



Teens and young adults find connection and friendship with others who understand.

insights

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

We Get It – Together!

13thirty helps teens and young adults thrive beyond their diagnosis.

Imagine navigating the ups and downs of high school and preparing for college. Or being in your twenties, dating, starting your career, or planning a family.

Then, without warning, the C-word barges in and flips your entire world upside down.

Suddenly, your reality becomes hospital visits, fatigue, treatment decisions, physical changes, stress, and uncertainty. Your loved ones do their best to understand and support you, but there is a disconnect.

You lose friends who unintentionally distance themselves in the process. "It was so hard to even articulate what I needed," admits Sabrina Gauer, Communications

Coordinator at 13thirty and young adult participant.

"I get why some people just don't know how to respond or what to do. But to have the understanding and support from other young people who GET it made all the difference in my cancer journey."

At 13thirty Cancer Connect, we really do "get it". And our AYA programs and events are making things better!

Over 82,000 AYAs (adolescents and young adults) are diagnosed every year in the U.S. That may seem like a small number compared to childhood and adult cancers but AYAs fall through the cracks when it comes to quality of care, mortality rates, and follow-up after treatment.

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SAVE THE DATE!

Journeys

the 17th Annual Celebration of Living

October 13, 2018

13thirty
cancer connect

Teens and Young Adults
Get it Together!



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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 #2383.



A Message from Lauren Spiker Founder and Executive Director

Hello Friends,

Summertime and the living is easy! Time to kick back and relax – unless cancer has other plans for you and yours. Cancer doesn't recognize vacations, holidays or special occasions. Its fury is relentless and non-discriminating, demanding that we always pay attention and stay prepared to help in any way we can.

When the spectre of cancer looms especially large, Club 13thirty, as Steve, Sabrina, Christina and I like to call ourselves, is at the ready making our collective job much easier and always fun. Working together, we are hard at work, doing our best to provide programs and support to help our teens and young adults live their very best lives – TODAY! In this issue, you'll get a glimpse of daily life here at our Center. Fitness programs, expressive arts, video podcasts, pot-luck get-togethers, volunteer efforts, social activities – our schedule is full!

This Spring, we took on another effort that rallied over 200 generous donors over an 8-week period. As a condition of eligibility for a national grant from the USA Today Network and the Gannett Foundation, we needed to set up an on-line fundraising campaign. We not only raised the required minimum of \$3,000 but a whopping \$57,000! This incredible effort by Club 13thirty and all our 13thirty Champions propelled us into one of the two top fundraising positions, earning us an additional \$25,000 Fan Favorite grant.

As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Together, we **are** changing the world for teens and young adults with cancer!

We are grateful beyond words to all who answered our calls for support including our major Bandana Bolt sponsors listed below. As long as cancer keeps knocking at our door, we will be here! But, in truth, one day, I'd like us all to be out of a job!

Happy Summer, everyone!
Lauren

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CrowdRise Results Are In!

From March 19th to May 11th, we asked for YOUR help to make our CrowdRise campaign successful. Through local partnerships, hosting events, exposure from Rochester TV and radio stations, and posting weekly social media challenges, 242 13thirty Champions made us a FAN FAVORITE!

Sabrina Gauer chatted with Channel 8's Mark Gruba!



Lauren Spiker accepting a big check at Calero!



13WHAM morning show with Samantha Miles!



13thirty teens and young adults announcing the Week Two challenge!

Steve Esposito and Sabrina Gauer at Cinco de Mayo at Mulcony's Irish Pub & Restaurant!



\$5K
Our initial fundraising goal was reached in the first few days!

\$57K
We were blown away by our closing total - also making us a Fan Favorite!

\$25K
Awarded an EXTRA grant for being a Fan Favorite!

SNAPSHOTS!

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

1. Healthy Potluck

Our 8-week, 13thirty Fit program always wraps up with a delicious and nutritious potluck! Thanks again to Brianne Young for leading our fitness program!

2. Goin' Bald at Sodus

Sodus High School went all out this year, with their annual alumni basketball game and great community turnout! Awesome job, everyone!

