



13thirty young adult survivor, Devin Hoffer, brought a friend to help out!

insights

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

Volunteers Share Their Time and Hearts!

Our Center sparkles thanks to our awesome volunteers

As a small organization with a small staff and limited resources, 13thirty Cancer Connect is always grateful for the help of others who share our passion. On a recent weekend, we had much to be grateful for.

A crew of hardworking - and hungry - volunteers gave up their Saturday to make our Center shine. In return, they earned our deep thanks and a hearty breakfast!

The smell of fresh coffee and pancakes and sausage on the griddle greeted each person who walked through the door. Smiles and hugs, as always, were plentiful as energetic music set the pace.

Twenty industrious "13thirty Champions" moved every piece of furniture, vacuumed

up pizza crumbs and chip remnants, windexed fingerprints, recovered about 15 pens that had fallen through the cracks, and dusted everything in sight. Our intern, Nichole, even brought in her steam cleaner and freshened up all the upholstery.

Four volunteers with green thumbs - Lori, Karen, Linda and Seth - trimmed and repotted the 21 plants that keep the Center fresh and green. The hallway looked like a tropical rain forest!

"I think we are responsible, as human beings, to try to help others whenever we can," said Cher Niedermaier, always ready to help make a difference in the lives of our teens and young adults. "Whenever I have the opportunity to be part of something like that, I want in!"

— cont. on page 6

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ON YOUR MARK. GET SET. GO!

7th Annual
Bandana Bolt 5K
June 9, 2019

13thirty
cancer connect

Teens and Young Adults
Get it Together!



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insights

Lauren Spiker, Contributor
Stephen Esposito, Contributor
Christina DiBaudo, Contributor
Matthew Sengbusch, Designer

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. Tax ID# 47-4493013



**A Message from Lauren Spiker
Founder and Executive Director**

Hello friends,

Spring is right around the corner and though very welcomed, it's hard to believe it's already April. Seems like I was just wishing you all a Happy New Year! Looking back on the past year and forward to all that is ahead, I'm reminded of these words by the English writer, Oliver Herford.

A rolling stone gathers no moss but it gains a certain polish.

Well, 13thirty has certainly not been gathering any moss! We've been rolling along at breakneck speed and are very excited to share what we've accomplished, thanks to the support of so many. Our programs for teens and young adults continued to grow, our outreach was broadened, and new partnerships were forged.

As you will read in this issue, we are especially grateful to everyone who volunteered their time and talent to help in many different ways. From steam cleaning furniture to flipping flapjacks and re-potting plants, no job was too big or small. As promised, we were good stewards of your generous donations, using each dollar judiciously and with very important purpose. The smiles on the faces of all our kids are proof of that!

Not only did no moss gather under our feet, the obstacles that we worked around and the occasional heartbreak that made us weep, did indeed help us gain a certain polish. Each day, our vision comes closer to reality, our dreams more tangible. Our new Syracuse chapter is taking shape and soon, teens and young adults in a new community will experience the magic of 13thirty Cancer Connect.

Thank you to all who helped make 2018 a successful year. We hope you will continue to support us in 2019 and help us stay as polished as a rolling stone!

With deep thanks as always,

Lauren

Helping teens & young adults with cancer live their very best lives - TODAY!

13thirty cancer connect

SNAPSHOT: 2018 ANNUAL REPORT

ROCHESTER QUICK FACTS

- 137 PROGRAM HOURS
- 145 ADVOCACY HOURS
- 158 PROGRAM PARTICIPANTS

CHARITABLE GIFTS 48%*

REVENUE \$235,652

SPECIAL EVENTS 43%

GRANTS & OTHER 9%

*2018 saw a significant increase in charitable gifts due to generous memorial gifts and a successful online crowdfunding campaign

EXPENSES

\$0.90 OF EVERY DOLLAR DIRECTLY SUPPORTS PROGRAM AND ADVOCACY EFFORTS

- ↑86% social media engagement
- ↑86% Melissa's Legacy Circle donors (\$500+ annually)

Learn more at 13thirty.org > About > Financial Info

Collaboration is Key



All Mercy graduates complete their "MOTTO," a Capstone project allowing them to connect their talents and interests through a coordinated effort of service. Mercy Senior, Julia, partnered with 13thirty to bring her passion of Slam Poetry to our teen and young adult survivors (see "Snapshots" on page 5 of Julia in action). Mercy's MOTTO projects have been a great partnership!



