Despite cancer, our teens and young adults find the strength to live well.

“Having ovarian cancer at age 20 was life changing. As much as I smiled and tried to pretend I was OK, I didn’t feel myself anymore. I was nervous and resisted at first, but joining 13thirty and participating in their fitness programs helped me find myself and feel able again.”

Michelle Hopkins, known as Meesh to her friends, tells a story common to over 80,000 teens and young adults diagnosed with cancer in the United States each year. Life is interrupted just as it’s beginning to make sense.

13thirty Cancer Connect, originally named Melissa’s Living Legacy Teen Cancer Foundation, has always had a clear mission - to help teens and young adults with cancer live their very best lives!

Everything we do at 13thirty is designed with that mission in mind. Our goal is to help our “kids” achieve what the World Health Organization defines as wellness:

“A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

While we can not cure their cancer, we can help them live well. We provide the tools to develop a wellness mindset, “a conscious, self-directed and evolving process”, per the National Wellness Institute.

— cont. on page 6
Hello Friends,

In each newsletter, I try to share a bit of perspective on how our young people deal with cancer. My thoughts usually relate to that issue’s theme but today, I see a broader connection. As I write to you, communities across our country are reeling in the aftermath of yet another mass shooting. “How could this have happened?” we ask. “Not again,” we cry in disbelief. “Vote for me. I have a plan,” say the politicians.

The problems fueling the insanity are complex and long-standing, with no easy answers or quick fixes, not unlike cancer. However, I do have a thought based on something I’ve observed over the years. I often wonder how some people can suffer life’s most painful assaults and still carry on - head high, shoulders strong, vision clear. How some not only keep going but forge forward with such passionate optimism that you can’t help but be inspired to live better yourself.

I think the answer is resilience, a quality I recently saw defined as the “capacity to absorb energy from disruption.” Rather than resist a challenge, resilient people absorb the punch and use its energy to create an impactful counter force. Akido, a Japanese martial art, is based on a similar concept. Practitioners use their attackers’ own energy against them as a means of self-defense.

Our teens and young adults are among the most resilient people I know. They transform life’s challenges into opportunities, epitomizing the words of poet Maya Angelou.

“I can be changed by what happens to me but I refuse to be reduced by it.”

The world can be harsh and scary. Whether by disease or hatred, dreams are often shattered with nothing but the pieces to pick up. Imagine if we could work together to turn the negative energy in our lives into a force for good. Wouldn’t that be great?

With hope that goodness always prevails,
Lauren
Did you know that melanoma, a form of skin cancer, is one of the deadliest forms of cancer for young adults ages 25-29, and the second most common form of cancer for young people 15-29 years old?

With summer finally here, we put together some tips for outdoor sun safety to keep you and your family as protected as possible while still enjoying “fun in the sun!”

**Cover Up** – When out in the sun, make sure to cover up as much as possible by wearing light clothing, sunglasses and a wide brimmed hat. These items can often help more than sunscreen by minimizing the sun’s ability to expose your skin to UVA and UVB rays.

**Avoid the sun at the brightest times 10:00 AM – 4:00 PM** – It’s a known fact that the sun is the strongest at this point in the day, so use your time wisely and minimize your body’s sun exposure during these peak times.

**Apply sunscreen early and often** – Make sure to use a broad-spectrum sunscreen with SPF of at least 30. Make sure to reapply every 2 hours, as well as after swimming or sweating.

Because melanoma often develops on your skin where it can be seen, it’s important to regularly examine yourself for any new or unusual growths or changes in existing moles.

**ABCD’s of MELANOMA**

- **A**symmetry: a mole with an irregular shape
- **B**order: a mole with irregular edges
- **C**olor: a mole with uneven color
- **D**iameter: a mole larger than a pencil eraser

**Find a place out of the sun** – Sometimes, it’s hard to find shade when you’re at the park or beach, so make your own! Bringing an umbrella gives you the coverage you need so you can still participate in your favorite activities.

**Don’t try to get a tan** – We all want that “healthy” summer glow, but unfortunately that glow is harmful to your skin. Over exposure to the sun’s UVA and UVB rays damages your skin cells’ DNA. When this continues, skin cells may divide and cause cancerous growth.

