

Journeys - 2020

19th Annual Celebration of Living



insights

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

Journeys 2020 was a virtual success with voices raised in unison - remotely!

Planning for Journeys usually begins right after the last event ends. Many of the logistical decisions come first. Confirming the date and venue, arranging for a caterer, enlisting volunteers, agreeing on a theme, designing invitations, etc.

Then comes the most important piece - planning the performance by our 13thirty Cancer Connect members, always the highlight of the evening.

This process usually starts with a nugget of an idea derived from the overall theme which gets hashed out at the annual 13thirty picnic with our teens and young adults. Bit by bit, after hours of planning and rehearsals, a final performance is

crafted which never fails to amaze our guests. This year, however, everything was different.

"Given projections about the spread of COVID-19, we decided in early June that Journeys would have to be virtual," said Lauren, our Executive Director.

Planning for a virtual event of this magnitude, however, presented many challenges, not the least of which was that 13thirty staff was working at reduced hours due to the pandemic.

Thankfully, our team, as always, was prepared to do whatever had to be done and got right to it!

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SAVE THE DATES

Bandana Bolt 5K

ROC - June 5-6, 2021
SYR - Oct. 3-4, 2021



Teens and Young Adults
Get it Together!



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Thank You to Our Sponsors



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,

This sure has been a difficult year, hasn't it? We kicked off 2020 and our 20th year of making a difference with great fanfare in January. Oh, the celebrations we planned! And then, well, we all know what happened then.

To keep everyone safe, all in-person programs and events were canceled, 13thirty staff worked remotely from home, and priorities shifted while new plans were made. Our team adeptly pivoted to virtual programs for AYAs as well as parents, and reimagined our two signature fundraising events – the Bandana Bolt 5K and Journeys, the Annual Celebration of Living. You can read more about these creative efforts in this issue.

While many things, however, have changed during this national crisis, one critical thing has not. Our teens and young adults are still getting sick and still need our help. And we still need yours. Today, more fervently than ever, I am asking you to consider a generous year-end gift to help offset the losses of this year and help us begin the New Year with renewed hope and financial security.

Let me give you a brief glimpse as to how the COVID-19 pandemic has impacted us this year. Total 2020 revenue is projected to be approximately 35% less than last year due to several factors: cancelation of many fundraising events, reduced personal contributions, and re-direction of grant funding to pandemic related causes. Expenses, on the other hand, have not decreased. Fixed costs like rent, utilities, and insurance rise incrementally each year, regardless of the current crisis.

I am extremely proud of the 13thirty Cancer Connect team and their commitment to devising innovative ways to stay connected to our members. Our priority in 2021 will be to expand our use of technology to broaden our outreach to even more adolescents and young adults with cancer around the globe. With your help, we will be able to help our members continue making new memories in new ways. Here's to a Healthy New Year!

With deep thanks, as always,

Lauren



Making New Memories...

"I am so thankful for 13thirty! They were very helpful when I was diagnosed, being the first place I had met people around my age with cancer, who could relate. It's nice to participate in events, and have people who acknowledge the struggle without even saying anything!"
- Kara, 19, Osteosarcoma

"13thirty has been an amazing resource for Kara. 13thirty was the first place that Kara met other young adults facing cancer. Watching her do a virtual cooking class for the first time with her new friends was one of the first times that I saw her laugh after diagnosis. She was embraced (virtually) by others who understood what it felt like to be in her shoes. It was something that I, as her mom, couldn't give her."
- Lisa, 13thirty Parent

COMMUNITY HEROES SUPPORT AYAs WITH CANCER

Law Enforcement "Grow Beards for Bucks"



ROCHESTER
LOCUST CLUB

Ten local law enforcement agencies supported 13thirty Cancer Connect in November by growing - and then shaving - their beards. This is the 4th year in Rochester and 2nd in Syracuse!



said Monroe County Sheriff, Todd Baxter.

As a survivor himself, Sheriff Baxter knows the importance of a support network and enthusiastically agreed to participate again this year.



MONROE COUNTY
SHERIFF



SYRACUSE

Beards for Bucks, a spin-off of the Go in' Bald for Bucks program, is an important fundraiser done in partnership with Roswell Park Cancer Institute.



We are very grateful to all the officers and deputies for all they do to keep our community safe, especially during this difficult time.



IRONDEQUOIT

"We are proud to support the work of 13thirty Cancer Connect,"

We Support the Blue!



