

## Spring 2019 Live Well with Cancer Newsletter

*Here for your todays,  
Here for your tomorrows!  
1988—2019*

### **Sex & Intimacy after a Cancer Diagnosis: Thinking Outside the Box**

Monday, April 1, 2019  
6:30 - 8:30 p.m.  
Cumberland Woods Village  
700 Cumberland Woods Drive  
Allison Park, PA 15101

The Cancer Caring Center and Our Clubhouse invite cancer patients, survivors and caregivers (single and partnered individuals) to this free seminar and will be given an opportunity to ask anonymous questions.

**Dr. Sabitha Pillai-Friedman, certified sex therapist, professor and researcher** will address the impact of cancer and cancer treatments on relationships and sexuality. She will provide creative and practical ways to address the challenges.

Dr. Pillai-Friedman has over 25 years of experience in providing individual, couple and sex therapy.

Free parking and refreshments included. We thank the **Passavant Hospital Foundation** and **Fairfield Inn & Suites by Marriott Pittsburgh North/McCandless Crossing** for their generous support.

Registration is required due to limited seating.

Register by calling 412-622-1212 or visit:

<https://intimacyaftercancer.eventbrite.com>

### **Drive Away Cancer Fundraiser**



Sunday, April 28, 2019  
1:00 - 4:00 p.m.  
TopGolf  
400 Presto-Sygan Rd, Bridgeville, PA 15017

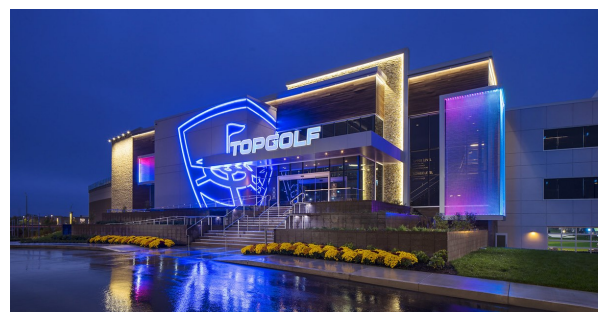
Join us **fore a cause** and a great golf afternoon raising money to provide free emotional and social support services to cancer patients and their families in our community!

- ◆ Tickets include golf, full buffet lunch & soft drinks
- ◆ No rain outs - fully covered and heated bays
- ◆ Fun for everyone, even non-golfers
- ◆ Individual and team prizes
- ◆ \$10,000 Hole-in-One Contest!

EARLY BIRD RATES: \$110 per person or \$570 per reserved bay for a six-person team  
After March 17th—\$650 per Team/\$120 per golfer

<https://topgolfcancercaaring.eventbrite.com>

Sponsorships are available! Contact Jen at 412-622-1212.





## Mark your calendars!

Mark your calendars for Thursday, June 20! It's a party at **Hip at the Flashlight Factory** on the North Side! We will be celebrating **30 wonderful years** of service to our community and honoring our founding members. Food, drink and music!

Details are coming!

Follow us on Facebook ([www.facebook.com/cancercaringcenter](http://www.facebook.com/cancercaringcenter)) for updates!!

## How Can You Help?

Our Center depends not only on grants from local foundations, but funds raised by individuals! **Facebook** has become an important fundraising tool. You can set up a fundraiser to celebrate a birthday, anniversary, or a wedding. Facebook will **not charge a fee** to you, your donors OR the Cancer Caring Center. Just go to:

<https://www.facebook.com/fund/cancercaringcenter/>

to set up your fundraiser!

## Tax Season is Here!

For every new client who files their taxes with **H&R Block or Block Advisors**, \$20 will be donated to The Cancer Caring Center!

