

Fall 2015 Live Well with Cancer Programs

YACS' 4th Annual WIG OUT

Saturday, October 17
 7:00 -10:00 pm
 McFadden's Restaurant & Saloon



Imagine wearing a wig not by choice but because of having cancer. Support local young adult cancer patients by choosing to wear a wig for this one special night as we celebrate survivorships. The event includes a best wig contest, 50/50 raffle and Chinese auction. Sponsored by **UPMC Health Plan, UPMC CancerCenter, AboutTime** and **The Scoletti Family**. All proceeds will benefit YACS (Young Adult Cancer Support).

NEW!! Gentle Yoga in the North Hills

1st & 3rd Monday of each month
 6:00 - 7:00 pm
 Allegheny Health Network Wexford Health & Wellness Pavilion

Yoga begins October 19 and will be facilitated by **Marlene Fritsch**, Yoga Alliance certified instructor and 17-year survivor.

Call 412-622-1212 to sign up!

Cape Boss!!

Friday, October 2
 6:00 - 8:00 pm
 Bloomfield Headquarters



Brant Meehan, MSW, will show you how to transform an ordinary t-shirt into a cape! BYOT (bring your own t-shirt), BYOB and leave w/ a cape for The Caped Crusaders Fun Run/Walk! Call 412-622-1212 to register!!

UPMC HEALTH PLAN

UPMC CancerCenter
 Partner with University of Pittsburgh Cancer Institute

Holiday Card-Making Workshop

Tuesday, October 20
 6:00 - 8:00 pm
 Bloomfield Headquarters

Join us for a social and relaxing evening as **Brant Meehan, MSW**, the Center's Art Therapist, leads this card-making workshop. Cards may be designed for an upcoming holiday or for a loved one. No skills are needed, and there will be an array of supplies and materials to choose from. Light refreshments will be provided. Bring a friend or family member and call 412-622-1212 to sign up. This popular activity was recently featured in the Pittsburgh Post-Gazette.



THANK YOU FROM OUR HEART

We are always grateful to know that people believe in our mission of 27 years to provide help and support to patients and families. Thank you to the following for recent sustenance - we REALLY appreciate you!

First Niagara Foundation
Susan G. Komen, Pittsburgh
Cindy and Ted Yates
and the 12th Annual Cindystock
Michael Scoletti & Family
Kathy Schultz
Debbie Hnat
Teri Flatley
Rachelle Nadour
Pittsburgh Steelers
Charissa Hamilton and Josh Devlin
Perry-Highland Women's Association
Bellevue Elementary School – Girls on the Run
Sandy Urbaniak
Shannon Staley & Sons
St. John the Baptist Byzantine Catholic Church
Our Lady of the Angels Rosary Society

IN MEMORIAM



For almost 25 years, **Hilda Schorr-Ribera, PhD, licensed Psychologist and Board-Certified Medical Psychotherapist**, better known as DR. HILDA, assisted hundreds of families at the Center and in her private practice.

Susan Burt "Susie" Fitzgerald, mother of Center Board President **Mike Fitzgerald**.

We are grateful to both families who designated the Center to receive memorial donations.

NEW Easel Aid Partnership

Easel Aid is dedicated to fundraising support for Pittsburgh area charities and organizations, and the Cancer Caring Center is fortunate to be one of the selected charities thanks to **Mike Warren!**
<http://easelaid.com/pittsburgh/>

CENTER NEWS



After 16 wonderful years of service, our Administrative Assistant **Crissy Labuskes** decided to explore new adventures. Many of you have encountered Crissy either over the phone or in person and will readily remember her friendly greetings and unparalleled laugh. Crissy and her husband Ken will continue to attend Center events but of course, we miss her already!

We extend a HUGE congratulations to **Stephanie Samolovitch**, our **Director of Support Services**, who marked her 10TH ANNIVERSARY OF SURVIVORSHIP in August. We always thought she was a 'ten', now we KNOW it!

ENSURE, PLEASE!

Dear Friends, we remain in great need of donated Ensure. As part of our partnership with the **Greater Pittsburgh Community Food Bank**, we purchase Ensure so patients aren't overwhelmed with the cost and can get it here for FREE!

PLEASE help if you can by donating Ensure to our Center. You can also have an Ensure drive with your church, school or social group. You can't imagine what a difference it makes in the lives of those fighting to survive.

Please call us (412-622-1212) with any questions or for more information.

Pet Therapy- new location

Our partnership with Animal Friends has been truly amazing and we are most appreciative as we will continue working together by offering Pet Therapy now only at our Bloomfield Headquarters. Thank you, **Animal Friends**, for providing volunteers with certified therapy dogs to support our clients. **Brant Meehan, MSW** facilitates these programs that occur on a selected Saturday each month. Please call us at 412-622-1212 for more information.



