

Let Every Woman Know

SUMMER 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 with gynecologic cancers.

SAVE THE DATES:

Alyeska Climbathon

Registration June 29th @ noon

Ted Stevens Day

July 27th at Girdwood Health Clinic

Yukon Island Retreat

August 6th-8th

Anchorage Runfest

August 16th-17th

Beat the Odds Race

Juneau August 24th

SE HPV Awareness and Education

August 25th-28th in Juneau, Ketchikan & Sitka

Caregiver Retreat

September 7th and 8th

Alyeska Climbathon

September 14th

2020 Awareness Weekend

Jan. 31st-Feb. 2nd

2019 Summer Retreat

The annual Let Every Woman Know Summer Retreat will take place August 6th, 7th & 8th 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-Alaska. We are currently accepting applications for this year's retreat.



2019 ALYESKA CLIMBATHON

The Alyeska Climbathon is an annual GYN 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 14th from 9 am-7 pm. Online registration opens Saturday, June 29th and sold out in less than 24 hours last year!! All funds raised stay in the state of Alaska, with 25% given to the Girdwood Health Clinic and 75% to Let Every Woman Know-Alaska to further their mission of GYN cancer awareness and support. The Alyeska Climbathon is held in September as part of GYN cancer awareness month. One step can make a world of difference, so join the Gynecologic Cancer Awareness Movement today! <http://akclimbathon.dojiggy.com>

There are many ways to contribute besides climbing; volunteering is essential and donating to the cause helps fund the many programs LEWK offers throughout the year! We also encourage climbers to consider volunteering either before or after they are done climbing.

EXTRA-TOUGHS

The 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 extremely successful, with many of our participants continuing into the maintenance phase. Our Anchorage cohort meets at Run Wild Fitness with Cohort 19 beginning on June 24th.



EXTRA-TOUGHS Expansion to the Valley- Generous grant funding from the State of Alaska Comprehensive Cancer Control is allowing us to bring the EXTRA-TOUGHS to the valley. Starting July 8th, Let Every Woman Know-Alaska will host the EXTRA-TOUGHS program at Active Body in Palmer. For more information visit our website at: <http://leteverywomanknow.org/extra-toughs/>.

Ongoing Gynecologic Cancer Support Group

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 professional counselor 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.

2019 CAREGIVER RETREAT

Let Every Woman Know-Alaska's fourth annual caregiver retreat will be September 7th-8th in Girdwood Alaska. This retreat is being offered free of charge to GYN cancer caregivers and will include an overnight stay at a The Carriage House, a scenic outdoor raft adventure through Chugach Adventures, 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.

2019 Anchorage RunFest Health and Wellness Expo

Let Every Woman Know-Alaska will have a booth Friday, August 16th and Saturday, August 17th during the RunFest Health and Wellness Expo at the Dena'ina Center. We are thrilled to join this event and share our GYN cancer information, resources and programs. We will also have giveaways and merchandise for sale.

2018 TEAL Game

Each year the Lady Cougars partner with Let Every Woman Know-Alaska to play a special game that promotes awareness of gynecologic cancers. The 7th annual TEAL soccer game (Take Early Action and Live) between South and Service girl's high school varsity teams took place April 16th. The teams wore teal and white jerseys and got the crowd involved by asking for donations in soccer cleats. We are so grateful for the collaboration and opportunity to reach our community with GYN cancer awareness. Thanks to the generous donors we raised \$1,000!

LET'S TALK ABOUT IT: GYNECOLOGIC CANCER SUPPORT GROUP

A vital piece of the Let Every Woman Know - Alaska mission is providing support for women diagnosed with gynecologic cancer. Let Every Woman Know has launched a regular support group - free of charge, facilitated by a psychologist and offered in a drop-in format.

This group will be held:

WHEN:
1st & 3rd Tuesday
each month

TIME:
12 - 1:30pm

WHERE:
Providence Health
Park Building
Conference Room 2401
3851 Piper St,
Anchorage, AK 99508

This support group is open to women in all stages of diagnosis and treatment and offers a forum to meet women on similar journeys.

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

leteverywomanknow@gmail.com / leteverywomanknow.org / 907-263-1009

2019

6 MONTH TOPIC CALENDAR

- JULY 2** | Making the Most
- JULY 16** | Memory and Concentration
- AUG. 6** | Family and Caregiver Relationships
- AUG. 20** | Moods
- SEPT. 3** | Strengthening Emotional Well-being
- SEPT. 17** | Balancing Dependency and Independence
- OCT. 1** | Talking to Family and Friends
- OCT. 15** | Choices and Decisions
- NOV. 5** | Assertiveness and Care Management
- NOV. 19** | Managing Changes
- DEC. 3** | Fatigue
- DEC. 17** | Celebrations and Traditions

If you have a community awareness or LEWK fundraising idea, contact Ali at leteverywomanknow@gmail.com



Consider LEWK as

you file for your annual PFD

LEWK is a non-profit run by volunteers, one part 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.

2019 Summer Leading a Healthy Lifestyle Campaign Recap:

Bike for Women, Gold Nugget Triathlon, Run for Women

In 2019, Let Every Woman Know-Alaska encouraged women to be active and lead healthy lifestyles by having a team at several local women's athletic events. At the Bike for Women in May, team Let Every Woman Know had fun wearing teal. The Bike for Women chose Let Every Woman Know as the charity of choice again this year; thank you so much for your support and donation of \$ 6,180.00! Our team of five at the Gold Nugget Triathlon helped bring awareness to GYN cancer with wrist bands and a cheer section. The Gold Nugget Triathlon also gave a \$1,000.00 grant to support our Healthy Lifestyles Campaign. Let Every Woman Know also had a big team at the Run for Women in June! We participated in decorating a Port-A-Potty that had GYN cancer facts and resources. We also receive generous grant funding from the Run for Women to include women with a breast cancer diagnosis into our EXTRA-TOUGHS program. Check out the photos to see our awesome LEWK teams in action.

