

May 2019 Live Well with Cancer Newsletter

*Here for your todays, Here for your tomorrows
Since 1988!*



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Kenny's Koaster Race is Sunday, June 2, 2019!!!

We are thrilled to welcome back Pittsburgh Steelers, #97 Cam Heyward and his wife, Allie as our Honorary Co-Chairs! Cam and Allie will host a private lunch with our Top Ten Fundraisers!

YACS (Young Adult Cancer Support)

Cancer patients diagnosed between the ages of 18 and 39 are invited to join our YACS program, led by **Stephanie Scoletti, MSW, Director of Support Services**. YACS offers support groups in Bloomfield and North Hills, monthly social activities and a small financial stipend to those who qualify. Call 412-622-1212 or email stephanie@cancercaring.org for more information.



Hip Havana Nights Thursday, June 20, 2019

6:00 - 9:00 p.m.

Hip at the Flashlight Factory
831 W. North Ave., Pittsburgh, PA



It's hard to believe that we are 30 years old (technically 31 but we were too busy adding new programs last year to properly celebrate)! In 1988, local business leaders including **Allegheny General**

Hospital oncologist Dr. Stanley Marks (now at UPMC), **Burger King Franchisee Ray Vinson** and **Steelers Communications Director Joe Gordon** founded the Cancer Caring Center to help patients and families cope with the emotional impact of cancer. Three decades later, our Center has assisted nearly 100,000 people with our many free services. We are proud to be a Pittsburgh charity with no national office and all money raised here stays here to benefit our community!

On Thursday, June 20, we will celebrate 30 years with "Hip Havana Nights," which will be held at Hip at the Flashlight Factory on the North Side, www.flashlightfactory.net. Guests will step into Havana for a fun sultry evening filled with hors d'oeuvres, libations and vibrant entertainment.

Early bird tickets are \$75 or 2 for \$120 until May 13. On May 14 the prices go up to \$85 or 2 for \$150. Get them at ccchavana.eventbrite.com

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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

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, 5:30 - 7:00 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

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

Hello and welcome! As I prepare this section of our newsletter, I always reflect on the positive feedback I've received from those who enjoy reading my corner. Taking the time to review our updated programs and events, and continuing to support our Center truly means more to me than anyone will ever know. **Thank you!** As a small office and local charity, our staff works so incredibly hard to ensure that we're meeting the needs within the community and consistently fundraising in order to continue our 31 years of providing free, professionally led, emotional support.

I'd like to acknowledge my supportive husband, **Matt Scoletti**, who hosted his 11th annual NCAA March Madness event that raised \$2,500 for **YACS**, my **Young Adult Cancer Support** program. I'm reminded time and time again how blessed I am to have his ongoing care for our young adult cancer population here in Western PA. On behalf of my YACS group members, THANK YOU Matt! Leading this program for 8 years now, I've had the pleasure of meeting so many inspiring individuals who each tell their own story and together form a community unparalleled to any other. Yolanda Murphy, an African-American breast cancer survivor, diagnosed at age 36, now lives to inspire other young adult survivors through her podcast, "This Exceptional Journey". I highly recommend all young adult survivors to listen! Furthermore, I am SO EXCITED to announce that the **8th Annual Wig Out for YACS** will be on Thursday, October 17th at Tequila Cowboy! Details to come.

We look forward to seeing you at our upcoming Center fundraisers! Between **Kennywood** and **Hip Havana Nights**, it's safe to say we have something for everyone! At the end of the day, I am eternally most thankful for your love and support. Without it, there is no Cancer Caring Center. Please be sure to follow us on Facebook, Instagram, and Twitter for all other updates throughout the year, and make sure you live your best life every single day! **"Live with no regrets. Love with no limits."**

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!