



## Let Every Woman Know-Alaska (LEWK) Spring 2021 Newsletter

**Our Mission:** Let Every Woman Know – Alaska (LEWK) provides creative statewide education, support, advocacy, and arts programs unique to Alaska's diverse communities and is dedicated to preventing, facing and ending gynecologic cancers.

### Save the Dates:

TEAL Soccer Game  
May 1st at 7 pm  
Service High School

Bike4Women

Virtual race, anytime between April 24 and May 9, 2021  
Live in-person race on Sunday, May 2, 2021.

Gold Nugget Triathlon

Virtual options May 7th – 16th, 2021  
Live in-person options on May 16th, 2021

Alaska Run for Women

Registration opens April 15th, 2021  
Virtual Race Days June 12th-19th, 2021

Summer Women's Retreat

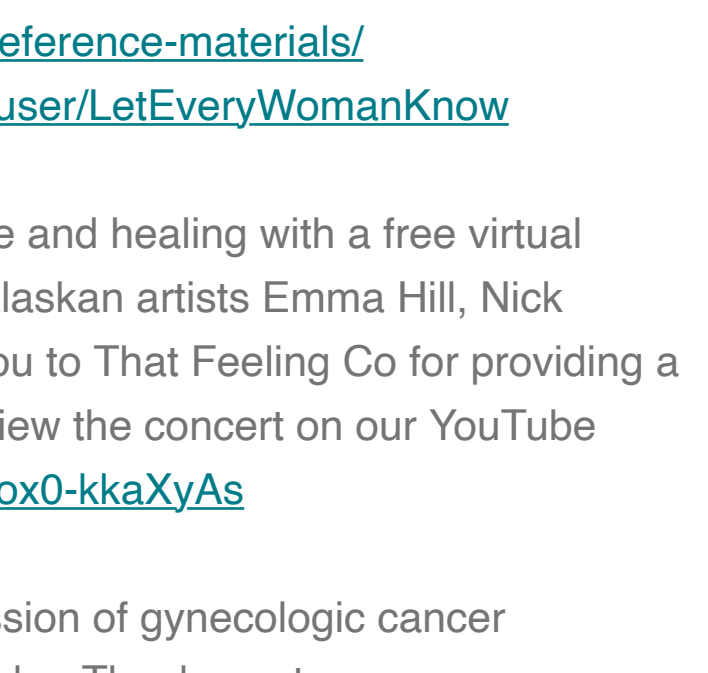
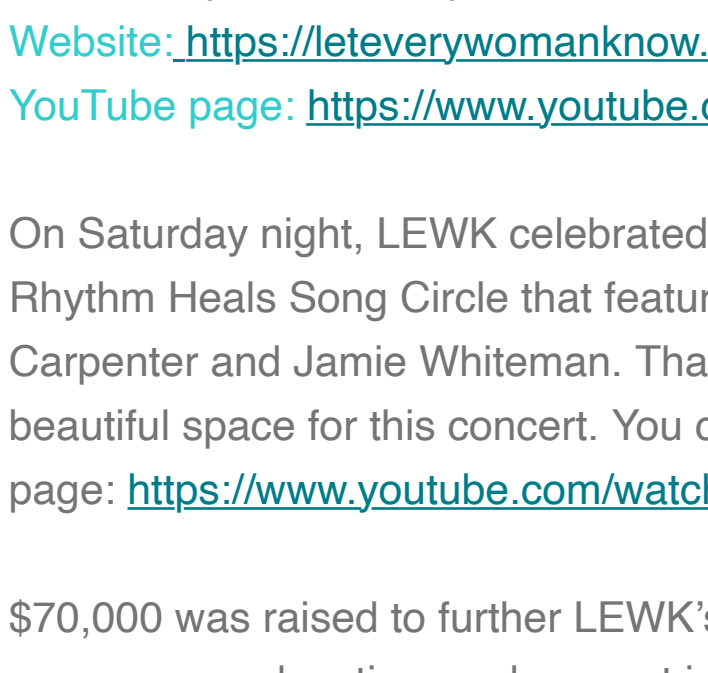
