

**PADDLING
TOWARDS
HEALTH**

Dragonheart Vermont

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DRAGONHEART VERMONT

A breast cancer survivor and supporter organization whose focus is on survivorship, wellness, teamwork, hope, and community

- Enthusiastic group of **breast cancer survivors** and **supporters** who **paddle together** on Lake Champlain for **exercise, camaraderie, and joy**
- Team began as a floating support group with a **focus on living**, not the disease
- Together the Dragonheart Vermont dragon boat teams **inspire others to live each day to the fullest**



What is Dragonheart Vermont's Mission?

- Create a life-affirming sisterhood of breast cancer **survivors**
- Give **hope** and **inspiration** to other cancer survivors and their families
- Unite our community in charitable giving through the **Lake Champlain Dragon Boat Festival**
- Provide support to other cancer survivors through **Survivorship NOW** a *cancer wellness center*





Why dragon boating and breast cancer survivors?

- ❖ In 1996 Dr. Don McKenzie from Vancouver recruited 22 breast cancer survivors as part of a **research study** to learn more about the **effects of exercise on the development of lymphedema**
- ❖ Dragon boating helps survivors to feel empowered and learn to embrace life again after a cancer diagnosis
- ❖ Dragon boating **raises awareness** about breast cancer

Today there are more than 150 breast cancer survivor dragon boat teams around the world

DRAGONHEART VERMONT – 6 TEAMS

Breast Cancer Survivor (BCS) Teams – (all named *Sisters* in different languages)

- ***Dragonheart Vermont Sisters***
Premier BCS team
- ***Dragonheart Vermont Hermanas***
Competitive BCS Team
- ***Dragonheart Vermont Mei Mei***
Recreational and team-in-training



Supporter Teams –

- ***Dragonheart VT Green Mtn Girls***
Team for women 50 and over
- ***Dragonheart VT Snapdragon***
Young women's team
- ***Dragonheart VT Mixed Nuts***
Co-ed Team





The Dragonheart Sisters were originally content to paddle together on Lake Champlain. Their motto was “We are always first in our lane!” Then they took on the challenge of racing dragon boats all over the United States, Canada, and Australia.

The *Dragonheart Sisters* team raced at the 2012 World Club Crew Championships in Hong Kong

The *Dragonheart Sisters* –

- Paddled in Victoria Harbour, the world's busiest port – challenged by currents, tides, cargo ships, winds and a shark sighting
- Won a **GOLD** medal in the 200-meter race
- Won a **SILVER** medal in the 500-meter race

Their victory gave a face to breast cancer survivors everywhere to show that there is HOPE and LIFE after cancer



Today they are world champions!



Lake Champlain Dragon Boat Festival

1st Sunday in August since 2006

A day when people from our community team up to race dragon boats for fun, fitness, and charity

This community-wide event includes:

- **2000 racers**
- **175 Dragonheart members**
- **75 teams**
- **300 volunteers**
- **36 sponsors**
- **16,000 spectators**





Teaming up to Race Dragon Boats

and

Raise Funds for Cancer Support

Over the past 7 years Dragonheart Vermont with the help of sponsors, paddlers & volunteers has given back to the community to help those in need

Proceeds from Festival Fundraising Supported:

- ❖ **Emergency fund support for cancer survivors in need**
- ❖ **Community wellness programs for cancer survivors**
- ❖ **Activities cabins at Vermont's Camp Ta-Kum-Ta**
- ❖ **Hospital beds and equipment**
- ❖ **Ultrasound machine**

Survivorship NOW

Empowering Cancer Survivors in our Community to Live Well



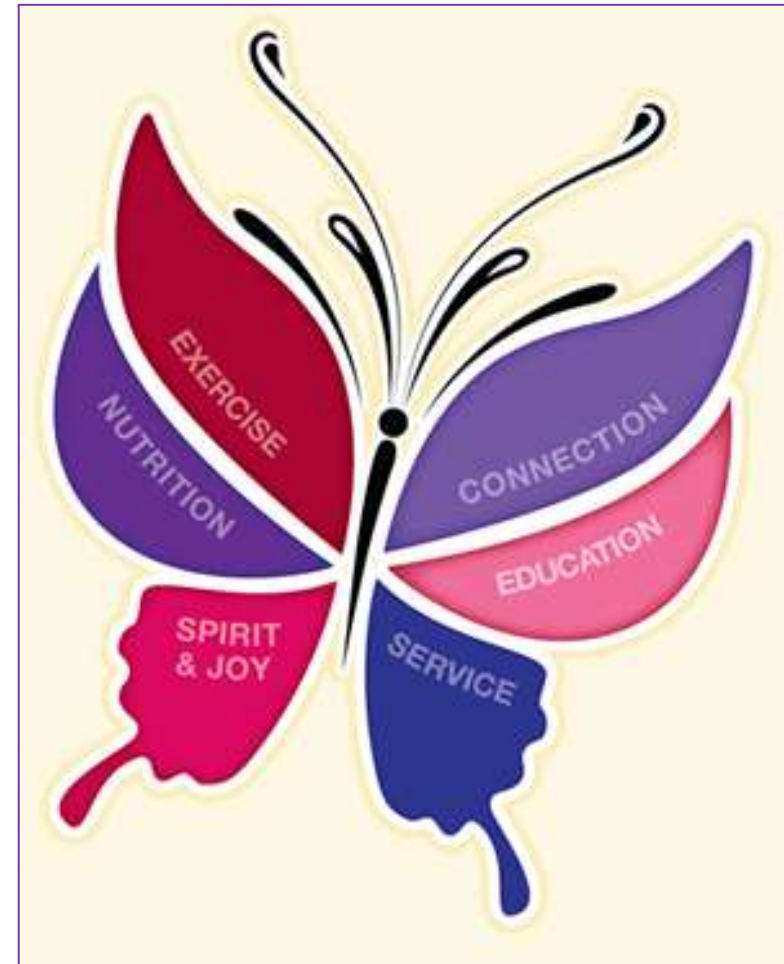
Established by Dragonheart Vermont in 2011 to meet the need for ongoing help and support for all cancer survivors in our community after their clinical treatment ends.



