

Winter 2017 Live Well with Cancer Newsletter



Appealing to You for the Holidays- Why We Do What We Do

“Because of the Center’s Young Adult Support (YACS) group led by Stephanie- I’m able to process all of my feelings and emotions around being diagnosed and fighting cancer with those who understand exactly what I’m going through.”

“Your Food Bank got me through the weekend. My rent was due and I didn’t have the money for Ensure, which is expensive and practically the only thing I can eat because of being sick from treatment.”

“Wendy truly helped me sort out some issues that got even worse with cancer. I feel lucky to have found someone who helped me learn to focus on what’s important and what’s not.”

Patients and family members have relied on our free services for 29 years. The Center is a Pittsburgh-based charity with no national office and all funds raised here stay here to help area residents. During the holiday season, we ask that IF you are able, please consider making a tax-deductible donation of any amount (by check, or online at our website www.cancercaaring.org/donate) and we will include your name in our next Live Well newsletter.

The holidays can be particularly difficult to celebrate when you or a loved one is ill. Please remember that we have support groups, wellness activities and individual counseling (in person or over the phone). We are here for you today AND here for your tomorrows!

Happy Holidays! Rebecca, Robin, Wendy and Stephanie

Keeping the Ho-Ho-Ho in Holidays!

This season in particular can be challenging for patients and families. If you need support, please call us at 412-622-1212 - we understand and we care!

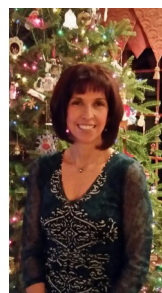
Thank you Pittsburgh Pirates for making our Center one of the beneficiaries of the Pittsburgh Pirates Charity Night!



Can the Cancer!



As we enter the holiday season, let it be a time of giving back. Please invite your coworkers or friends to host a **“Can the Cancer”** drive for collecting donated canned goods & Ensure. We’re proud to partner with the Greater Pittsburgh Community Food Bank but remain in great need of donations! If you have an interest or opportunity in hosting something like this, please contact our Center. Remember, free food and Ensure allows our clients to spend their limited income on other necessities like medications and copays.



Congratulations to longtime associate **Wendy Myers** on receiving her LCSW (Licensed Clinical Social Worker) degree. As a reminder, Wendy provides individual counseling (in person or over the phone) and also facilitates our Metastatic group in the North Hills, our Brain Tumor group in Wexford, and our general group in Cranberry.

We Appreciate Your Support

- Pittsburgh Steelers
- Susan G. Komen Pittsburgh
- Community Foundation for the Alleghenies
- Sara Birckbichler
- Montour School Boys Soccer and Tracy Dewitt
- Alpha Kappa Alpha sorority
- Zeta Beta Phi sorority
- Sigma Gamma Rho sorority
- Teresa Hagan and Zach Thomas
- Crawl for Cancer and Cristina Talotta
- Mike Warren and Easel Aid



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

Jenn Davis
Irene Sobieralski
Karen Bilock Stehle



6th Annual Wig Out was a WIN!

Colorful, crazy wigs packed the **Hard Rock Café**, DJ Dre provided the beats, survivors were honored on stage,

and guests enjoyed the night with samplings from **Voodoo Brewery**, **Bacardi**, and **Tall Pines Distillery**. Thank you **Simply Sisters Photography** for capturing every moment and to **That Crazy Photo Booth** for providing additional photo booth entertainment for guests. Endless thanks to sponsors:

UPMC Health Plan
UPMC Hillman Cancer Center
Sherrard, German, and Kelly, P.C.
EBTH (Everything But The House)
Edgar Snyder & Associates LLC
Totally Fit Mama

The supporting wig salons, volunteers, and radio sponsor **100.7 Star's Kelly Dzanaj** all came together to make this one very special night! Stay tuned for the **7th Annual Wig Out details in October 2018!** Be reminded that this event benefits our Center's **YACS** (Young Adult Cancer Support) program that includes a support group, social activities and financial assistance to local young adult patients and survivors.