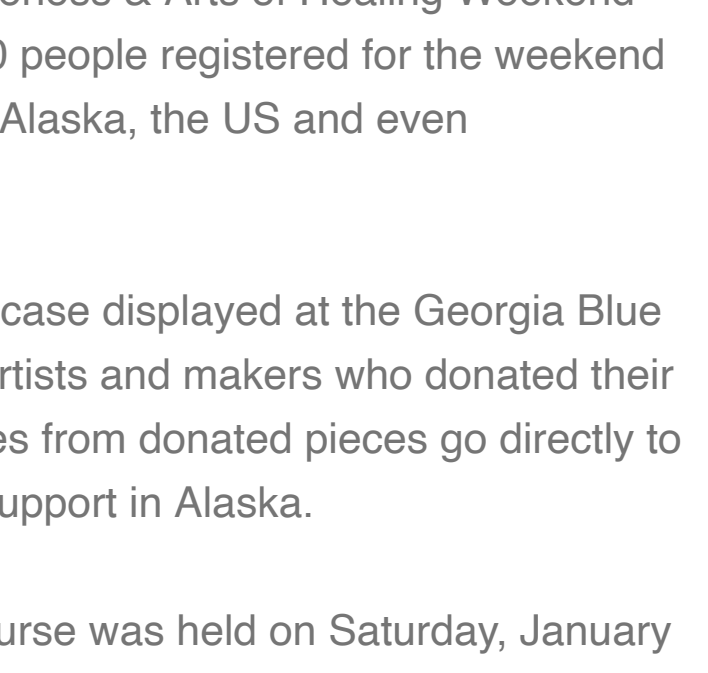
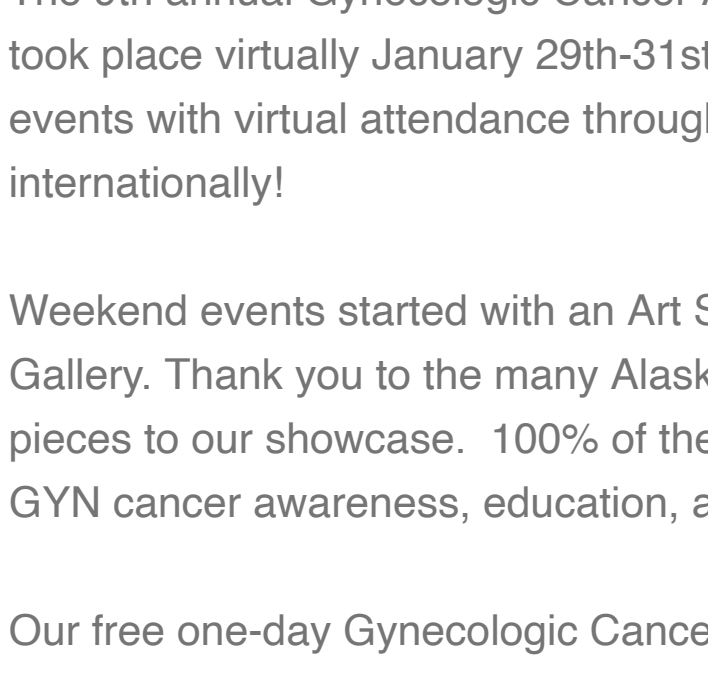
August 25th & 26th

Alyeska Climathon

Registration opens Saturday, June 26th, 2021 at noon  
Race Day: TBD

Fall Caregiver Retreat

September 18th



### 2021 Annual Awareness Weekend Recap

The 9th annual Gynecologic Cancer Awareness & Arts of Healing Weekend took place virtually January 29th-31st. 380 people registered for the weekend events with virtual attendance throughout Alaska, the US and even internationally!

Weekend events started with an Art Showcase displayed at the Georgia Blue Gallery. Thank you to the many Alaskan artists and makers who donated their pieces to our showcase. 100% of the sales from donated pieces go directly to GYN cancer awareness, education, and support in Alaska.