FAIRPORT



E. ROCHESTER



ONTARIO SHERIFF



GREECE



BRIGHTON



WEBSTER

Rochester Firefighters Are Looking Good!

We are very grateful to the Rochester Fire Department for directing proceeds from their 2021 Calendar to 13thirty.

This wonderful effort will certainly help offset some of the challenges we've faced this year due to the COVID 19 crisis.

Firefighter Jim Blaesi from Truck 6 had a personal reason for suggesting us as the charity partner this year.

"A resource like 13thirty was not available when I was going through it," said Jim.



2021 CALENDAR

Calendars are available for purchase on the 13thirty website (13thirty.org) or by calling the Rochester Center (585-563-6221).

For a small shipping fee, we will be happy to mail it to you.

With your purchase, you will be supporting 13thirty Cancer Connect and also showing your appreciation to our brave firefighters who, each day, risk their lives for all of us.

Everyone needs a calendar, don't you think?

Cheers to the Rochester Fire Department and to a safe and healthy 2021!

SNAPSHOTS!

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

1. 1st Syracuse Bandana Bolt

We held our first-ever Bandana Bolt 5K in Syracuse. Although virtual, we still had so much fun and appreciated all the support!

2. Cheers to 20 years!

13thirty Champions celebrated our 20 years of making a difference at home with close friends and family while watching Journeys 2020!

3. Journeys 2020 Kick-Off

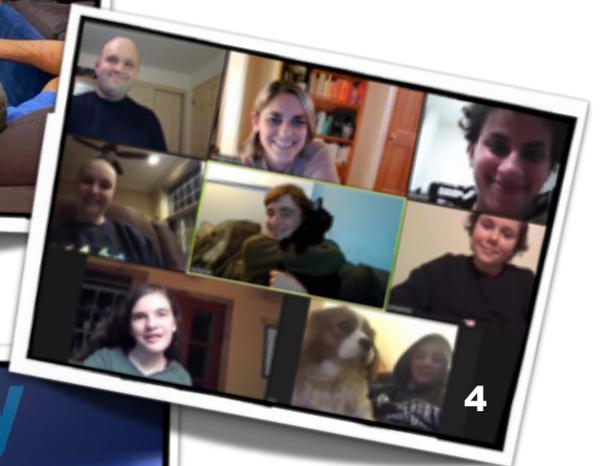
The 19th Annual Celebration of Living began with awesome pre-event music from Head to the Roots, led by musician and 13thirty Champion, Anthony Siciliano.

4. Virtual Friendsgiving

We held our annual Friendsgiving program with both Syracuse and Rochester members. We had a wonderful time talking about traditions and connecting over some great food!

5. New Connections in Syracuse

13thirty Syracuse launched its own Associate Board of young professionals!





6. Support from CNY Crafters
316 Creative Living held their craft and vendor show benefiting 13thirty Cancer Connect. We are so appreciative of their support!

7. Honoring AYAs at Home
Special Journeys traditions, like the candle lighting ceremony, continued at home as 13thirty Champions lit their own candles to honor our friends who are always in our hearts.

8. Our Bookshelves are Stocked
The Syracuse Center received a generous donation of new books for our AYAs! Thank you, Terri!

9. Innovative Ways to Bid
For the first time, we tried an online auction for Journeys 2020! We hope you enjoyed the anticipation and excitement of this week-long format!

10. Cycling for a Cause
Many thanks to Roc & Soul Fitness for donating a portion of proceeds from drop-in and bundle sales in September to support our mission!

Enjoy the
Winter!



Journeys - cont. from page 1

The theme of this year's Journeys was the easy part. We had long ago decided to give our guests a look at all the memories created over the past 20 years. Of course, the original plan was to walk down memory lane in person, but that obviously couldn't happen this year.

Instead, we created a plan to capture the magic of Journeys in other ways. Our "Sips & Starters for Six" allowed supporters to safely share the evening with a small group of friends and family at home.



Delicious appetizers from Chef's Catering packaged in thermal bags donated by Wegmans, two bottles of wine donated by Eastway Liquor, and an engraved vase and candles completed the package.



While not the same as sharing a meal together, we were happy to see so many take advantage of this offer. Throughout the night, we enjoyed receiving photos of friends celebrating in the comfort and safety of their homes.



Many conducted their own candle lighting ceremony, a Journeys tradition, remembering all our friends no longer with us on Earth, while 13thirty member Zuriel Patterson played the harp in our candlelit program room.