Survivorship NOW offers a wide range of *wellness opportunities* that empower survivors to move past cancer and live a full and meaningful life.

Survivorship NOW strives to support and engage cancer survivors through:

- **Exercise**
- **Connection**
- **Nutrition**
- **Education**
- **Service**
- **Spirit and Joy**



Vermont cancer survivors can participate in *exercise programs, wellness workshops, nutrition classes*, and opportunities to *network and share* cancer experiences

Class offerings are enhanced by the *professionals* from *PT 360* and *Synergy Fitness*, as well as *community experts* who offer exciting therapeutic wellness opportunities

Class Sampling

Strength Training

Yoga

Dance

Healthy Cooking

Music Therapy

Pool Play

Stability Ball

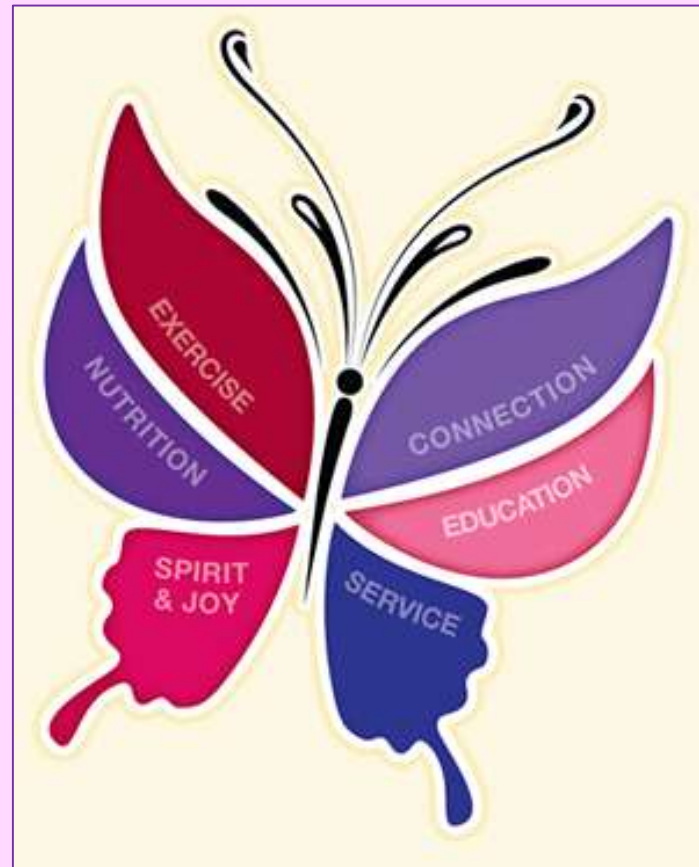
Nutrition/Weight Control

Sexuality after Cancer Diagnosis

Managing Fatigue

Managing Foot Neuropathy . . . and more!

(Classes vary with the season and interest level)



Water Tai Chi

Poetry Writing

Snowshoe Hikes

Chair Zumba

Survivor Class

Writing a Will

Bone Health

Art Therapy

Bike Hike

Nature Walks



DRAGONHEART'S cancer
survivorship
NOW
NETWORK ON WELLNESS

Dana Medical Library – Resources

American College of Sports Medicine. ACSM's guide to exercise and cancer survivorship. Human Kinetics, Champaign, IL, 2012. **QZ 266 A187 2012**

Zappia, Vincenzo. Advances in nutrition and cancer. Advances in Experimental Medicine and Biology, v. 348, 1994. Plenum Press, NY, 1994.

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Marian, Mary. Clinical nutrition for oncology patients. Jones & Bartlett Publishers, Sudbury, MA, 2010. **QZ 266 C64178 2010**

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Del Fabbro, Egidio. Nutrition and the cancer patient. Oxford University Press, Oxford, 2010. **QZ 266 N976 2010**

Courneya, Kerry S. Physical activity and cancer. Springer, Heidelberg, 2010. **QZ 266 P578 2011**

Hong, Youlian. Tai chi chuan: state of the art in international research. Karger, NY, 2008. **WB 541 T129 2008**

Buckman Weinstein, Jodi. Tell me what to eat before, during, and after cancer treatment: nutritional guidelines for patients and their loved ones. New Page Books, Pompton Plains, NJ, 2010. **QZ 201 B925t 2010**

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