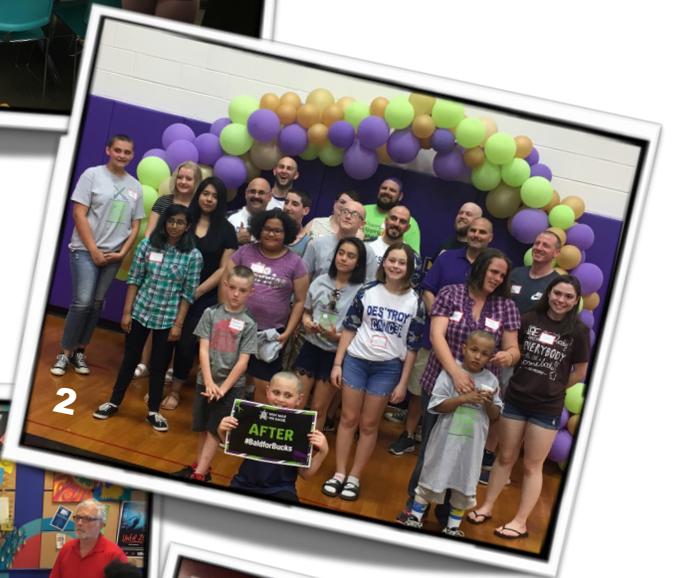
3. Gifts for Mom

Local poet, Charlie Cote, led our teens and young adults through writing exercises to create unique gifts for Mother's Day!

4. Bald for Bucks at St. John Fisher Wegmans School of Pharmacy at St. John Fisher College hosted an awesome Bald for Bucks event. These ladies worked hard and raised awareness and funds. Their raffle baskets were fantastic!

5. Butterfly Art

Every year, Bandana Bolt 5K winners receive medals created by our teens and young adults! Special thanks to Aubrey Donovan for her butterfly art expertise! (See more about Aubrey on page 7!)





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6. Family Gathering

Our program room is one of the favorite hang out spots at the 13thirty Center! The teens and young adults love relaxing and connecting together!

7. Dinner with Derek

Derek Pino generously shared his time and chef skills with our 13thirty participants. Dinner was delicious!

8. 13thirty Feud

Shoutout to Scott and the Double H Ranch crew for joining us for another awesome 13thirty Feud game night!

9. Parent Art for Grieving Hearts

Our new parent grief group met over three weeks sharing stories and creating beautiful clay hearts. Special thanks to Aubrey Donovan for leading the art therapy! (See more about "Art for Grieving Hearts" on page 7!)

10. All Smiles at Wayne!

Wow, it's been a busy "bald" season, and Wayne High School was no exception! Shoutout to Corey and Whitney from 98PXY for joining us – and the awesome teachers, students, and community participants who raised over \$11K!

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Enjoy the Summer!

AYA Programs - cont. from page 1

"You're in this weird space of either being treated like a child, or in the very business-like world of adult oncology. There are no 'warm fuzzies' in those rooms," says Sabrina. "But finding 13thirty was like coming home. We are a big family here!"

Whether it's a "13thirty Feud" game night, catching a Red Wings home game, bowling, art, outdoor adventures, cooking night, or the popular 13thirty Fit program, our teens and young adults are able to connect with each other and learn to thrive beyond their diagnosis.



Red Wings game at Frontier Field

Program Director Steve Esposito says his job is rewarding – but it's more than just planning programs or co-hosting *Hashtags: All About AYA Cancer*, our video podcast series on YouTube.

"I feel like the teens and young adults give back to me! It's a privilege to be able to sit with these amazing individuals and listen to their stories, be in a room with everyone laughing and seeing how organic their relationships really are. It's an honor to be a part of it."

We like to say that 13thirty Cancer Connect isn't a support group. While support is the healing result, it's our mission of helping teens and young adults live their very best lives, TODAY, that allows participants to see beyond their cancer and grow through it. Sometimes that looks like a fun program and sometimes it's an emotional moment and a box of tissues. Ultimately, our teens and young adults discover a confidence they didn't realize they had before and a sense of belonging they never knew they needed.

"This place just oozes good vibes," says Greg Heinrich, 13thirty young adult. "I've never seen anyone in here with a sour face and that's saying a lot for what we've all been through and are going through. You don't want to dwell on the bad stuff. And this place is a second home, really."



Creating Mother's Day art!



Greg and Isaiah designing with Kelly from Airigami at their studio

Our 2018 schedule is full of exciting programs and events and we're already looking into next year!