St. John Fisher College students and professors have collaborated to help 13thirty with a variety of initiatives this past year. With 13thirty - Syracuse on the horizon, this has been an amazing connection. Service-learning at SJFC integrates projects in academic courses to enhance student learning, teach civic responsibility and address community needs through meaningful service.



13thirty Cancer Connect and Make-A-Wish are a perfect match. Make-A-Wish's ability to grant wishes, coupled with our continuum of support, create an ideal blend of resources needed for teens impacted by cancer. Our Center played host to an extremely special wish as Matthew and his family received a personal concert from Laurie Berkner (see "Snapshots" on page 4 of Matthew).



This is 13thirty's first year joining forces with Bishop Kearney for their Work Study program. BK senior, Kaia, joins our team one day a week to assist on a number of projects. The Work Study program, which runs from October through May, allows students to have an opportunity to acquire real work experience, transferable skills and an exposure to a variety of career opportunities.

13thirty - Syracuse Update!

We are excited to announce that 13thirty Cancer Connect has officially secured a space in the Syracuse community!

The 13thirty - Syracuse Center will be located in Liverpool, NY, just 10 minutes north of Upstate Golisano Children's Hospital and Upstate Cancer Center. There will be program rooms for AYAs and parents as well as a Wellness Center with a fitness room and kitchen for our continued focus on fitness and nutrition!

Follow us on Facebook, Twitter and Instagram for more updates!



SNAPSHOTS!

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

1. Circle of Love

A 13thirty Fit! staple, the circle of love is a series of core exercises that must be met with love and positivity, no matter how difficult they may be!



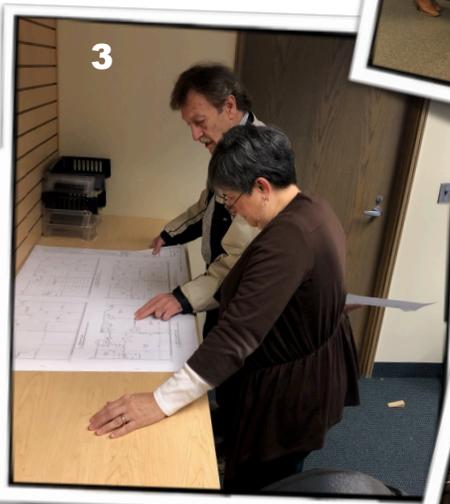
2. Make-A-Wish

In February, 13thirty had the opportunity to host Make-A-Wish CNY and help grant Matthew's long-standing wish to meet his favorite musician, Laurie Berkner!



3. Steps to Syracuse

Here's Lauren on one of her many trips to our new Syracuse space. We're so excited to see how everything turns out! Big thanks to Phil Hopkins for his design help!



4. RMH Cooking Night!

13thirty Cancer Connect AYAs, intern, and staff cooked a delicious meal for the families staying at the Ronald McDonald House.



5. Let's HIT it!

Our teens and young adults sure did love our boxing night, learning new moves and releasing some energy. Thank you, Norm Beck! We think it was a big HIT!





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6. Pancakes Anyone?

Our Hotcakes and Helping Hands volunteer day was a huge (and delicious) success! Thank you so much to everyone who lent a hand!



7. Letchworth Legends

Letchworth went Bald for Bucks again this February, making their total from the last few years over \$26,000. Way to go!

