

Spring 2017 Live Well with Cancer Newsletter

Annual Survivor Party!

Tuesday, May 23

6:00-8:00pm

Bloomfield Headquarters



Calling all cancer survivors! The time has come and we are beyond excited to celebrate YOU. From the second you are diagnosed, consider yourself a survivor! Bring your loved ones for a night of honoring each other's journeys as you enjoy a light meal and meet other survivors. We are delighted to welcome back **Stephanie Miller, CMP, VAHTP** and **Bob Miller, MS, MT-BC** from **Music for Life of Pittsburgh, LLC** as they entertain guests with live music. Our Center is devoted to not only helping you cope with cancer but also reminding you that you are not alone. We hope this night will remind you of that. Space is limited so please call 412-622-1212 to sign up!



CANCER CARING CENTER

Pittsburgh Rock 'N Roll Legends

Thursday, April 27

6:00-10:00pm

Jergel's Rhythm Grille,
Warrendale

The **4th Annual Pittsburgh Rock 'N Roll Legends** celebration will be held on Thursday, April 27 at Jergel's Rhythm Grille in Warrendale. 2017 Honorees are **Tommy James and the Shondells** (Modern Era), **the Jaggerz** (Legacy Legend), **Jerry Reed** (Music Industry Professional) and **Chuck Brinkman** (Broadcaster). Event will feature the **Pittsburgh All-Star Band** and special guest performances. All proceeds benefit our Center. Don't miss this unforgettable event that was rated among 2016's 'Must-See Concerts'. For more info, visit www.PittsburghRockLegends.com or call 412-622-1212.

New Lymphedema Support Group Set!

Lymphedema can be a particularly demoralizing side effect from cancer treatment; patients can experience significant swelling, most commonly in the legs and arms from the build-up of lymph fluid. Beginning **Thursday, April 27**, the Cancer Caring Center will host a monthly group for female patients coping with lymphedema from 6:00 pm to 7:30 pm at Center Headquarters. Led by **Cheryl Harris, MS**, the group will meet on the **4th Thursday of each month**. Physical therapists **Judy Schaad, PT, DPT, FAC-CWS** and **Randi Marshak, MSPT, CLT** will co-facilitate. The group is free (of course) but registration for the first time is requested by calling 412 622 1212 or emailing info@cancercaing.org

Meet our Facilitators!



My name is **Cheryl Harris** and I am a group Facilitator for the African American Womens Support at the Cancer Caring Center. I am an 11 year Champion over Cancer. I had

the opportunity to get involved with the Center and was elated for to be able to give back to others the same love and compassion that was shown to me when I was going through my treatment. The group provides emotional support, coping skills and encouragement to individuals and their family members. The individuals have an opportunity to be amongst other people who have experienced similar situations in a safe home like atmosphere so they can freely express their feelings and various challenges.

I have 3 adult children who have gifted me with 4 beautiful and amazing grandchildren. I love to spend as much time as possible with them when they are in town. My husband and I enjoy traveling and cruising the beautiful seas. When on land, we spend time riding our bikes cross country on various bike tours and riding on the local bike trails. My husband and I also enjoy Urban Ball Room Dancing as well.

Thank You from our Heart!



We COULDN'T do it without you and we are grateful for your support.

Pittsburgh Steelers
American Legion and Sandy Kosol
Teri Flatley
Eisai
Accuray and the Richard Nash Family
Chick-fil-A
Bloomfield/Lawrenceville Lions Club
Franktuary, Lawrenceville
Mike Warren, Easel Aid Pittsburgh
Claire Wesolosky, Motive Salon
Naomi Howard and The Need Knots
Cristina Talotta, Crawl for Cancer
Steel River Techs, LLC and Matt Campbell
Ruth Temple No. 116 IBPOE of the World
BNY Mellon Jeans Days Mondays – John Stricko,
Lauren Gogal and Mary Beth Shimko
Saint Maria Goretti Catholic Parish
St. John the Baptist Byzantine Catholic Church
Our Lady of the Angels Rosary Society

Thank you very much to the families who designated the Center as the beneficiary of memorial donations of their loved ones.