**The total donation amount is unlimited!**

Find an office near you at:  
[hrblock.com](http://hrblock.com) or [blockadvisors.com](http://blockadvisors.com)



Nonprofit Referral ID—for office use only 40010001100625

NONPROFIT REFERRAL PROGRAM \*Only approved 501(c)(3), 501(c)(4), 501(c)(6), 501(c)(19) and 501(c)(23) organizations are eligible to receive \$20 for each new client referred to a participating U.S. H&R Block or Block Advisors office when that person pays for the preparation of an original personal income tax return from January 1 - October 16 of the current year. An eligible tax form includes: 1040, 1040A and 1040EZ (paid only). A new client is a person who did not have their taxes prepared by H&R Block or Block Advisors the prior year. Referral form must be presented prior to completion of the initial tax interview. Amended returns do not qualify and H&R Block and Block Advisors employees are not eligible. Allow approximately 8 weeks after May 1 for delivery of check. Offer may not be combined with any other referral program, coupon or discount offer. ©2017 H&R Block Services, Inc.

## We Appreciate Your Support



### FACEBOOK Fundraising!

Thank you to the following who donated birthday gifts or simply chose to fundraise for the Center!

Mike Asti  
Brad Pitzer  
Patrick Shaginaw

Alix Liu  
Janice Schibner

### We also truly appreciate the following sustenance:

The Howard and Nell E. Miller Foundation  
Susan G. Komen Greater Pennsylvania  
Pittsburgh Pirates and Pirates Charities  
Alex Liu (<https://www.magecreate.com>)  
The Anne L. and George H. Clapp Charitable and Educational Trust  
The Bird - Townley Charitable Foundation  
Glimmer of Hope  
Teri Flatley  
Larry's Legacy Fund of The Pittsburgh Foundation  
100 Women Who Care  
Fresh Thyme Giving Bag Program  
Liz Taylor (Beautycounter)  
Pittsburgh Forge Rugby Club  
The Sampson Foundation  
Panera Bread

## Party at Sabika Headquarters!

Saturday, March 23, 2019

11:00 am - 2:00 pm

6450 Steubenville Pike, Pittsburgh, 15205



**Sabika** and the Center are partnering to help our cancer patients. Come and join the fun!  
R.S.V.P. by calling 412-622-1212.

To get updates and information, follow us on Facebook:

<https://www.facebook.com/cancercaringcenter>  
or [www.cancercaring.org](http://www.cancercaring.org) for more details!

## Save that Date!

**An Evening with Dr. Adam Brusky**

**Tuesday, April 30, 2019, Cancer Caring Center**

Dr. Brusky will be presenting information on new treatments and clinical trials for breast cancer patients. Register at [drbrufsky.eventbrite.com](http://drbrufsky.eventbrite.com)



## 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

**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@cancercaring.org](mailto:jen@cancercaring.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**  
Saturdays  
8:30 - 9:30 am

**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 Support

Support for children who have a family member with cancer. Call the Center for details.



## Stephanie's Corner

Welcome to our first 2019 newsletter! We've been busy over the winter months and have so much to announce and offer for anyone needing cancer support. First and foremost, thank you to anyone who supported us in 2018. Whether you made a personal donation, liked or shared our social media posts, referred a family or friend, volunteered, or attended an event, we truly can't express how much we appreciate your support. We recently met with our support group and wellness program facilitators and were reminded of their compassionate and experienced leadership. All Center services are professionally led to ensure your needs are met. Thanks to Alex Liu of **Magecreate**, we have a new and exciting video you don't want to miss! Head to youtube and search "Thank you Cancer Caring Center! (Full Length)".

We will collaborate with Our Clubhouse on April 1<sup>st</sup> and host a free seminar on Intimacy and Cancer.

**Dr. Sabitha Pillai-Friedman, PhD, LCSW, Psychotherapist and Certified Sex Therapist** is highly reputable and we are thrilled to have her present on this important topic. This is undoubtedly a common issue during and after treatment for many survivors and caregivers. Guests at the event will have an opportunity to ask anonymous questions, and a light meal will be provided. We hope to see you there!

If you are a member of a church, school, or any other organization and would like to get involved with our Center, please contact us via email or by phone. We remain in great need of donated Ensure for our food pantry, and we are always trying to raise awareness about the wonderful and important services we provide. As **Jen Kehm**, our **Development and Liaison Manager** says, "We are a powerhouse of emotional support"! We look forward to seeing you throughout the year.

**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](http://www.cancercaring.org/resources) to get information on ALL upcoming programs and events!**