



April 2010 Live Well with Cancer Programs

**Dr. STANLEY MARKS PRESENTS
“CURRENT AND TARGETED
THERAPIES IN CANCER”
Tuesday, April 13, 2009
7:00 – 8:30 p.m.
Bloomfield Headquarters**

Join us for an informal discussion with **Dr. Stanley Marks, MD, Chief Medical Officer of UPMC Cancer Centers, Director of Clinical Services, Division of Hematology/Oncology, UPMC Shadyside Clinical Professor of Medicine University of Pittsburgh School of Medicine.** Dr. Marks will discuss the latest treatments and there will be time to answer questions after the program. We look forward to seeing you. Bring a friend!

Don't forget to call to register at 412-622-1212.

**Family Fun Jump in to Spring
Saturday, April 28, 2010
12:00 – 1:30 p.m.
Bloomfield Headquarters**



Come join us as we welcome in the Spring with a picnic style lunch at the Center complete with hot ham or cheese sandwiches, hot dogs, and cookies. We'll supply the games and fun but not the ants! After lunch, our

younger guests will enjoy a story and the older children will create their own stories with puppets. There will be 2 piñatas to accommodate both younger and older children. Each child will have a surprise to take home! **Thank you to Highmark Blue Cross Blue Shield for support.**

Please call 412-622-1212 to register

**REIKI OPEN HOUSE
Wednesday, April 14, 2010
7:00 – 8:30 p.m
Bloomfield Headquarters**



Ever wonder what all the **Reiki** buzz is about? Come attend our **Open House** in cooperation with **Key Stone Reiki**, represented by **Nancy Murray, Reiki Master, Philip Buttenfield, Reiki Master, and Lella Lombardi, Level 2 practitioner.** **Paula Martinac, editor and cancer survivor** will kick off this event by speaking about how she successfully incorporated Reiki into her treatment plan after attending last year's Open House. Mini treatments will be offered. Reiki's therapeutic benefits have included decreased pain, assistance with fatigue, and decreasing nausea. Because of this program's extreme popularity, we will continue to offer **free INDIVIDUAL REIKI SESSIONS on the 2nd and 4th Wednesday of each month** beginning **April 28th** by appointment only, limit 2 persons per evening.

Please call 412-622-1212 to register.



Twitter and Facebook

Follow us on Twitter (twitter.com/cancercaring) or search for us on Facebook!





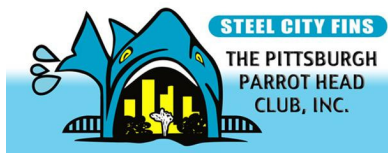
**Dancing with the
Celebrities of Pittsburgh
May 15, 2010
Westin Convention Center**

We are thrilled to be one of the four charities benefitting from this exciting event.

Dancing with the Celebrities of Pittsburgh is an annual formal evening of dinner and dancing. Pittsburgh celebrities compete by performing a ballroom dance chosen by their professional dance instructors. At the end of the celebrity competition, our guests are invited to cast the final vote for Pittsburgh's 3rd Annual Dancing with the Celebrities of Pittsburgh winner.

Come and check out **Jennifer Antkowiak, Julie Bologna, Peggy Finnegan, Jim Lokay, Danielle Nottingham, Lily Abreu, Melanie Crockard, Lou Guarino, Felix Fukui, Grant Mason, Tim McVay, Ziggy Murin and Michele Michaels** as they compete for the coveted title!

Tickets start at \$40 and can be reserved by visiting www.dancingwiththecelebritiesofpgh.net.



Our many thanks to the **Steel City Fins, Pittsburgh's Jimmy Buffet Fan Club.**

The Center was the recipient of proceeds from their Cabin Fever Weekend. Over \$3,000 was raised!!!! A great time was had by all. Special thanks to **Karen Murray** and **Missy Fereday**.

We wish to recognize "THE LE CORDON BLEU CULINARY INSTITUTE OF PITTSBURGH" students and staff for their recent donation – THANK YOU!



**A Shot for Breast Cancer
Sunday, April 18, 7:00 PM
Claddagh's Pub,
South Side Works**

You don't have to be Irish to break a drinking record! Be there to blow the cover off of the Guinness Book of World Records .

The \$7 cost includes a shot of Jameson and a commemorative shot glass to the first 150 to register. All proceeds benefit the Center.