Also, as is tradition, two special awards were presented. Our *Corporate Salute* was given to Blaesie's Automotive for their 20 years of support. Owner Jim Blaesie, is also a member of the Rochester Fire Dept. (see page 3).

The *Make a Difference Award* was given to a very special person this year. Doug Spiker, Lauren's husband, deserves this award everyday but this, our 20th year, seemed the perfect time to honor him.

The best part of the night was last! As always, our 13thirty members closed the night with an incredible vocal rendition of the Maroon 5 song, *Memories*. All done remotely with the help of Jon Madden, musical arranger, and Matt Sengbusch, video engineer (and Melissa's youngest brother), it was a performance worthy of watching over and over.

If you missed this special night, you can still watch it on our website (13thirty.org). Thanks to all who supported Journeys virtually this year. We hope to see you next year in person!

Refocus the Lens

This fall, 13thirty Cancer Connect - Syracuse launched a new expressive arts series, *Refocus the Lens*.

Over three months, members met via Zoom to share photos that reflected their diagnosis, treatment, and current place in their unique cancer journeys.

Refocus the Lens served as an introduction to 13thirty programs for some of Syracuse's newest members. They were able to connect with other AYAs who 'get it,' even if only meeting virtually for now.

Members discussed what their treatment was like and bonded

over common feelings like how friendships and family relationships had changed.

Sharing personal photos with each other helped our AYAs reflect on their journeys and how cancer has changed their lives and future plans.



For Erma, 17, the hospital became her new home for several months.



Diagnosed at 19, Riley felt shattered by cancer.



Kara, 19, hopes to dance again after her leg amputation.

While recognizing their unique challenges, they also reflected on how their perceptions of themselves and life itself have been altered.

Our AYAs are excited to connect again for our next expressive arts series, *Sound Waves*, using songs to represent relationships with family, friends, and medical teams.



A new initiative to support cancer patients and caregivers in the Central New York Region.

What is the CNY Cancer Alliance?

The Central New York Cancer Alliance is an effort by cancer support agencies serving the Central New York region to centralize available resources in order to increase access, improve education, and advocate for greater communication and support for those affected by cancer.

How did the Alliance get started?

13thirty cancer connect When 13thirty Cancer Connect opened its Syracuse Center, it saw an opportunity to centralize support for the CNY cancer community and reached out to several other cancer support agencies with the idea. Agreement to embark on a collective effort was gained and the CNY Cancer Alliance was born.

What other organizations are part of the Alliance?



Camp Good Days & Special Times provides services for children with cancer, children who have or lost a parent or sibling with cancer, as well as adults who have or have had cancer.



CancerConnects facilitates the cancer journey for patients throughout CNY by providing informational and emotional support services, as well as connections to community resources.



CNY Ronald McDonald House creates, identifies, and supports programs that directly improve the health and well being of children and families in CNY and Northern PA.



Hope for Heather honors the memory of Heather Weeks, an advocate for ovarian cancer. They raise funds for ovarian cancer research, education, and community support.



On My Team 16 strives to ensure no child feels alone in the fight against cancer. They provide support by raising money through athletics, so every child knows they are part of a team.



Upstate Cancer Center is the region's most comprehensive resource for cancer care and offers the most advanced outpatient treatment, clinical research and support services.



YMCA - CNY offers cancer survivors an opportunity to regain health and quality of life through survivor programs like LIVESTRONG at the YMCA and Laurie's Hope.

If you know someone in the CNY region who needs cancer support, please reach out to Alliance members!

THANK YOU TO OUR 2020 CORPORATE SPONSORS & FUNDERS!

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Great Gifts that Give Back!



Scan to give!

Big Bopper



Proceeds benefit 13thirty Cancer Connect
13thirty member and AYA cancer survivor, Mark, is sharing his dad's famous meat hot sauce mix!
Mix for 2lbs. meat - \$5
Mix for 5 lbs. meat - \$10

amazon smile



Select 13thirty Cancer Connect and 0.5% of eligible purchases will be donated back!

2021 RFD Calendar



The 2021 Rochester Fire Department Calendar is benefitting 13thirty Cancer Connect!
\$20 (+ shipping)

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 _____

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Address: _____

City: _____ State _____ Zip _____

Phone: _____

Email: _____

Please make your check payable to:

13thirty Cancer Connect
1000 Elmwood Avenue, Rochester NY 14620

or

Donate online at: 13thirty.org/donate

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