

Fall 2018 Live Well with Cancer Newsletter

Celebrating 30 years!
1988—2018

Cancer Caring Center Family Expands!



We are delighted to announce that Jennifer Kehm, co-founder of the **Young Women's Breast Cancer Awareness Foundation (YWBCAF)** and breast cancer survivor, has joined us as the Development and Liaison Manager! We have interacted with Jen for years and welcome her expertise and passion. Jen will be responsible for developing new funding sources and generating community outreach to hospitals and oncology offices. **YWBCAF activities will continue under the Center's umbrella.** Jen is married and has three sons (23, 21 and 19).



Charmed by Charity!
Thursday, October 25, 2018
3:00-6:00pm
Alex and Ani Pittsburgh
(5505 Walnut St, Pgh, PA 15232)

Everyone loves **Alex and Ani** jewelry and we're thrilled to co-host this lovely event! Stop by and visit Stephanie Scoletti, our Director of Support Services who welcomes you to shop and enjoy complimentary refreshments. Our Center will receive 15% of all proceeds sold and their jewelry certainly has something for everyone! RSVP to Stephanie by emailing stephanie@cancercaring.org or calling 412-622-1212.

Follow us on Twitter
Twitter.com/cancercaring
Like us on Facebook
Facebook.com/cancercaringcenter



October is Breast Cancer Awareness Month.

A portion of the proceeds from the purchase of each Pink Ribbon Bagel[®] sold during the month of October will be benefitting the **Young Women's Breast Cancer Awareness Foundation** in support of Caring Cancer Center.



Please join the YWBCAF in providing critical support to cancer patients through treatment and beyond at the Cancer Caring Center. Call the Pittsburgh area Panera's and pre-order your Pink Ribbon Bagels today (only in October).

NEW Metastatic Cancer Support Group location!
4th Tuesday of each month
6:30-8:00pm
Mt. Lebanon United Lutheran Church

Starting September 25th, **Andrea Croom, PhD**, will facilitate this group for any cancer patients and survivors with metastatic disease. Caregivers are also welcome to the group. Registration is required by calling 412-622-1212.

Facilitator Spotlight!



Hi, I'm **Elizabeth Schandelmeier** and I am really happy to be a part of the Cancer Caring Center as a facilitator for the **Bloomfield Brain Tumor Support Group**. Right now I work for **Family Hospice and Palliative Care (FHPC)** as a Bereavement Counselor where I provide in-home counseling to people who are grieving a death or to those who find support before death helpful. I am also starting up and developing special projects to support grieving children in the community. Before FHPC, I worked at **Presbyterian Hospital for the Palliative and Supportive Services Team** as a medical social worker and support provider. I have been a hospice and **No One Dies Alone program volunteer** for many years. A few years ago I returned to school for my Master's in Social Work degree and now hold my LSW (and will be sitting my clinical exam for my LCSW license within the next few months!). Otherwise, I spend most of my time with my kids and my dogs, anywhere outdoors, hopefully near water since I love to kayak and make s'mores.



7th Annual Wig Out
Thursday, October 18, 2018
6:00-9:00pm
Tequila Cowboy (North Shore)

Grab a Halloween wig for this exciting, special night as we celebrate in honor of patients and survivors needing wigs from cancer treatment. Honorary chair, **Kelly from 100.7 Star** helps kick-off Halloween the right way! A best wig contest, free appetizers, photo booth, and survivor dedication are just some of the event highlights and benefits our **YACS (Young Adult Cancer Support)** program. Tickets are \$45 for one and \$80 for two. All event details can be found at www.2018wigout.eventbrite.com. Presented by **UPMC Hillman Cancer Center** and **UPMC Health Plan**, we also thank **Gerrard, Sherman, and Kelly, PC, Salon laomo** and **Edgar Snyder & Associates** for their sponsorships.