**7th Annual Pittsburgh Symphony
Community Partners
Concert
featuring
Gloria Gaynor**



Join the Pittsburgh Symphony Orchestra for the 2010 PSO Community Partners Concert featuring the sounds of **Gloria Gaynor**. This year's Community Partners Program is hosted for the second year by **Honorary Chair, Mr. Lynn C. Swann**.



Mr. Swann will be hosting the post-show reception for those guests who purchase the Top Tier tickets

The event takes place on **Thursday, June 24 at 7:30 pm**. Call 412-392-4900 or 800-743-8560. Tickets start at \$21.50 and **when you mention the Cancer Caring Center (18191) as your charity of choice, the full price of your ticket will be donated back to the Center!** This is always a great night! Please join us!

Thank you to Genentech for underwriting the newsletter





Support Groups



Groups for Women with Breast Cancer

North Hills Breast Cancer Group (Patients Only)

2nd and 4th Thursdays, 7 - 8:30 pm

Homewood Breast Cancer Support Services

for African American Women, daytime appointments only

Specialty Groups

Brain Tumor Group, Bloomfield

1st and 3rd Wednesdays, 7 - 8:30 pm

Caregivers Support Group, Bloomfield

1st and 3rd Tuesdays, 7 - 8:30 pm

Johnstown Women's Cancer Support Group

1st and 3rd Mondays, 6:30 - 8 pm

Laughter Club Yoga, Shadyside

1st and 3rd Thursdays, 7—8 pm

Prayer Sessions, Bloomfield

Evening appointments only

Reiki Clinic, Bloomfield

2nd and 4th Wednesdays, 6 - 9 pm by appointment only

Reflexology, Scott Township

1st and 3rd Monday, 1—5 by appointment only

Wellness Group, Bloomfield

2nd and 4th Mondays, 7:30 - 9 pm

Yoga & Hands on Healing Sessions, Lawrenceville

1st and 3rd Tuesdays, 3:30 - 5:30 pm by appointment only

Children's Groups

Support for children who have a family member with cancer and a separate group for children who have lost a loved one. Groups meet in Bloomfield and Mt. Lebanon. Pet Therapy for kids at Animal Friends North Hills Headquarters on selected Saturdays.

General Groups

Butler Group

1st and 3rd Thursdays
7 - 8:30 pm

Cranberry Group

2nd and 4th Wednesdays
6:30 - 8 pm

Jefferson Group

2nd Tuesday each month
7 - 8:30 pm

North Hills Group

1st and 3rd Thursdays
7 - 8:30 pm

Ohio Valley Group

1st and 3rd Tuesdays
6 - 7:30 pm

South Hills Group

2nd and 4th Thursdays
7 - 9:00 pm

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

Bonnie's Corner



Welcome in the Spring!!! I don't know about you but, I am truly tired of snow. Keep in mind, as we head to warmer weather that sunscreen is a must! So let's stay healthy and catch up on programs and center business.

As I plan to put away my winter coat and boots (hopefully), I am very excited to say that our **Yoga and Hands on Healing** has been a huge success! Call now if you want to book a session because appointment times are going quickly. **Reiki private sessions** will also resume April 28th and you should call soon to book a session as we can only offer 2 per group. **Nancy Murray with Key Stone Reiki is offering free trainings for one client and their partner.** You can call Nancy at 412-727-1731 for more information and to register. We have had several clients complete the training and feedback is very positive.

Don't forget to sign up for a **free reflexology** appointment with Dorit in the South Hills. Did you know that some health insurances now pay for reflexology? Our pals at Animal Friends also look forward to seeing our families and the first Pet therapy program resumes this month. Our next session is **April 17th at Animal Friends** from 1-2:30 p.m. I am totally thrilled to announce a new Live Well program that we are offering in May, **Painting Yourself Well.** This is a guided experience whereby all participants will visualize their own healthy cells and paint them on canvas. If you are interested in participating, please call me as soon as possible so that we can try to secure a picture of a healthy cell relating to your type of cancer. **Thanks to Dr. Carl Srodes and West Penn Hospital** for participating in this exciting new venture! **Psychologist, Dr. Nancy Mramor and our artist and friend, Jessica Horner,** will be here to guide us through the adventure! We look forward to seeing YOU at the Center!