



Steve Esposito, Officers Michael Murphy, Jeremy Lindaur, Jr. and Andrew Bostick with Locust Club President Michael Mazzeo

# insights

On How We're Helping Teens & Young Adults Live With Cancer

## You Have the Right to Remain Bearded!

### Rochester Police Locust Club supports teens and young adults with cancer

Captain Tony McMullen, Rochester Police Department, believed he could make a difference by simply reaching out and asking. Little did he know that his call to action would yield over \$13,000 for 13thirty Cancer Connect and our partners at Roswell Park Comprehensive Cancer Center.

We first met Captain McMullen in September 2016 at our community screening of *Until 20*, the moving true story of a young man's journey with adolescent cancer.

A brain cancer survivor himself, Tony instantly identified with our mission. "As a survivor, I was immediately impressed with

the work being done at 13thirty," he recalls. He was soon an avid supporter.

Last year, he took his commitment one step further after hearing about the Goin' Bald for Bucks program. With Tony spearheading the charge, Rochester Police Locust Club was approached with an idea - Beards for Bucks.

A spin-off of Bald for Bucks, Beards for Bucks was an opportunity for Rochester Police Department officers to grow beards during the month of November.

The Rochester Police Locust Club, led by union President Michael Mazzeo, was in full support and after final approval from Chief Cimminelli, Beards for Bucks became a reality.

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## SAVE THE DATES!

**Bandana Bolt 5K**

**July 8, 2018**

**Journeys**

**October 13, 2018**

**13thirty**  
cancer connect

**Teens and Young Adults  
Get it Together!**



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### insights

Lauren Spiker, Contributor  
Stephen Esposito, Contributor  
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### Thanks to our Sponsor

*We are grateful to Lifetime Care Home Health Care and Hospice who generously print this publication.*

*Our mission is to help teens and young adults with cancer live their very best lives by providing a comprehensive continuum of care throughout all stages of their cancer experience.*

*13thirty Cancer Connect is a registered IRS 501 (c) (3) tax exempt organization. United Way donor choice agency*



## A Message from Lauren Spiker Founder and Executive Director

Hello Friends,

One of my favorite quotes is from Margaret Mead, the renowned cultural anthropologist. Her work with people around the world supported the idea that cultural patterns and conventions are often the underlying cause of many social problems. She encouraged others to consider that these culturally conditioned issues could be overcome with even the smallest wellspring of new ideas and efforts.

*"Never doubt that a small group of thoughtful, committed individuals can change the world. Indeed, it is the only thing that ever has."*

Since beginning this work, I have been fortunate to stand with many such individuals whose collective commitment is changing the landscape of care for our adolescents and young adults. Old conventions are being challenged and new cultural patterns are slowly evolving. Though I wish with all my being that I had never been thrust into this world of AYA oncology, I am gratified daily by the support of others beating the same drum.

As we look back on 2017 and ahead to 2018, we want to thank all the generous individuals who have chosen to support 13thirty, the many corporations that sponsored our programs, and the community groups that came together in creative and thoughtful ways to help advance our mission. We are also grateful to our funders whose grants keep us moving forward and to the army of awesome volunteers who lighten our load.

You are helping us change the world. With you in our corner, our ranks, though still small, are mighty and our voices loud and clear. With your help, our teens and young adults with cancer will be able to live their very best lives - today!

With deep thanks as always,  
*Lauren*

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# Building Bridges of Support

You might say that *Journeys, the 16th Annual Celebration of Living*, was floating on air - literally! Thousands of brightly colored balloons were used to build a 40-foot suspension bridge which spanned the stage at Temple B'rith Kodesh in November.

Guided by the artistry of Larry Moss and Kelly Cheatle from Airigami, this extraordinary structure was built in stages.

First, the Marketing Department of the Summit Federal Credit Union participated in a fun, team-building session at the Airigami studios. With an eye on the ultimate vision and a focus on collective strengths, Cheryl Pohlman's team built the basic bridge structure.

Next, the teens and young adults from 13thirty took over. The trestle and suspension links were constructed, representing the road on which they had all traveled and the links of support that carried them through their experience.

The separate pieces were then transported to



the venue and put together in preparation for this year's performance that included original poetry and spoken narratives by 13thirty members.