8. SLAM Night!

At the end of February, Mercy Senior Julia worked with local poet Charlie Coté to teach our AYA's how to create SLAM poems of their own. What a fun night!

9. Team IHS Goes Bald

Six brave participants went Bald for Bucks at Irondequoit High School during the Adam Milne Basketball Game. Over \$8,600 was raised! Special thanks to the Denunzio family!



10. Fisher Friendships!

St. John Fisher College freshman Alex (center left) and alumna Karen (center right) spoke with Wegmans School of Pharmacy students about 13thirty and their cancer journeys. The students learned more about the impact their upcoming Bald for Bucks event will have on teens and young adults with cancer.



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Happy
Spring!

Volunteers with Heart - cont. from page 1

Linda and Seth Jacobson were happy to get their hands dirty. "13thirty is important to us," Linda explained, "because it is a place where people immediately understand what we as parents have been through and how we have been changed forever."

A similar sentiment was echoed by another parent volunteer, Lori Pfeil. "I am so grateful to volunteer at 13thirty. I am a 'doer' and needed to try to help others that were experiencing the same fear and feelings I was experiencing."

Lori's volunteering extends to the Bandana Bolt 5K, as well, where she recruits a team of equally enthusiastic runners. "The staff at 13thirty are amazing and I enjoy every minute spent helping any way I can."

There are many different opportunities to volunteer your time and talents at 13thirty Cancer Connect. We are always grateful for volunteers who, like Lori, help at our signature events, the Bandana Bolt 5K Walk/Run and Journeys, where additional helping hands are always appreciated.



13thirty Champions working hard!



Dawn & Joanne flip flapjacks!



Seth & Linda on plant patrol!

Want to Help?

There are many ways to volunteer:

- Organize a fundraiser
- Help at the Bandana Bolt 5K
- Offer to make a raffle basket for Journeys
- Solicit donations for the silent auction
- Make snacks for a teen/young adult program

Call Christina for more information:
(585) 563-6221

And speaking of extra hands, we are lucky to have two awesome interns from SUNY Brockport this term, Shannon and Nichole.

They dove right into the tasks we assigned and have quickly become important members of Club 13thirty!

As Helen Keller once said, "Alone we can do so little; together we can do so much." Thank you to all who help us support our teens and young adults.

We couldn't do it without you!

Shoutout to our Awesome Interns!



Shannon Bronson

I chose 13thirty out of many possible places to intern, mostly because I recognized the name from a Bald for Bucks event at my school. When I started, I expected a typical office environment with a good cause to complete my final requirements.

What I got has reached far beyond that. I found a family in everyone who works, volunteers, and is a member here. I come in as early as possible and stay until I absolutely have to go because the work I am doing and the people I talk to enrich my life so deeply. 13thirty has been so much more than a step to graduation. It has shown me the strength of the human spirit, how to live with purpose, and to never stop dreaming.

13thirty is truly a place of light, hope, and positivity. I am so thankful to get to experience this and will forever hold it in a place in my heart.



Nichole Patterson

13thirty Cancer Connect - what is it? What does it have to do with cancer? These were my thoughts when I first saw the name on a spreadsheet that we received in class. As a Public Health student, an internship is "the last piece of the pie" before graduation, so finding the best placement for me was vital.

After some digging on 13thirty's website, my questions were answered and I knew this was where I wanted to intern. In the short time that I have been here, I have been a part of many wonderful experiences. I witnessed a young man have his Make-A-Wish come true here at the Center, and participated in different programs such as, *Hotcakes & Helping Hands*, *Slam Poetry* and *13thirty Fit*. I've not thought about this experience as a job but more like a piece to a larger puzzle.

By being here, I am helping promote Melissa's legacy. My time in such a very warm and caring place will be an everlasting experience!

Spotlight On



Brittany McNair
Osteosarcoma Survivor
13thirty Board Member
13thirty YP Board Co-Leader

“This place truly feels like a second family and has helped me grow so much.”