Crawl for Cancer
North Shore
Saturday, October 20, 2018

Teams will travel to five bars (**Tilted Kilt, McFadden's, Bar Louie, Local Brewhouse** and **Tequila Cowboy**) on a Saturday afternoon. At each bar, teams will be given **four tickets** valid for **four pitchers of beer**.

Everyone is invited back to the after-party for music, beer, and more fun! Each team should have ten to twelve people, including the team captain.

The deadline to have your entries submitted is October 8, 2018 or whenever the maximum number of teams is reached.

For more info or to register go to:

<http://www.crawlforcancer.org/pittsburgh>

We thank **Cristina Talotta** for making us a beneficiary!

We Appreciate Your Support



FACEBOOK Fundraising!

Thank you to the following who selected the Center to receive donations instead of birthday gifts! We appreciate that you chose to celebrate your day in such a unique way.

Nicole Ferguson	Natasha Schiemer
Trish Hredzak-Showalter	Eric Hess
Jess Leonard	Kevin Kirwan
Beth Shannon	

We also truly appreciate the following sustenance:

The Myrtle Forsha Memorial Trust through the PNC Charitable Trust Grant Review Committee
Rohrich Toyota
Montour High School Boys Soccer Team and Tracy Dewit
Paddycake Bakery
Sarah Birckbichler
Tom Niederberger and Marilyn Kunka

Thank you for donations of food, toiletries and Ensure for the Food Bank!

Kathy and John Schultz, Christ's Lutheran Church
Kathy & Pat Maietta
Barb Rebovich, St. John the Baptist Byzantine Catholic Church



Groups for Women with Cancer

African American Women's Cancer Support Network, Bloomfield
1st & 3rd Thursday each month, 6:00 - 7:00 pm

Oakland Women's Cancer Support Network
2nd Tuesday each month, 5:30 - 7:00 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

DuBois Breast Cancer Support Group
2nd Sunday each month, 6:00 - 7:30 pm

Johnstown Women's Cancer Support Group
1st & 3rd Tuesday each month, 6:00 - 8:00 pm

YWBCAF (women under 45 with breast cancer), South Hills
Young Women's Breast Cancer Awareness Foundation
Meets monthly
Contact Jen for dates and times: jen@cancercares.org

Specialty Groups

Metastatic Group, South Hills
4th Tuesday each month, 6:30 - 8:00 pm

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

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 Cancer Survivorship Group, South Hills
1st Wednesday each month, 6:00 - 7:30 pm

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

Young Adult Group, North Hills
4th Tuesday 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 each month
6:30 - 8:00 pm

Jefferson Group
2nd Tuesday each month
6:00 - 7:30 pm

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

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

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

Wellness Programs

Exercise Class, Cranberry
Wednesdays
7:30 - 8:30 pm

Exercise Class, Sewickley
Saturdays
9:30 - 10:30 am

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
5:45 - 6:45 pm

Nutrition Class, Bloomfield
2nd Monday each month
6:00 - 7:00 pm

Children's Groups

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



Stephanie's Corner

Greetings! What an exciting time of year as we continue celebrating our **30th anniversary** as well as my **13th cancer anniversary**! As I reflect on August 24, 2005 when diagnosed with Leukemia at just 20 years old, I'm always reminded of the emotional rollercoaster ride that ultimately led me to be an energized advocate in the cancer community. It's been a true pleasure sharing my personal story with the world while also helping others navigate and cope through their personal cancer experiences. As I write this segment, I extend my utmost sincere gratitude for everyone who has supported me as well as our Center. We take great pride and remain thoughtful when implementing programs.

Please take some time and review our newsletter, front to back, because our free programs make all the difference when you or someone you know is also on that emotional rollercoaster ride. You are not alone. Now offering **exercise classes**, a **new YACS (Young Adult Cancer Support) group** location, **new Metastatic group** location, and so much more! Last but not least, I personally want to thank **Jen Kehm** for joining our team! What a privilege it is to have her here. "**TEAM: Together Everyone Achieves More!**" See you at the Wig Out!

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!