Anne Whitlinger Haseltine
James Kosakowski
Lucy Lukaszewicz
Scott Sambuco



Fundraising Dinner!!
Tuesday, May 16, 7:00 PM
Mad Mex, Shadyside

(100% of food proceeds go to the Center)



Join us for a **BUILD YOUR OWN FAJITA PARTY!**

This buffet includes:
Casa Salad
Wings
Mad Mex Fajita Station
One 16 oz Dos Equis Draft or 16 oz House Margarita
Soft drinks
Dessert table

Tickets are \$45 and **include gratuity**. Get your tickets by phone, check or at madmexccc.eventbrite.com



Crafts & Corks for Cancer Thursday, June 22, 2017 Left Field Meeting Space

Guests are invited to sample craft beers or share a glass of wine on the roof top deck overlooking **PNC Park's** left field entrance. Nibble on appetizers in the great room from some of Pittsburgh's finest restaurants, dance to the hottest tunes and enjoy the gorgeous view of downtown Pittsburgh from the deck above 116 Federal Street. The Left Field Meeting Space is 5,000 square feet of party space only 1,584 feet from downtown.



Kennywood 5k Run/Walk

Our first run through Kennywood Park was a success and SO MUCH FUN!!!! We want to congratulate our #1 Fundraiser, **Mike Beggy!** He raised a record \$7,500!!



Rounding out the Top 10 Fundraisers:



- #2 Paul Gruver
- #3 Ann Norton-McMinn
- #4 Nancy Harrison
- #5 Carole Buffington
- #6 Janice Schibner
- #7 Rae Ann Matiasic
- #8 Rick Deloia
- #9 Sue Link
- #10 John Carp



Thank you Board members Lisa Sill and Bobbie Loesch for co-chairing!

The Baton is Passed!

After 13 years of providing outstanding leadership for our **Brain Tumor Support Group**, we wish **Judy Joyce, LSW** all the very best and welcome **Laura Kinney, LSW** as the new group facilitator!



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 "Teal Hearts Network" Cancer Support Group, Bloomfield
3rd Monday each month, 6:15 - 8:00 pm

Moms with Cancer, South Hills
Quarterly. Contact 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

Lymphedema Group, Bloomfield (beginning 4/27/17)
4th Thursday 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

G.I. Cancers, South Hills
2nd Monday each month, 7:00 - 9:00 pm

Young Adult Group, Bloomfield
2nd Thursday each month, 6:30 - 8:00 pm

Prostate "Us Too" Support Group, Shadyside
3rd Wednesday each month, 6:00 - 8:30 pm

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

General Groups

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

Jefferson Group
2nd Tuesday
7:00 - 8:30 pm

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

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

South Hills Group
2nd Thursday each month
7:00 - 9:00 pm

Wellness

Art Therapy, Bloomfield
4th Tuesday each month
6:30 - 8:00 pm

Reiki Clinic, Bloomfield
2nd & 4th Wednesday each month
5:00 - 7:30 pm, by appt. only

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

Gentle Yoga, Bloomfield
1st & 4th Monday each month
6:00 - 7:00 pm

Gentle Yoga, North Hills
3rd Monday each month
6:00 - 7:00 pm
(NEW LOCATION)

Children's Groups

Pet therapy for kids in Bloomfield on
the 2nd Saturday each month in
partnership with **Animal Friends**.
Call the Center for details.

Stephanie's Corner



Greetings and welcome (or welcome back) to our Spring newsletter! We have been very busy at the Center and truly hope you take the time to see all that's being offered. As the Director of Support Services for 6 years now, I know there is more to be done, and that excites me! We're very fortunate to have so many partnerships and support group locations. After 5 years of leading the **Young Adult Cancer Support Group**, we recently decided to move it to the Center since we have outgrown our space at the Shadyside **Panera Bread**. I sincerely thank Panera for providing a meeting space and always being extremely friendly and helpful. Always be reminded that **Wendy Myers, MSW, LSW** is available for individual counseling as well.

Thank you to all of our Support Group facilitators and Wellness Program leaders. The Center is proud that all services are professionally led, and each of them do such tremendous work. We hope you have an opportunity to experience the myriad of services available.

Thank you, **Matt Scoletti**, for hosting the **9th Annual NCAA Charity Hoops Fundraiser** for YACS (Young Adult Cancer Support)! For anyone wanting more information on the YACS program (or any other services), I welcome your call. I also want to highlight our **Food Bank** which offers nonperishables and Ensure for patients who qualify. We are always in GREAT need of Ensure since we are the only organization that provides it to patients for free. Please consider doing an Ensure drive if you or someone you know is interested in hosting a fundraiser. Nourishment during and after cancer is extremely important, as you know! "Be the reason someone smiles today". Thank you for your support. I look forward to seeing you at the **Survivor Party** in May!

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!