Support Network Groups



Groups for Women with Cancer

African-American Women's Cancer Support Network, Bloomfield

1st & 3rd Thursday each month, 6:00 - 7:00 pm

DuBois Breast Cancer Support Group

2nd Sunday each month, 6:00 - 7:30 pm

Oakland Women's Cancer Support Network

2nd & 4th Tuesday each month, 6:00 - 7:30 pm

Johnstown Women's Cancer Support Group

1st & 3rd Tuesday each month, 6:00 - 8:00 pm

Monroeville Women's Cancer Support Group

1st & 3rd Monday each month, 6:30 - 8:00 pm

Cranberry Breast Cancer Support Group

1st & 3rd Wednesday each month, 7:00 - 8:30 pm

Ovarian Cancer "Teal Hearts Network" Cancer, Bloomfield

3rd Monday each month, 6:15 - 8:00 pm

Moms with Cancer, South Hills

Quarterly. Call the Center for details, 7:00 - 8:30 pm

South Hills Breast Cancer Group

3rd Tuesday each month, 7:00 - 9:00 pm

North Side Breast Cancer Group

3rd Monday each month, 5:30 - 7:00 pm

Wexford Breast Cancer Group

2nd Wednesday each month, 6:00 - 7:30 pm

Specialty Groups

Brain Tumor Group, Bloomfield

1st & 3rd Wednesday each month, 7:00 - 8:30 pm

Head and Neck Group, South Hills

1st Wednesday each month, 6:00 - 7:30 pm

Colon Group, South Hills

2nd Monday each month, 7:00 - 9:00 pm

Lung Cancer Group, Shadyside

2nd Monday each month, 3:00 - 4:00 pm

Young Adult Group, Shadyside

1st Wednesday each month, 6:30 - 8:00 pm

General Groups

Cranberry Group

2nd & 4th Wednesday
6:30 - 8:00 pm

Jefferson Group

2nd Tuesday each month
7:00 - 8:30 pm

Murrysville Group

2nd & 4th Monday
6:30 - 8:00 pm

South Hills Group

2nd Thursday each month
7:00 - 9:00 pm

Wellness Programs

Art Therapy, Bloomfield

4th Tuesday each month
6:30 - 8:00 pm

Reiki Clinic, Bloomfield

2nd & 4th Wednesday each month
6:00 - 8:30 pm, by appt. only

Hands on Therapy, Bloomfield

2nd & 4th Wednesday each month
3:00 - 6:00 pm, by appt. only

Zumba, Bloomfield

2nd Monday each month
6:30 - 7:30 pm

Gentle Yoga, Bloomfield

1st & 4th Monday each month
6:00 - 7:00 pm

Children's Groups

Support for children who have and have lost a family member with cancer. Pet Therapy for kids at Bloomfield Headquarters) on selected Saturdays. By appointment only.

**If you are interested in attending a group please call
the Center at 412-622-1212**

Stephanie's Corner



Greetings! Welcome to our Fall newsletter. As you can see, we have so much to announce including new support groups, program locations, and upcoming events. As I celebrate my 10 year survivorship, I am reminded how important it is to focus on the impact that emotional support has during and after someone experiences a cancer diagnosis. Please be sure to review our program lists since we have expanded into new communities. We realize that the commute to our Bloomfield Headquarters may be hard for some, which is why we are providing community outreach this Fall by offering **Art Therapy** in several communities where our support groups meet. Be sure to call us if you would like to sign up! **Brant Meehan, MSW**, Center's Art Therapist is truly talented with the creative projects that he develops. **Wendy Myers, MSW, LSW**, also remains available for anyone needing individual support either in person or via telephone. I'd especially like to thank new facilitators: **Mark Thompson, MSW**, general Jefferson support group; **Sandy Brown, RN, BSN, CBCN**, Wexford Breast Cancer support group; **Beth Madrishin, BA, RT** and **Robyn Best, MSL, BSN, RN, OCN**, general Wexford support group. Thank you for joining our team!

For all who have supported **YACS** (Young Adult Cancer Support), you have helped make a huge impact in this program. YACS is continuously growing, and I am blessed to have an opportunity to give back and support local young adults who face unique challenges with cancer. The program includes a support group, monthly social outings and a financial assistance grant. I would like to recognize my fiancé, **Matt Scoletti**, for raising over \$12,000 for YACS in November when he competed in the World's Toughest Mudder. All funds donated to YACS directly support each program segment. Be reminded that YACS is a program of the Cancer Caring Center so any and all support is MOST appreciated. The Center remains a 27 year local charity with no national office, and we stand proud of all services offered and the professionals behind every service. "Alone we can do so little, together we can do so much"- Helen Keller.

Printing of the newsletter underwritten by:



Due to the cost of mailing, we only put out a few paper newsletters a year. Sign up for our mailing list at www.cancercaring.org/resources to get information on ALL upcoming programs and events!