

## Winter 2020/2021 Live Well with Cancer Newsletter

*Hope and empowerment to improve your life with cancer since 1988*

### BEYOND COVID-19

As the pandemic continues to change our way of life, our Cancer Caring Center remains committed to providing a wide variety of supportive services designed to help patients and families move forward, even during Covid. We now offer **32 monthly groups** (including general, breast cancer, caregiver, head and neck, African-American women's, brain tumor, metastatic, young women's breast cancer) and yoga, nutrition and art therapy.

**Wendy Myers, MSW, LCSW** our Director of Counseling continues to offer individual and couples counseling, and grief support through tele-counseling.

Having cancer is enough. We understand how these uncertain times can cause fear, worry and anxiety. Please know you are not alone. We are still here and will continue to offer support with an abundance of caution by providing services virtually. **Because we have been working remotely since March, we decided to vacate our Bloomfield Headquarters.** This move will allow us to save money and add new services. In January, we will be launching a **gastrointestinal group** and a **young adult caregiver series.**

Covid-19 has altered MANY things but one fact will never change – we are here to provide hope and empowerment to improve your life with cancer! Our mission is the same as it was in 1988 – we are here to help everyone affected by a diagnosis to move forward, no matter what.

We only print this Live Well with Cancer newsletter a couple of times a year so if you would like to keep current on our activities, please join our newsletter list by emailing [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com) – each week we highlight upcoming groups, provide helpful hints, news and more.



Everyday we witness people face unthinkable challenges and rise to live their best life.

**Support the Cancer Caring Center with a year- end donation to continue restoring HOPE.**

Donate at: [www.cancercaring.org/donate](http://www.cancercaring.org/donate)



Our Top Golf event was a huge success. Many thanks to our golfers and our sponsors: UPMC Hillman Cancer Center, UPMC Health Plan, Frontiers Travel, Cindystock, Henderson Brothers, Novocure, Gallagher Home Health Services, Scott Long MD, PhD, AHN

## Congratulations!



We wish to recognize and congratulate our Jen Kehm for receiving the **Giant Eagle Karen Shapira Award** from **Susan Komen Greater PA** for her outstanding contributions as a breast cancer survivor and community advocate. Jen just marked her **20th year as a survivor** and we are proud of her extraordinary accomplishments!

## Lanterns of Hope

The YWBCAF's **Lanterns of Hope** virtual event was held on Oct 4th on Facebook this year.

We would like to thank the 10 ladies and family that that so bravely shared their stories.

This signature event has added 10 stories to our website each year and shares the challenges of breast cancer at a young age in Pittsburgh. Currently there are 50 stories on young Pittsburgh women on our site.

We would like the thank **Panera Bread, Sullivan Super Service Plumbing, Heating and Cooling, ZIRE Nutrition** and **Clean Juice McMurray**. A HUGE thank you to the hundreds of folks that purchased luminaries in honor of memories

## Welcome!

We are proud to introduce our two graduate student social work interns from **Slippery Rock University, Ken Anderson** and **Jaykayla Samuels**.

They have been contributing in Support Groups as well as Individual Counseling and our weekly Staff Meetings.

**CANCERCARINGCENTER**  
**HOLIDAY ZOOM**  
**GAME NIGHT**

Come dressed in your holiday apparel for fun games, bring a beverage, laugh, relax and win prizes!

Wed Dec 16th at 5pm on Zoom  
register at [wendyamyers@gmail.com](mailto:wendyamyers@gmail.com)

## WE EXTEND OUR HEARTFELT GRATITUDE TO



Thank you!



It's Wholecare.

Susan G. Komen Greater PA  
Doug and Michele Lioon  
PNC Charitable Trusts Review Committee  
The Anne L. and George H. Clapp Charitable and Educational Trust/BNY Mellon Wealth Management  
The Marcus L. Ruscitto Charitable Fund of The Pittsburgh Foundation  
Bird-Townley Charitable Foundation  
Myers Law Group  
Seneca Valley Varsity and Junior Varsity Boys Soccer Teams and  
Coaches George Williams and Jay Roman



Thank you

to the family of **Janet Hartman** for designating the Center for memorial contributions. We are so sorry for your loss.

## Our Ensure Heroes

Randi Starr  
Barbara Rebovich



## Facebook Birthday Fundraisers

**\*\*If you'd like to have a Facebook Fundraiser for the Center, go to <https://www.facebook.com/fund/cancercaringcenter/> . Facebook DOESN'T CHARGE FEES!\*\***

Eric Hess  
Judy Sapos  
Christina Frances  
Dawn Deems



## 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 & 4th 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

**North Side Women’s Cancer Group**  
3rd Monday each month, 7:00 - 8:00 pm

**Wexford Breast Cancer Group**  
2nd Wednesday 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**  
Every Thursday at 7:00 pm

**South Hills Women’s Cancer Group**  
2nd Tuesday each month, 4:00 - 5:00 pm

## Specialty Groups

If you are interested in attending a group please  
Email the Center at [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

**General Caregivers Group, North Hills**  
3rd Tuesday each month, 6:00 - 7:30 pm

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

**Cognitive Toolbox (a monthly class to help with chemo brain)**  
4th Monday each month, 7:00 - 8:00 pm

COMING  
2021

**Young Adult  
Caregiver Support**

**GI (gastrointestinal  
cancer) Support**

All programs are currently online. Register at [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

## General Groups

**General Group**  
Every Wednesday each month  
5:00 - 6:00 pm

**Monroeville General Group**  
Every Wednesday each month  
6:30 - 7:30 pm

## Wellness Programs

**Nutrition Class, Bloomfield**  
2nd Monday each month  
5:00 - 6:00 pm

**Art Therapy, Bloomfield**  
4th Tuesday each month  
6:30 pm

**Gentle Movement & Breathing**  
2nd & 4th Saturday each month  
9:30 am

We suggest you follow us on Facebook  
([facebook.com/cancercaringcenter](https://facebook.com/cancercaringcenter))  
Or sign up for our email list  
Or email [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)





## Wendy's Words to the Wise

As we approach the Holiday Season and the end of 2020 I am sure we are reflecting on the challenging times we have all faced together. All of you and your families have managed to navigate even more ups and downs as you have dealt with an illness through a pandemic. I would like to have you ponder though, on the silver linings each of you may have found in both your challenges with cancer as well as with the pandemic. There have been many parallels that cancer and the pandemic have brought to light such as **focusing on the present moment, dealing with isolation, not sweating the small things** and **treasuring time spent with family and friends**. Even the practical matters of life may have been addressed such as de-cluttering your living spaces and learning to be creative in finding some joy and gratitude throughout your day.

As we move into the New Year-I wish everyone much joy, peace and gratitude even if your holidays are different this year-reach out to not only find some joy but share it with others via a phone call, zoom dinner, walk outside in the snow or taking a drive to see the holiday lights. Begin to contemplate your "purpose" for 2021 and put together an action plan.

We at the Cancer Caring Center are also looking at our future "purpose" now that we have been virtual-we will continue to be here for you and your loved ones even if we are not face to face. We will always strive to connect to your hearts! We hope to be able to see you again in person in 2021 but we for sure will continue to create much love and joy through our counseling services, support and wellness programs and legal services. We have many new programs in the planning stages for a bright and hopeful 2021!! **Happy Holidays!!**

**Due to the cost of mailing, we only put out a few paper newsletters a year. Sign up for our mailing list at [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com) to get information on ALL upcoming programs and events!**