

Let Every Woman Know



FALL 2018

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 RATES

Nov. 6th Special Fall “Let’s Talk About It” GYN Cancer Support Group meet and greet open to the medical community and patients.
Noon- 1:30 pm in
Providence Health Park
Conference Room 2401

Nov. 10th Cancer Connections Community Health Forum 11 am – 2 pm
at Centennial Hall in Juneau

Dec. 4th Holiday with a Heart ladies pamper night
5:30 pm- 7:30 pm at
Providence Health Park

Feb. 1-3 Gynecologic Cancer Awareness and Arts of Healing Weekend.
Georgia Blue Gallery/Providence Health Park/Koots



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 are currently in our 16th 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. <http://leteverywomanknow.org/extra-toughs/> All are welcome!

2019 Gynecologic Cancer Awareness & Arts of Healing Weekend

The 2019 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on February 1st, 2nd and 3rd, 2019 in Anchorage. Weekend events include a free 2-day Foundation for Women’s Cancer Course for survivors and the medical community with speakers from all over the nation at Providence Health park, a First 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 bands Mipso and Food for the Soul with dance performances by Underground Dance Company and The Tap Studio.

*Let Every Woman Know is seeking artists to be featured in the 2019 Gynecologic Cancer Awareness & Arts of Healing Weekend First 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 2019 Awareness & Arts of Healing Weekend. Are you interested in being involved? If so please contact us at leteverywomanknow@gmail.com.

*Seeking Silent Auction Donation

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



2018 ALYESKA CLIMBATHON RECAP

The 11th annual Alyeska Climbathon took place on Saturday, September 8th, 2018. 303 climbers hit the mountain and with great weather and determination, a total of 1,172 laps were made in ten hours! An impressive \$76 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.

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 third 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 3rd, 2018 through May 2019 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.



DANCE



2018 CAREGIVER RETREAT RECAP

The third annual Caregiver Retreat took place in Girdwood September 15th-16th! 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.

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.



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.



Tis the Season for Pampering: Holiday with a Heart

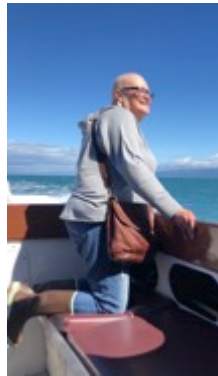
Let Every Woman Know-Alaska is excited to announce the fourth annual Holiday with a Heart pampering event! Mark your calendars for Tuesday, December 4th from 5:30-7:30pm in conference rooms 2281, 2285 and 2401 at the Providence Health Park 3851 Piper Street. This event is free of charge and will offer 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 and spoiled with all kinds of free and amazing treats. We hope you can join!

2018 Yukon Island Retreat

delicious eats massage beach walks

LAUGHTER

KAYAKING sisterhood a few tears



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 licensed mental health clinician 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.



2018

6 MONTH TOPIC CALENDAR

- JULY 17** | Making the Most
- JULY 31** | Memory and Concentration
- AUG. 7** | Family and Caregiver Relationships
- AUG. 21** | Moods
- SEPT. 4** | Strengthening Emotional Well-being
- SEPT. 18** | Balancing Dependency and Independence
- OCT. 2** | Talking to Family and Friends
- OCT. 16** | Choices and Decisions
- NOV. 6** | Assertiveness and Care Management
- NOV. 20** | Managing Changes
- DEC. 4** | Fatigue
- DEC. 18** | Celebrations and Traditions

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

2019 Yukon Island Retreat

August 6th,
7th, and 8th



Climbathon 2018



Thank You Fundraisers & Volunteers



LEWK Arts of Healing

DANCE LIKE BARD CONCERT

Saturday, February 2nd

MIPSO

Food for the Soul