

September 2019 Live Well with Cancer Newsletter

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

Need Legal Help?

Tuesday, September 17, 2019
6:00 - 8:00 pm
Cancer Caring Center, Bloomfield

ReedSmith Our Center is excited to collaborate with **Reed Smith** to offer cancer patients and survivors legal support. Join **Stefanie Burt** and **Ariel N. Forbes**, Reed Smith attorneys, as they discuss how they can help with your legal challenges for free or minimal cost. Topics discussed will include but are not limited to the evaluation process, types of legal needs they can assist with, and general suggestions for cancer survivors and their loved ones. Please note: this partnership excludes health insurance related disputes or claims. Refreshments included and space is limited. Please call 412-622-1212 to RSVP (registration is required).

In Memoriam



Honorary Walk Chair
Cam Heyward with
Paul at the Annual Top
10 Fundraiser
Luncheon

Paul Gruver
June 28, 1942 - April 26, 2019

Paul Gruver was a tireless fundraiser for our Center and faithfully participated in 29 Walks. We will always miss our dear Center friend.

Our sympathies to his family including Carol Kairies and Kathy Gruver.

NEW General Caregiver Support Group-starts in October

3rd Tuesday of each month
6:00 - 7:30pm
UPMC Passavant Hospital

You asked, and we listened! Support for caregivers of cancer patients in treatment and beyond. Caregivers spend so much time taking care of others. We want to ensure your needs are also met. **June Ganley, LSW**, will facilitate this new group and connect you with others who can relate to your caregiving questions and concerns. Registration is required, please call 412-622-1212 for more information.



Serve2Cure – A Rally to Ace Cancer September 14, 2019

Mt. Lebanon Tennis Center
900 Cedar Blvd Pittsburgh, PA 15228
8:30am - 4pm

Hosting 2 different levels of tennis competition, a **free 30-minute tennis clinic for kids and adults**. No tennis racket required! Incredible **auction** items, a local health expert will be on hand in addition to local business sponsors. You do not need to play tennis to come join in on the fun! Proceeds benefit our Cancer Caring Center and we are honored to work with this wonderful agency.

<https://www.serve2cure.org/2019-tournament>



A Flurry of Fundraisers!

This spring brought a whirlwind of fundraising activities! We started in April with the **First Annual Drive Away Cancer tournament at TopGolf**. Thanks to **Frontiers International Travel, Rohrich Toyota, UPMC Hillman Cancer Center, UPMC Health Plan, and Eisai** for their sponsorships.

Next up was **Kenny's Koaster Race**. Thank you to **Board member, Lisa Sill** and to **Lisa Bliss** and **Kennywood** for having us!



Thank you **Cam and Allie Heyward** for serving as Co-Chairs.

Finally, our newest fundraiser was a hit! **Hip at the Flashlight Factory** was the scene of "Hip Havana Nights" in June. Dancing, food, drink AND we honored the Center's three founding members: **Stanley Marks, MD, Ray Vinson and Joe Gordon**.

Thank you **UPMC Hillman Cancer Center, UPMC Health Plan, PNC Bank, Drs. Richard and Joni White, Joe & Babe Gordon, Henderson Brothers, Helomics, Gateway Health Plan, Ray and Diane Vinson, Pure Penn, Genomic Health, Tesaro and K & J Complete Woman** for your sponsorships!



Also, we are grateful to **Shutterbooth Pittsburgh, Jeff and Colleen Shirey of Salsa Pittsburgh, Los Sabrosos Dance Studio, Magician Jon Tai, DJ Lew, Alex Liu of Magecreate and Alex Mowery** for their time and talent.

Altius, Sausalido, Paddycake Bakery, Shadyside Market & Deli, Bar Marco, Olive or Twist, Mark's Grille & Catering, Sweets 'n At, Pittsburgh Smokehouse and Steel Cactus made sure no one went hungry and **Victory Beer, Bacardi, Wyndridge Farms, and Natrona Bottling** quenched our thirst on a rainy, steamy night!

A special thank you to everyone who supported these events! **YOU** are heroes to local cancer patients!



We Appreciate Your Support



Thank you!

Fresh Thyme Bridgeville
Cindy and Ted Yates – 16th Annual Cindystock – Hope on Wheels
Myers Law Group
Joseph Frankiewicz
Giant Eagle Foundation
The Marcus L. Ruscitto Charitable Fund of The Pittsburgh Foundation
Community Foundation for the Alleghenies
The Family of Bette Leonard
The Family of Paul Gruver
Bloomfield/Arsenal Letter Carriers
Union Food Drive

Facebook Birthday Fundraisers

Erik Sigmund
Nikki Marie
Jess Leonard
Bernie Caplan
Ava Cipri
Diana Colaizzi



Lanterns of Hope 2019

- ◆ Sunday, October 6
- ◆ 6-9pm, Schenley Park Visitors Center
- ◆ www.Lantern2019.eventbrite.com

Pink Ribbon Bagels

- ◆ October 1 - 31
- ◆ Get your pink ribbon bagels from your local Panera!
- ◆ Pre-Order by phone or in store for your office, team or group

Crawl for Cancer

- ◆ Saturday, October 12, North Shore
- ◆ Registration is open!
- ◆ www.crawlforcancer.org/pittsburgh

8th Annual Wig Out

- ◆ Thursday, October 17
- ◆ 6-9 pm, Tequila Cowboy
- ◆ Honorary Chair, Kelly from 100.7 Star
- ◆ Special performance by Chris Jamison, The Voice Finalist.

www.2019wigout.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 Women's Cancer Group
3rd Monday each month, 5:30 - 7:00 pm

Wexford Breast Cancer Group
2nd Wednesday 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

Young Adult Co-Survivor Group, Bloomfield
4th Thursday each month, 6:30 - 8:00 pm

General Caregivers Group, North Hills (Starts in October)
3rd Tuesday each month, 6:00 - 7:30 pm

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

General Groups

Cranberry Group
2nd & 4th Wednesday 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

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

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

Children's Support

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



Stephanie's Corner

Greetings my CCC family! As always, it feels like summer flew by in the blink of an eye. Welcome to our newsletter and thank you for supporting our cause. It's hard to believe that August 24, 2019 marks my **14th cancer anniversary!** Never in my wildest dreams did I imagine being married to my best friend, being my healthiest yet, and fulfilling my greatest passion which is offering support to anyone impacted by a cancer diagnosis. One lesson I've learned is to truly appreciate and celebrate every single day! Life is precious, be sure to enjoy the small things in life. I have learned so much over the years and have met the most inspiring individuals who I've watched grow spiritually and emotionally from the help of our services. I

extend my utmost gratitude to anyone who has utilized our services and has spread the word to others in need of support. Together, we will continue building the community of support so no one ever feels alone!

We are so excited to partner with **Reed Smith** attorneys - be sure to read about that **on page one!** The **YACS (Young Adult Cancer Support)** program has expanded and now offers support groups in Bloomfield and the North Hills. In addition, we now offer a support group for anyone caring for a young adult survivor (18-39 years old). Give me a call if you have any questions or need further information about these groups. I'm also happy to report that we will offer a **NEW General Caregivers Group** in October, held at UPMC Passavant-McCandless Hospital. Details to come! Finally, I'm in the process of planning this year's **8th Annual Wig Out** and want to extend a HUGE thanks my sponsors: **UPMC Health Plan, UPMC Cancer Center, Sherrard, German and Kelly, PC, Enterprise, Abridge, Salon laomo, Edgar Snyder & Associates LLC, Zone 28, and Shutterbooth.**

"To move forward, you have to give back." - Oprah Winfrey

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!