Our free one-day Gynecologic Cancer Course was held on Saturday, January 30th. We heard from 12 leading U.S. experts in gynecologic cancers and had four movement activities spaced throughout the day.

Recorded panels and speaker slides are available:

Website: <https://leteverywomanknow.org/reference-materials/>

YouTube page: <https://www.youtube.com/user/LetEveryWomanKnow>

On Saturday night, LEWK celebrated hope and healing with a free virtual Rhythm Heals Song Circle that featured Alaskan artists Emma Hill, Nick Carpenter and Jamie Whiteman. Thank you to That Feeling Co for providing a beautiful space for this concert. You can view the concert on our YouTube page: <https://www.youtube.com/watch?v=ox0-kkaXyAs>

\$70,000 was raised to further LEWK's mission of gynecologic cancer awareness, education, and support in Alaska. Thank you to our generous sponsors, and all who attended and donated!

### Thank You 2021 Sponsors!

Providence Alaska Medical Center  
Alaska Native Tribal Health Consortium  
Southcentral Foundation  
Providence Pathology Group  
Far North Surgery and Surgical Oncology  
Imaging Associates  
Dr. Michelle Randolph  
Alaska Colorectal Surgery  
Pathology Associates  
Alaska Urology  
Dr. Michelle Thomas  
Dr. Laurie Bleicher  
Alaska Women's Cancer Care  
Anchorage Radiation Therapy Center  
Advanced Oncology Associates  
Fairbanks Cancer Center  
Alaska Women's Health  
Women's Care of Alaska  
Dr. Owen Bell  
Dr. William and Miriam Fell  
Becky Hauser/Johnson & Johnson  
Intuitive Surgical  
Clovis Oncology

### A Special Thank You to Our Event Partners

Georgia Blue Gallery  
That Feeling Co

### Leading a Healthy Lifestyle Campaign

Let Every Woman Know – Alaska developed the Leading a Healthy Lifestyle Campaign to encourage all women to make healthy lifestyle choices to reduce their risk of cancer. Local athletic events are a great place for LEWK to reach women and raise awareness of gynecologic cancers. Let's get outside and be active!



**Let Every Woman Know - Alaska presents**  
**The 2021 Healthy Lifestyle Series**  
Tuesdays 6:30 p.m. – 7:30 p.m. in March, April, & May  
**April 6<sup>th</sup> Zoom Learning: Providence Cancer Center Oncology Support Services**  
Our friends from Providence Cancer Center join us to share about patient navigation, oncology rehab, nutrition, genetics, and their boutique!  
**April 13<sup>th</sup> Move with LEWK**  
Meet at Westchester Lagoon (Margaret Eagan Sullivan Park) to walk, run, or bike. Please dress for the weather and bring your mask.  
**April 20<sup>th</sup> Zoom Learning: The Healthy Mind Platter**  
Dr. Susan LaGrande will present on the seven daily essential activities that maintain strong brain health! Dr. LaGrande is a clinical psychologist who has worked with our LEWK community for 3 years.  
**April 27<sup>th</sup> Move with LEWK**  
Meet at Campbell Airstrip Trailhead (located 1 mile up Campbell Airstrip Road from Tudor) to walk, run, or bike. Please dress for the weather and bring your mask.  
**Details on Facebook.com/LetEveryWomanKnowAlaska**  
**Reach out with questions: [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com)**

### Healthy Lifestyle Series

#### Virtual Healthy Lifestyles Series

1st & 3rd Tuesdays from 6:30 pm – 7:30 pm (Featuring speakers on various healthy lifestyle topics)

- April 6th – Providence Alaska Cancer Center: Oncology Support Services
- April 20th – Dr. Susan LaGrande on the Healthy Mind Platter

#### Join Zoom Meeting

[https://us02web.zoom.us/j/86789581462?](https://us02web.zoom.us/j/86789581462?pwd=dGpzL2ZaQkRlQ1FIQ3hrT1Z3M1Jjdz09)  
[pwd=dGpzL2ZaQkRlQ1FIQ3hrT1Z3M1Jjdz09](https://us02web.zoom.us/j/86789581462?pwd=dGpzL2ZaQkRlQ1FIQ3hrT1Z3M1Jjdz09)