Visit our events page at www.roc.13thirty.org/events/

For more information, contact Program Director, Steve Esposito, at (585) 563-6221 or stephen@13thirty.org

Congrats!

Congratulations to our 13thirty Cancer Connect graduates!

"Wherever you go, go with
all your heart..."



Alex Voglewede - Churchville Chili High School

Emily Hunt - Rochester Institute of Technology

Molly McBride - Aquinas Institute of Rochester

Taylor Mateo - SUNY Albany

Lacie Olix - Hornell High School

Cat Gawronski - SUNY Buffalo (School of Pharmacy)



Aubrey Donovan
Art Therapist/Educator

"I simply fell in love with the family-like atmosphere and personal connections."

Tell us a bit about yourself!

I was born and raised in the area, spending my childhood in Webster and now living with my husband and two (soon to be three) little ones in a lovingly renovated historical landmark in Perinton/Victor.

What brought you to 13thirty? How does our organization resonate with you?

I had the amazing luck to be working at the Memorial Art Gallery when Lauren called looking for someone to run a parents group. My supervisor passed on my name knowing my background in both art education and art therapy. So started a most magical partnership; Lauren can't rid of me if she wanted to! I simply fell in love with the family-like atmosphere and personal connections that 13thirty offers with open arms, which is very much in line with the experience/environment I try to create for my students and clients.

Why is art therapy so important for individuals impacted by cancer?

Art Therapy offers an opportunity for individuals to express themselves in a way that may be difficult to verbalize. Creative Arts Therapies can help navigate the overwhelming emotional and mental impact of diagnosis and treatment. Participation can at times offer an escape, while other times help to build coping

strategies and an outlet to unify those impacted through an often isolating experience. Studies have shown that cancer patients that engage in art therapy have reduced depression, anxiety, and perception of pain.

Do you have a favorite memory from your work at 13thirty Cancer Connect?

Oh my, being part of such a genuine organization makes for many memorable moments! I would have to say one moment that comes to mind was during the 2014 Journeys event: both the excitement and camaraderie getting ready to go on stage and when the participants finished special applications to the large, live art piece, how they connected to raise it together, and the smiles on their faces when the image emerged!

One fun fact that people might not know about you?

My family has a house at the Genesee Country Village & Museum. So if you happen to visit – stop on by the MacKay Homestead!

We are so grateful for friends like Aubrey who give their time and talents to our teens, young adults, and parents at 13thirty!

*Thank you, Aubrey!
Glad you're on our team!*

GOOD GRIEF
A New Program
for Bereaved
Parents



Grief is a hard road to walk alone as many of our parents have sadly experienced. "After your child dies, people don't know what to say," remembers Lauren Spiker, Executive Director. "So, all too often, they say nothing."

Good Grief is our newest program to give parents a safe place to talk about their child and process their grief with others who understand.

Our first program, "Art for Grieving Hearts", was a 3-week activity led by



art therapist Aubrey Donovan (Spotlight, above).

Together, we molded, glazed, and assembled clay hearts reflecting our shared experience. The finished, collective piece hangs proudly in our parent's room symbolizing loving memories of our kids.

Bereaved parents are welcome to join us each month in friendship and compassionate support.

Contact Lauren for more information at (585) 563-6221 or lauren@13thirty.org
"To live in hearts that love is not to die."



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Thank you to all the Rochester area schools that went GOIN' BALD FOR BUCK\$ this year!

Special thanks to our top fundraising school, **Wayne High School** who raised over \$11,000!



- BISHOP KEARNEY HIGH SCHOOL
- EAST ROCHESTER SENIOR HIGH SCHOOL
- GANANDA HIGH SCHOOL
- LETCHWORTH CENTRAL SCHOOLS
- NEWARK HIGH SCHOOL
- RUSH-HENRIETTA SENIOR HIGH SCHOOL
- SODUS JUNIOR-SENIOR HIGH SCHOOL
- SUNY BROCKPORT PUBLIC HEALTH CLUB
- WEGMANS SCHOOL OF PHARMACY - SJFC
- WORLD OF INQUIRY SCHOOL NO. 58

Will your school go #BaldforBucks next year?

Contact Christina for more info!
(585) 563-6221

Make the Difference - Donate Today!

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I wish to help teens and young adults with cancer live their very best lives...TODAY!

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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**