Awareness Movement today!

SAVE THE DATE!

The 2017 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place in Anchorage on

February 3rd-5th 2017

You can expect another free 2-day Foundation for Women's Cancer Course for both survivors and medical community featuring speakers from all over the nation.

Let Every Woman Know is also seeking artists to be featured in the Gynecologic Cancer Awareness & Arts of Healing Weekend First Friday Art Showcase.

If you are interested in submitting a work of art or want to volunteer at this incredible event please contact us at

leteverywomanknow@gmail.com.

Leading a Healthy Lifestyle Campaign Recap

Bike for Women, Gold Nugget Triathlon, Run for Women

This summer, Let Every Woman Know-Alaska encouraged women to be active and lead healthy lifestyles by having a team at several women's events. At the Bike for Women in May, team Let Every Woman Know had fun wearing teal tutus while our team of five at the Gold Nugget Triathlon helped bring awareness to GYN cancer with wrist bands and a cheer section. Let Every Woman Know had a big team at the Run for Women in June! We won second place for our Port-A-Potty decoration that had GYN cancer facts and resources. Both the Bike for Women and the Gold Nugget Triathlon have been generous sponsors of the Let Every Woman Know Leading a Healthy Lifestyle Campaign; thank you so much for your support! We also received generous grant funding from the Run for Women so that we can include women with a breast cancer diagnosis in our EXTRA-TOUGHS program. Check out the photos to see our awesome team members in action.

2016 CAREGIVERS RETREAT

Let Every Woman Know-Alaska's first annual caregiver retreat will be September 17th – 18th in Girdwood Alaska. This retreat is being offered free of charge to GYN cancer caregivers and will include an overnight stay at a B&B, a scenic outdoor raft adventure, and time for relaxation and support groups. We are currently accepting applications for this retreat so please visit us at www.leteverywomanknow.org to find out more.

Support Groups

A vital piece of the Let Every Woman Know-Alaska mission is providing support for women diagnosed with gynecologic cancer. Let Every Woman Know is offering a regular support group-free of charge, facilitated by a licensed mental health clinician and offered in a drop in format. This support group is open to women in all stages of diagnosis and treatment and offers a forum to meet women on similar journeys. The Gynecologic Cancer Support Group meets the 1st and 3rd Tuesday of each month from 12-1:30pm at Providence Health Park Conference Room 2401.

While we have proposed topics for exploration, priority is given to the immediate needs of those who attend.

Upcoming proposed topics are:

August 2nd “Chemo Brain” Cognitive functioning and ways to compensate for decline

August 16th Sexuality: New territory during and after cancer



EXTRA-TOUGHS is an exciting program founded by Let Every Woman Know – Alaska to provide an integrative team approach to sustainable weight loss, healthy lifestyle, and survivorship for gynecologic cancer and breast cancer survivors. This 12 week program has been hugely successful, with many of our participants continuing on. We are currently in our 7th cohort. For more information visit our website at

<http://leteverywomanknow.org/extra-toughs/>.

Save the Date
**2nd Annual
Holiday with a Heart**
(an evening of pampering)

**Tuesday, Dec. 6th
5:30-7:30 pm**

2016 Summer Retreat

The 2016 Let Every Woman Know Summer Retreat will take place August 9th, 10th & 11th at the Yukon Island Center off the coast of Homer, Alaska. This Retreat is being offered free of charge to GYN cancer survivors through funding from Let Every Woman Know. We are no longer accepting applications for this year's retreat as it is officially full and has a waiting list to participate. If you are on the waiting list and/or were unable to apply this year, we strongly encourage you to apply for this once in a lifetime experience next year!

2016 Poetry Reading

Let Every Woman Know-Alaska asked our friend Susheila Khera to share her poem entitled Taxol Morning in the hopes of bringing increased awareness to GYN cancer and impacting women through her experience. We thank her for her courage to share. Art is a powerful form of healing.

Taxol Morning

The large window frames the forest
 Outside the infusion center,
 bereft of color except for
 a line of somber green spruces.

Large flakes slowly empty
 from the grey above, land
 on black naked branches.

My husband sits in a chair
 against the wall, reading, reminding
 me often that he loves me.

A flock of birds suddenly
 speckles the sky, alights on a tree
 as silhouettes. Clearly waxwings.

I search the woods for something
 orange, or fantastically,
 a red flick of kimono. A light
 to shine the way out

Susheila Khera- 2015

1st Place Winner 2016 Alaska Statewide Poetry Contest

