

November 2011 Live Well with Cancer Programs

Creative Drama

Thursday, November 17, 2011
6:30-8:30 pm
Bloomfield Headquarters

Your thinking cap may help but no acting skills are required and no previous experience is necessary! Creative drama includes your participation in sensory



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awareness exercises, trust-building activities, and improvisational games. **Ellen Rodwick** received her **Masters Degree in Dramatic Arts in Education** and has been involved with the **Tri Rivers Clown Alley** since retiring. She invites you to this fun and interacting experience as you relax while using your imagination from listening to others and responding simultaneously. Call **412 622 1212** to register. Dress comfortably and bring a friend or family member!

Holiday Card Making: Art as Therapy

Monday, December 5, 2011
6:30-8:30pm
Bloomfield Headquarters

Why buy holiday cards when you can make them? During this therapeutic activity, we will use a variety of drawing materials and embellishments to create holiday cards while enjoying light refreshments and baked goods. **Brant Meehan** received his undergraduate degree in **Art Therapy** and a **Master's degree in Social Work**. He will offer creative ideas including how to make pop-up cards and ones with velum images. Bring friends and family and enjoy the evening as we ring in the holiday season! **Call 412 622 1212 to sign up by December 2nd to ensure we have enough supplies.**



The Cancer Caring Center gratefully acknowledges two important gifts. **Dr. Stephen Cenedella** made a donation in memory of his beloved wife, **Marie**. He also chose to recognize and honor **Dr. Scott Long's** outstanding compassion and care for oncology patients. **Dr. Scott Long and his wife Susan** gave a contribution in memory of the wonderful and caring **Marie Cenedella**. They also wish to thank our Center for providing emotional support for patients and families in Western Pennsylvania. Thank you to both the **Cenedella and Long** families for helping us make a difference!

3 Great Products in One 2012 Entertainment Book!

The 2012 Entertainment book now has three great products! The Book itself includes **\$5,000+ worth of coupons** on dining, attractions, shopping and services. PLUS, each book features **Bonus Cards with \$5-off-or-greater discounts**, with no minimum purchase required! You also get the **Frequent Values Key Tag** and **Mobile App**: Receive up to 20% off every time the card is shown at participating merchants for repeat savings. Discover the savings near you with your mobile device.

Entertainment Books are \$30, can be purchased through the Center and can be mailed for an additional \$5 S&H. You can also order the Pittsburgh book or ANY city's book through our weblink . Just go to www.cancercaring.org and click on the link!

The books make GREAT holiday gifts. Call Robin at 412-622-1212.

Steelers Fashion Show 2011

The Pittsburgh Steelers Fashion Show, benefiting our Center and the Thomas E. Starzl Transplantation Institute at UPMC was held October 6 at Heinz Field. Over 40 players 'tacked' the runway with their wives and children. Thank you to Co-Chairs **Greta and Art Rooney II** and **Kiya and Mike Tomlin** and to **Honorary Co-Captains Hines Ward and LaMarr Woodley** for making this event memorable and successful – that's what we **call TEAMWORK!**



Don't Forget about our Food Bank!

As a proud partner of the Greater Pittsburgh Community Food Bank, we offer a variety of food and toiletries to cancer patients and survivors who are in need. Please call 412 622 1212 for more information.

Please consider the Cancer Caring Center when making your end-of-the-year donations!

The Center **depends** on donations from individuals, our special events and foundations. We are a local charity with a small budget. ANY donation is greatly appreciated and goes directly toward the **FREE** services we offer to cancer patients and families.

You can send a check, call us with a credit card or donate securely through the Google Checkout button on our website.



CONGRATULATIONS!!

Greg Bowser, a good friend of the Center, celebrated his 5 years of Survivorship! He and his lovely wife, Tammy, threw a party and collected donations for us Thank you!

We Walked...and then We Crawled!!

September 17 was a full day starting with the **Walk at the Waterfront** in the morning and then the **Crawl for Cancer** in the afternoon.

Many thanks to **Panera Bread, Eat 'n Park and Red Robin** for providing food for our walkers and to **Cristina Talotta** and her gang for organizing the Crawl and designating the Center as the charity.



Support Network Groups



Groups for Women with Cancer (Patients only)

North Hills Breast Cancer Group

2nd & 4th Thursdays, 7:00 - 8:30 pm

Breast Cancer Support Services for African-American Women

1st & 3rd Wednesdays, 5:30 - 6:30 pm

DuBois Breast Cancer Support Group

2nd Sunday each month, 6:00 - 7:30 pm

Lymphedema Group, Bloomfield

Oct. 18, Nov. 15, Dec. 13, 7:00 - 8:30 pm

Oakland Cancer Support Group

Twice monthly 6:00 - 7:30 pm, Call Center for dates

Johnstown Women's Cancer Support Group

1st & 3rd Mondays, 6:00 - 8 pm

Monroeville Breast Cancer Support Group

2nd Wednesday each month, 6:00 - 7:30 pm

Cranberry Breast Cancer Support Group

1st & 3rd Wednesdays, 7:00 - 8:30 pm

Specialty Groups

Brain Tumor Group, Bloomfield

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

Reiki Clinic, Bloomfield

2nd & 4th Wednesdays, 6 - 8:30 pm by appointment only

Hands on Healing, Bloomfield

2nd & 4th Wednesdays each month, 3:00 - 6:00 pm,
By appointment only

Wellness Group

2nd & 4th Sundays, Call for times and location

General Groups

Cranberry Group

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

Jefferson Group

2nd Tuesday each month
7 - 8:30 pm

Murrysville Group

2nd and 4th Mondays
6:30 - 8:00 pm

North Hills Group

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

Ohio Valley Group

1st Tuesday each month
6 - 7:30 pm

South Hills Group

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

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.

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

Stephanie's Corner



During this holiday season, I'd like to send my warm wishes to all of you! As Thanksgiving approaches, I'm sure you are busy preparing for a "mouth watering" turkey dinner or shopping for holiday gifts. While the weather is cold, it's a warm time of year for remembering and giving thanks to those who have helped along the way. On behalf of the Center, I thank you all for your continued support as we focus

on providing a variety of helpful services to you and your loved ones. I hope to see you at our upcoming live well programs and would like to thank **Ellen Rodwick** and **Brant Meehan** for their efforts in bringing joyful

topics to you! We welcome back **Brenda Krestar** as the new Jefferson support group facilitator!

Remember to review the Center's support group listing for a location near you. The group facilitators are here for YOU so call to register. Can't attend a group? Give us a call- that's what our **telephone helpline** is for! We understand that holidays can be a difficult time for patients. Also, **Wendy Myers** offers individual counseling for FREE at our Bloomfield Headquarters. Thanks again to **Dr. Beth Mauroni** and **Key Stone Reiki** for having another successful year providing Hands on Healing and Reiki to our clients. Some Hands on Healing sessions still remain open so don't wait- they fill up fast! And keep in mind that

It's Easy to be GREEN! In order to save trees and money for the Center, please sign up on our website to be put on the e-newsletter list. If you want to be removed completely, please contact robin@cancercaring.org or 412-622-1212