Meeting ID: 867 8958 1462

Passcode: 129570

#### Active Healthy Lifestyles Series

2nd & 4th Tuesdays from 6:30 pm – 7:30 pm (Walk, Run, Bike: Participate at your energy level)

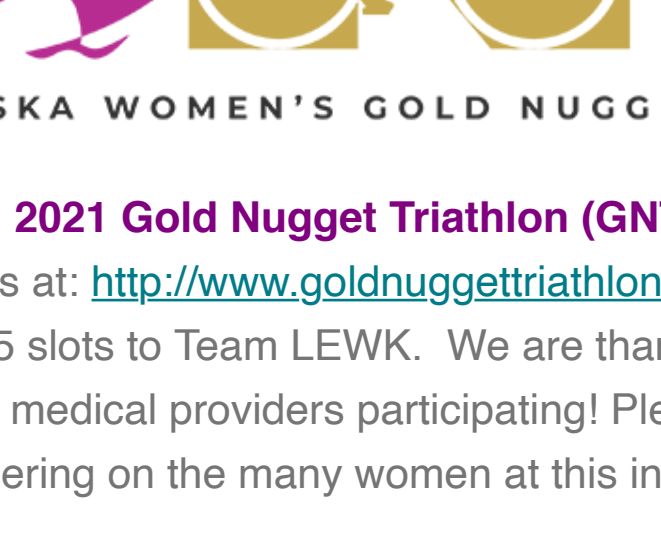
- April 13th – Westchester Lagoon
- April 27th- Campbell Tract