How did you get involved with 13thirty?

B: I’ve been involved with 13thirty Cancer Connect since 2005, when I was 15 years old and newly diagnosed with osteosarcoma. I met Lauren wandering the halls of the hospital and have been hooked ever since.

M: In 2013, while I was in 8th grade, I found a lump under my arm. A few short weeks later, I was diagnosed with Hodgkin’s Lymphoma. I first met Lauren and learned about 13thirty Cancer Connect (then Teens Living with Cancer) in the hospital. Shortly after that, I found myself at her kitchen table enjoying pancakes talking with other teens battling cancer or figuring out life after cancer. Ever since finding 13thirty Cancer Connect, my whole family has stayed involved, whether it be on the Board, helping with the 5K or attending Journeys every year. We are true supporters of Melissa’s vision, Lauren, and the organization.

Tell us what you’re up to now.

B: I work in the finance department at Nixon Peabody LLP and I’ve been married for almost 3 years with an adorable dog, Otto, and an even cuter daughter, Blake. We love traveling, going to football games, and playing outside as a family.

Spotlight On



Micaela Allen
Hodgkin’s Lymphoma Survivor
13thirty YP Board Co-Leader

“We are true supporters of Melissa’s vision, Lauren, and the organization.”

M: I am the Development and Outreach Assistant at Causewave Community Partners, a local nonprofit focused on assisting other nonprofits to achieve their mission.

Why is it important to you to give back and help co-lead the Young Professionals Group?

B: I want to take everything I’ve learned from my cancer experience and help other kids know that they aren’t alone and that they have an incredible support system waiting for them at 13thirty. This place truly feels like a second family and has helped me grow so much. By spreading awareness and shouting our message from the rooftops, I hope to help others feel right at home here, too.

M: I am really excited about co-leading the Young Professionals Group first because it’s an awesome organization but also to work with other young adults looking to give back to the local community. It’s difficult learning about the various opportunities and groups out there for young professionals. I think creating a group of individuals with a connection to our mission and a passion for making a difference, will create a great space for people to meet, share and learn from each other.

**Are you a passionate, creative, and dedicated young professional?
Join our Young Professionals Board!**



Help further the mission of 13thirty Cancer Connect:

- ✓ Increase awareness of teen and young adult cancer
- ✓ Become a friend-raiser for 13thirty Cancer Connect
- ✓ Attend community fairs, festivals, and advocacy events
- ✓ Mentor 13thirty members by sharing various skills and expertise

Grow as a Young Professional:

- ✓ Network with community leaders
- ✓ Meet other like-minded individuals
- ✓ Gain introductory board experience



What is 13thirty Cancer Connect looking for in a Young Professional Board Member?

- Dedicated to the mission of 13thirty Cancer Connect
- Working part or full time at a for-profit or non-profit organization
- Attendance at quarterly meetings
- \$100 annual gift (can be made monthly)

**Reach out to Christina
if this opportunity is for you!**
christina@13thirty.org or (585) 563-6221



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Bandana Bolt
RACE AND FITNESS WALK

7th Annual

**SENECA PARK
ROCHESTER, NY**

**SUNDAY, JUNE 9
9:00AM RACE START**

- Top finisher prizes
- Discount for teams of 4+
- Prize for best team name/ costume
- Peer to peer fundraising incentives
- 2019 Commemorative 2019 bandana

Register TODAY!
Visit 13thirty.org
click on Bandana Bolt 5K

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Make the Difference - Donate Today!

I am proud to donate.

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

\$100 \$75 \$50 \$25 Other _____

in honor of in memory of _____

Name: _____

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**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**

Please make your check payable to:

13thirty Cancer Connect
1000 Elmwood Avenue, Rochester NY 14620
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Donate online at: 13thirty.org/donate

YOUR SUPPORT WILL MATTER!