Though different, each poignant story shared common themes - isolation, interrupted plans, diminished hope for a positive future - all of which were eased by the friendships and support gained at 13thirty. Everyone's words were captured in the book, *The Bridges of 13thirty*, available for purchase at 13thirty.

A large section of the bridge, however, was intentionally left undone. During the cash call, led by two 13thirty young adults, guests were asked to help finish the bridge. In just 10 minutes, over \$9,000 was raised while other 13thirty members finished the construction live on stage.

It was quite a party afterwards as each balloon was popped! We are deeply grateful to all who continue to help us build bridges of support for teens and young adults with cancer.

**Special Thanks to Melissa's Legacy Circle donors who gave a total of \$500 or more in 2017. We hope to see you at the Annual Garden Party on July 18. Please Save the Date!**



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# SNAPSHOTS!

What's been happening with  
- and for - teens and young  
adults with cancer!

1. AYA Boxing Night with M/Body Local boxing champ, Saadiq Muhammad, taught our young adults how to "move with the bag" when life throws its punches! Special thanks to Molly Flaherty and M/Body for donating gym time for our AYA program!

2. Bridge-Building with Airigami The Marketing Team at the Summit Federal Credit Union helped create the 2017 Journeys balloon bridge at the Airigami studios. Awesome job, Cheryl and team!

3. Avon High School Philanthropists Steve accepts a check from the Avon High School students who generously nominated 13thirty as recipient for their annual Candy Cane Sale! Thanks, everybody!

4. Journeys 16th Annual Celebration of Living Three 13thirty moms, Kim, Elase, and Gloria, danced their way around the kitchen baking vegan cookies for our Journeys dessert!

5. Journeys 16th Annual Celebration of Living Lauren's husband, Doug, handcrafted all the amazing bridge centerpieces for Journeys. Looks like we've got a job for you, Doug, when you retire!





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6. "Minute to Win It" Game Night  
Cody & Sabrina went head-to-head during game night with Double H Ranch (with Jenna & Maneesha strategizing in the background!)

7. AYA Cooking Night at Ronald McDonald House  
Our teens and young adults gathered to cook a meal for residents at the Ronald McDonald House during the holidays. Nice job, guys!

8. Chefs in the Kitchen  
Voila! The Mexican casserole made by 13thirty members for families staying at the Ronald McDonald House looks delicious!

9. Hashtags: All About AYA Cancer  
We released our video podcast series in 2017! Hosts, Sabrina & Steve, talk with 13thirty members about the issues and challenges facing teens and young adults with cancer. Catch episodes on our YouTube channel!

10. Holiday Party 2017  
It was a wintry afternoon for our annual 13thirty Holiday Party! But we stayed warm with love and laughter, games, hugs, and plenty of food! Thank you to everyone who helped make 2017 such an awesome year! On to 2018!

Happy  
New Year!

# Beards for Bucks - cont. from page 1

There was an instant buzz about being able to have a beard while on duty. In order to participate, each officer who wanted to grow a beard during the month of November had to raise at least \$25.

The initiative was much more popular than expected and in total, over 180 Rochester Police Locust Club members signed up. Even some female officers joined in fundraising to raise awareness.

Locust Club Secretary, Sgt. Adam DeVincentis, played an integral part in the effort by encouraging officers to raise more than the required \$25 - and many did!

Tony McMullen, the highest fundraiser, raised a grand total of \$1,275.

"It's amazing to see how everybody loved the program," said Tony. "I know a lot of the hunters were excited!"

"We got such an overwhelming positive response from people out in the community," he continued. "They liked seeing us in the beards because they felt better connected and could relate."

But like many good things, this too, had to come to an end. By November 30th, all beards



**KNOW SOMEONE IN LAW ENFORCEMENT?**  
Steve is happy to speak with the appropriate command staff about joining Beards for Bucks next year!  
Call him at (585) 563-6221 TODAY!

had to be gone and three RPD officers stepped forward to be shaved publicly at Altered Image Barber Shop on University Ave.

Officers Murphy, Bostick and Lindaur represented all the RPD officers who grew their beards and celebrated what had been accomplished. The event was a great opportunity to increase awareness of 13thirty and all we provide.