### Virtual EXTRA-TOUGHS Program:

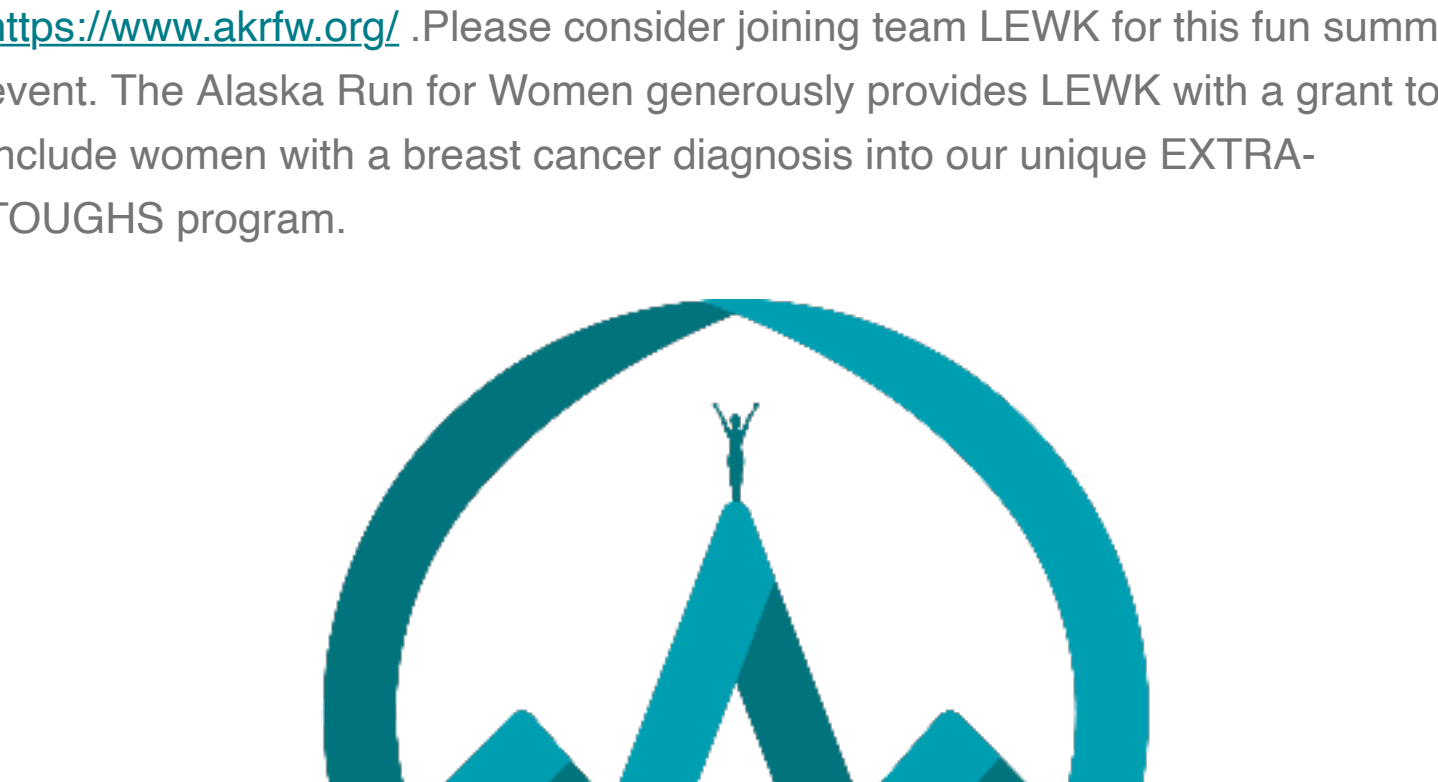
#### Anchorage and Mat-Su Valley

Let Every Woman Know offers a unique 12-week integrative weight loss, survivorship and support program for women with gynecologic and breast cancers. The EXTRA-TOUGHS program has been successful in Anchorage for 6 years and we recently expanded to the Mat-Su Valley thanks to generous grant funding from Mat-Su Health Foundation. Virtual 12-week cohorts are currently happening in both Anchorage and the Mat-Su Valley. Please email [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com) for additional information and visit our website for more details <https://leteverywomanknow.org/extra-toughs/>



### 2021 Bike for Women

Please follow updates at <http://www.bike4women.com/>. LEWK has been the charity of choice eight years in a row! Anything you can do to support this amazing event would be greatly appreciated!