Rock Steelers Style Fashion Show Recap

For the 26th consecutive year, our Center was honored to be a beneficiary of **Rock Steelers Style** show. With a theme of "Football, Family & Fun," players and their families tackled the runway at Stage AE on October 20th. Event chairs were **Greta and Art Rooney II** and **Kiya and Mike Tomlin**. The event also benefitted the UPMC Sports Medicine Concussion Program. We are eternally grateful to the Pittsburgh Steelers organization for their outstanding and consistent support.



Presented by

UPMC HEALTH PLAN
UPMC | HILLMAN CANCER CENTER

Congratulations to this year's TOP TEN fundraisers! They will enjoy lunch with Honorary Chairs Cameron Heyward of the Pittsburgh Steelers and his wife, Allie! **Thank you Lisa Sill for chairing the event!**

- ◆ Mike Beggy #1!!!!!!!
- ◆ Paul Gruver
- ◆ Nancy Harrison
- ◆ Carole Buffington
- ◆ Ann Norton– McMinn
- ◆ Janice Schibner
- ◆ Rick DeLoia
- ◆ Sue Link
- ◆ Sue Bodziach
- ◆ Tim Haines

Thank you to our Sponsors!



3rd Annual Kennywood 5K
Saturday, September 15, 2018



Follow us on Twitter
Twitter.com/cancercaring



Like us on Facebook
Facebook.com/cancercaringcenter



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

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

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
4th Thursday each month, 6:00 - 7:30 pm

Centre Region Breast Cancer Group
1st Wednesday each month, 5:30 - 7:00 pm

Metastatic Cancer Group, North Hills
1st Thursday each month, 5:00 - 6:30 pm

Specialty Groups

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

Brain Tumor Group, Wexford
3rd Thursday each month, 4:30 - 6:30 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

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
6:00 - 7:30 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 Programs

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

Reiki Clinic, Bloomfield
2nd & 4th Wednesday each month
5:00 - 8:00 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

Nutrition & Wellness, Bloomfield
2nd Monday each month
6:00 - 7:30 pm

Children's Groups

Pet therapy for kids in Bloomfield in partnership with **Animal Friends**.
Call the Center for details.

Stephanie's Corner



Stephanie's Corner

Greetings! What an exciting year it's been, meeting so many new clients and enjoying familiar faces throughout the year. We've added new support groups and Wellness programs, we've expanded some of our other services and in addition to so many other things, we were blessed to have been chosen as a 2017 Pirates Charity. The support from the **Pirates** and **AT&T SportsNet**, the **Steelers**, **individual donors**, **sponsors**, **clients**, and **volunteers** is truly what makes me so thankful. All of our services are professionally led so please take a moment to view our updated list of support groups and other programs. We are so proud of our facilitators! We strive to offer support in your community so that it is convenient for you and your loved ones. We know the holidays are both a special time to enjoy and celebrate but we also realize the difficulty of emotions that can arise. Never hesitate to contact us if you need additional support. We are here for you today and here for your tomorrows!

As 2018 approaches, we hope you join us in celebrating a new year which will also be our **30th anniversary!** How exciting that the Center was established in 1988 as Pittsburgh's very first charity to offer free emotional support services for those impacted by cancer. We enjoy working with all major hospitals and organizations so that you can receive the best comprehensive care when impacted by cancer. For survivors between 18 and 39 years old, I invite you to join our **YACS** (Young Adult Cancer Support) program which I continue to lead. We recently had our YACS Annual Thanksgiving Dinner at the Center which was such a special night for group members to enjoy a warm, turkey dinner while sharing laughter and each other's company. My husband, **Matt Scoletti** joined us as he continues to raise money for the YACS program. In January, Matt will bike for 24 hours in Australia and his race shirt will have survivor names on it for anyone who donated over \$50.00! Details about this can be found at www.crowdrise.com/yacs and you can donate until January 1st if you still want to support this amazing event. THANK YOU Matt and THANK YOU to everyone reading this and supporting our Center! Without YOU, we are impossible.

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!