Officer Murphy had some fun with his beard and trimmed it into a fu-manchu. "Where the funds are going is important and it has an impact right here in our community," Murphy stated.

"When these teens and young adults are together, you can see the confidence in their eyes," Captain McMullen said.

"I've been amazed ever since I met them. I am proud of the Locust Club and RPD officers for supporting such a great cause."

Locust Club is looking forward to next year and is already thinking of ways to do even more!

*Who's next? Sheriff's Dept.? State*

## Mothers for Others Help 13thirty Moms



McQuaid Jesuit High School Mothers for Others

Begun as a way for moms to teach their sons about service to others, the McQuaid Jesuit High School Mothers for Others don't just talk the talk. They walk their talk!

Early in January, 11 moms of McQuaid students came to the 13thirty Center armed with goodies to fill gift bags to help 13thirty Moms. Moms helping moms!

Unless you've been there, it's hard to imagine what it's like to spend hour after hour, night after night at your child's bedside. Simple things like hand lotion, lip balm and peppermints help refresh weary moms - and dads.

Now, when Steve visits families in the hospital, he'll have one more gift to offer, courtesy of the McQuaid Mothers for Others!

Thank you for your love and support!



Christina DiBaudo  
Special Events and Donor  
Relations Coordinator

*"When people connect with an organization's mission on a deeper level, magic happens!"*

**Tell us a bit about yourself.**

I'm from Rochester and I went to school in Buffalo (both undergraduate and graduate studies at Canisius College.) I'm proud to say that I've stayed in western New York. I have an older brother and I love spending time with my family and friends. I also love to bake, specifically cupcakes!

**What brought you to 13thirty?**

I started as a Bald for Bucks intern at Roswell Park in Buffalo. Roswell knew I came home for the summers and they told me about (what was then called) Teens Living with Cancer. I interned with TLC that summer helping with Rochester Bald for Bucks. TLC was an amazing experience and I was thankful to be brought back again the following summer to what was now 13thirty!

**What was your first impression of 13thirty?**

Just walking in the Center, I loved it! You can't help but be drawn to this place and feel welcomed. After talking with Lauren for the first time, I instantly connected with 13thirty's mission. I saw Lauren as a mentor and a great role model for the work I wanted to do. I was not only welcomed by the physical environment but from the people here as well.

**Why are you excited about working here?**

I crave to impact this world and I think you can learn so much from the lives that we touch.

At Canisius, the motto is *Cura Personalis* which means care and respect for the whole person - mind, body and spirit. *Cura Personalis* became a part of everything I did and the mission of 13thirty fits perfectly with that motto. We help the whole person who is so much more than cancer. I'm excited for this chapter of my career!

**What are you looking to accomplish at 13thirty?**

I am looking forward to using my education and experience to spread the mission of 13thirty. When people connect with an organization's mission on a deeper level, magic happens. I hope to inspire people to find that connection by informing and educating them about the amazing work that we do. Once they hear our story and see what we do, I know they will want to be involved as a donor, volunteer, event attendee, or program participant should they have a need to walk through our doors.

**Favorite song, favorite movie, favorite TV show?**

Song: Sunday Morning (Maroon 5)  
Movie: A Bronx Tale  
TV Show: Parks and Rec

**Chicken wings or Garbage Plates?**

That's a hard question... but I have to say Garbage Plates!

Welcome to Club 13thirty, Christina!

## More 13thirty Staff Updates!

(Special thanks to Monika Leeza Photography for our awesome staff photos!)



Steve Esposito  
Program Director

Steve was recently promoted to Program Director. In June, he'll hand over the Goin' Bald for Bucks program to Christina and focus on growing our local and virtual programs. He'll also play a larger role helping Lauren with our strategic initiatives.



Sabrina Gauer  
Communications Coord.

We are thrilled that Sabrina is now a full-time employee at 13thirty! She manages all communications including social media, print materials, and our awesome video podcasts, *Hashtags*. Together with Steve, she keeps you "In the Know".



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**YOUR SUPPORT WILL MATTER!**



**Make A Difference for  
Teens & Young Adults like Melissa**

*"If you've learned anything from me through all of this, do something with it to make a difference, to make things better."*

**Melissa Marie Sengbusch  
1981- 2000**