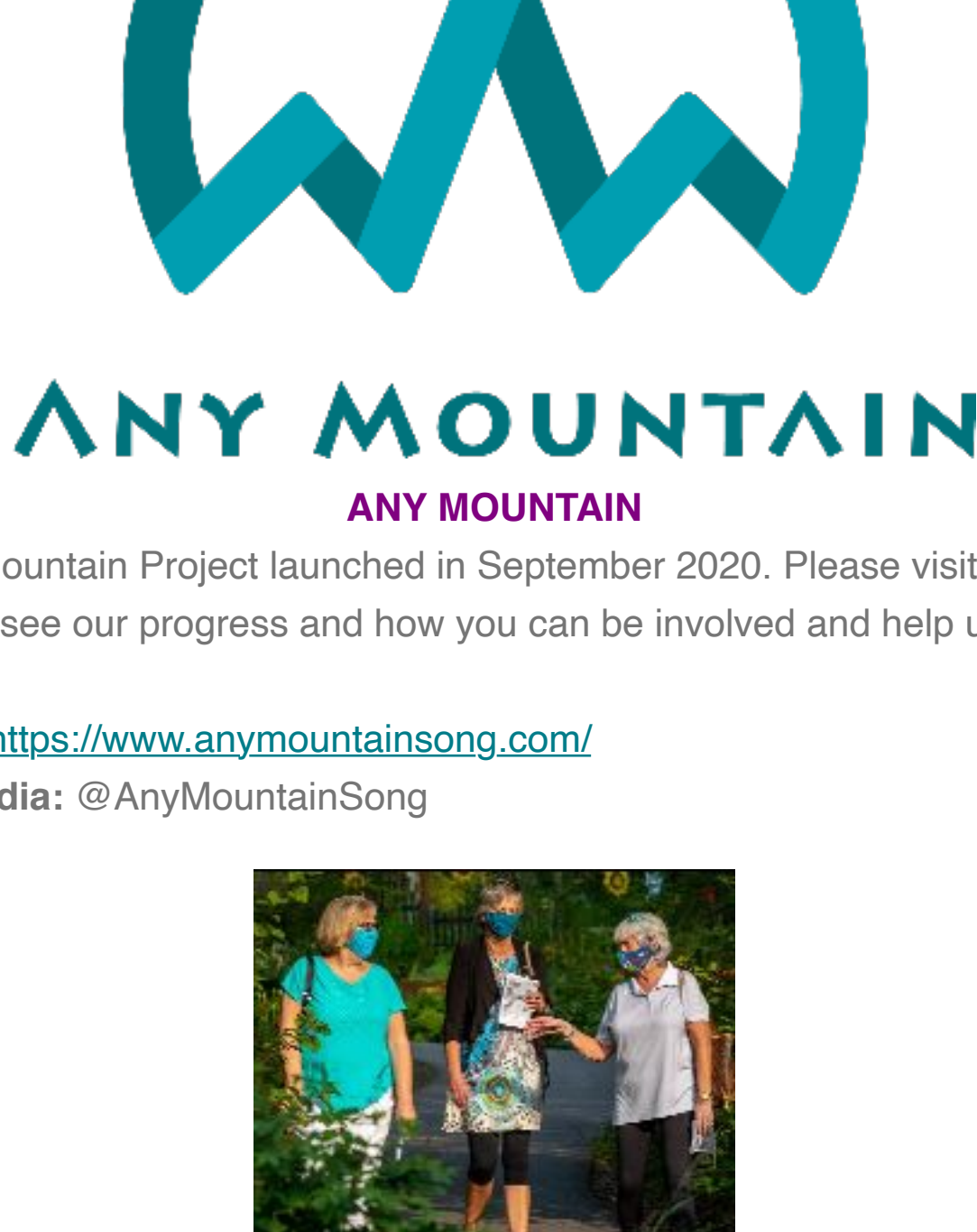
### 2021 Gold Nugget Triathlon (GNT)

Please follow updates at: <http://www.goldnuggettriathlon.com/>. The GNT generously donated 5 slots to Team LEWK. We are thankful to have GYN cancer survivors and medical providers participating! Please consider volunteering and cheering on the many women at this incredible event.



### 2021 Alaska Run for Women (AKRFW)

Virtual race days are June 12<sup>th</sup>-19<sup>th</sup>. Registration opens April 15<sup>th</sup> at <https://www.akrfw.org/>. Please consider joining team LEWK for this fun summer event. The Alaska Run for Women generously provides LEWK with a grant to include women with a breast cancer diagnosis into our unique EXTRA-TOUGHS program.

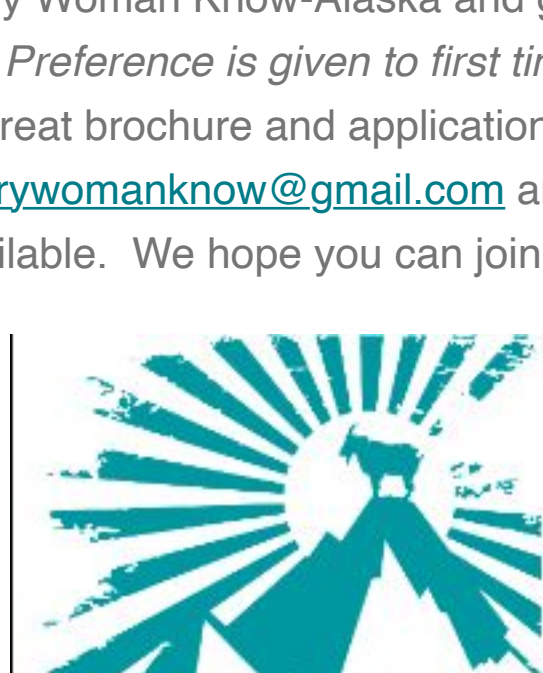


### ANY MOUNTAIN

The Any Mountain Project launched in September 2020. Please visit our website to see our progress and how you can be involved and help us make an impact.

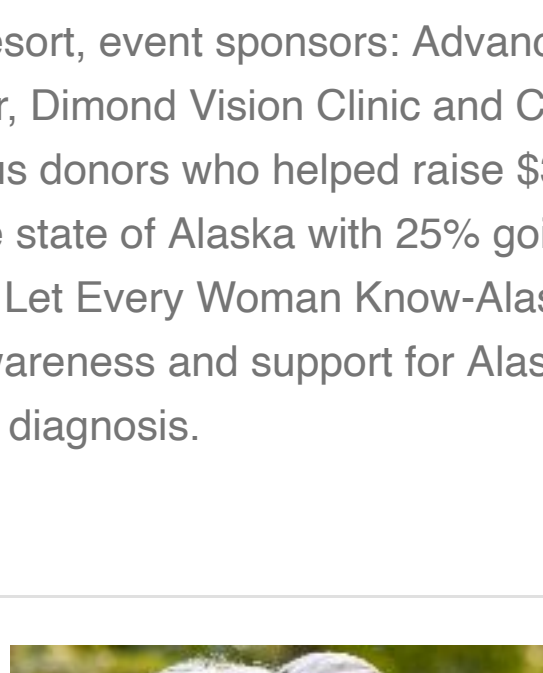
Website: <https://www.anymountainsong.com/>

Social media: @AnyMountainSong



### 2021 Summer Retreat

The 2021 LEWK Summer Retreat is a one day retreat that we will offer two days in a row, August 25<sup>th</sup> & 26<sup>th</sup> in Anchorage, Alaska. This retreat designed for women who have any kind of gynecologic cancer diagnosis and are interested in spending time with other GYN cancer survivors in a relaxed setting. There will be time to rest, walk, enjoy quiet time, and share experiences with each other. This retreat is being offered free of charge to women with GYN cancers through Let Every Woman Know-Alaska and generous grant funding from the State of Alaska. *Preference is given to first time attendees.* We are currently finalizing the retreat brochure and application. If you are interested, please email us at [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com) and we will send you information once it is available. We hope you can join us!



### 14<sup>th</sup> annual Alyeska Climathon

The 2021 Alyeska Climathon will take place in September. As we plan for the 2021 event, we would appreciate your feedback. Please take a few moments to fill out this survey. We value your feedback. Survey is open April 5<sup>th</sup> – April 16<sup>th</sup>

**2021 Alyeska Climathon Survey:** <https://forms.gle/z2dkuBGHMD9tUKD27>

Online registration and pledge pages will open on Saturday, June 26<sup>th</sup> at noon on the Alyeska Climathon website: <https://akclimathon.dojiggy.com/>

The Alyeska Climathon is held in September to as part of Gynecologic Cancer Awareness Month.

In 2020, the Alyeska Climathon went virtual and took place from September 1st - 12th. 223 dedicated climbers hit the mountain! A heartfelt thank you to our event partner Alyeska Resort, event sponsors: Advanced Oncology Associates, Alaska Cyberknife Center, Dimond Vision Clinic and Chugach Chocolates, all of the climbers and generous donors who helped raise \$33 thousand dollars. 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.



### 2021 Fall Caregiver Retreat

Let Every Woman Know-Alaska's annual caregiver retreat will be Saturday, September 18<sup>th</sup> in Girdwood, Alaska. This retreat is being offered free of charge to GYN cancer caregivers through Let Every Woman Know-Alaska and generous grant funding from the State of Alaska. The retreat will include an outdoor adventure through Chugach Adventures and time for relaxation and connection. We are currently finalizing the brochure and applications for this retreat. Please email us at [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com) if you are interested and we can send you the details as they become available. We hope you can join us!

Website: <https://leteverywomanknow.org/>

Email: [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com)

Facebook: @LetEveryWomanKnowAlaska

Instagram: [leteverywomanknow](https://www.instagram.com/leteverywomanknow)