**Do skin exams** – It is important to routinely check your skin every month for new or evolving moles or freckles. Keep tabs on your skin! It’s important to note changes and see a doctor immediately if something changes or does not appear normal.

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Ten friends, including our own Josh Symer, shaved their beards (and a few heads!) to support teen and young adult programs at 13thirty!

Pictured below from left to right:

Kevin Cornelia, Taste Buds Cafe
John Nichols, Board member
Charlie Cote, Board president

LOOKING GREAT, GENTLEMEN!

Thanks to all who came out to support this great event. Special kudos to Lovin’ Cup Bisto and Brews for being wonderful hosts, Dangerbyrd for an amazing acoustic set, Charlie Cote for some heartfelt poetry, and Carter and Corey from 98PXY for keeping things lively!

GREAT JOB EVERYONE!
1. And They’re Off!
The 13thirty Fit! team led the pack at the 4th Annual Bandana Bolt, part of the Kick Cancer 15K Race Series! Everyone worked hard to achieve their fitness goals!

2. Bianca’s DC Crew
Our friend Bianca Cutler, a nurse at Georgetown Univ. Hospital in Washington, DC, rounded up some friends and ran the Bandana Bolt remotely! They even raised $230 for the event!

3. Color Run 2016
It’s a good thing Lauren wore old clothes because Emily, Josh, and Meesh were eager to share their colorful mess with her! Thanks to everyone at The Color Run for their continued support!

4. Art Night at TLC Buffalo
TLC Buffalo, a program of 13thirty Cancer Connect in partnership with Roswell Park Cancer Institute, created button art at Makers Workshop in Buffalo! Very cool, TLC’ers!

5. Wayne Goes Bald for Bucks
Wayne Central School District went Bald for Bucks and raised over $10,000 for patient care programs and cancer research. This amazing, high energy event made them our highest fundraising school in 2016!
6. Potluck Time!
After our final workout, all 13thirty Fit! participants brought healthy and tasty dishes to share. Nearly every personal goal was not only met, but beaten! We’ll be continuing with monthly fitness classes, so be sure to come join us!

7. Ready to Hit the Greens!
For the 6th year, Jen and Mike Zaffuts hosted the annual Flower City Invitational at Webster East Golf Course to support 13thirty. Thanks for being such generous, kind friends!

8. CNB helps 13thirty!
Sharon Garofanello, Branch Manager at Canandaigua National Bank, visited with a check to support our programs for teens and young adults! Thanks for being such a true community partner!

9. Shuffling Off to Buffalo!
Josh helps Nigel with his bowtie as he gets ready for the Moonlight Masquerade Prom in Buffalo. Looking very handsome, Nigel!

10. It’s Prom Season
Teens from 13thirty ROC and TLC BUF danced the night away and created memories for a lifetime. Great job, Kelly Callahan, TLC BUF Program Coordinator!

Enjoy Your Summer!
Wellness - cont. from page 1

Because debilitating isolation is one of the most difficult challenges facing our teens and young adults, all our programs are built on a peer support framework. Having a new peer community for support fosters a sense of social wellbeing.

Over the years, we’ve seen friendships, borne of shared experience, ignite new self-confidence and help to rebuild shattered self-esteem. Magic happens when our teens and young adults come together.

“I don’t know where I would be today,” says survivor Brittany Arnold, “if it weren’t for all the friends I’ve made at 13thirty.”

From the very beginning, we recognized a need for our young people to stay as physically active as possible. Lauren Spiker, our Executive Director, recalls that Melissa requested an exercise bike in her hospital room, even during her bone marrow transplant.

“Not only that, she made me go to the YMCA with her as soon as her first rounds of chemo were done. She out-lapped me in the pool every time,” Lauren laughs.

Recently, we received a substantial grant from Excellus Blue Cross Blue Shield, one of our longest standing corporate champions, to expand our programs.

Jim Redmond, Vice-President of Communications and Community Investment, sums it up. “13thirty Cancer Connect delivers effective, hands-on programming...that helps young people feel better and get on with the rest of their lives.”

Living life well - that’s the goal and together we’re doing it!

Our focus on fitness started as a small activity in 2012 which grew to become 13thirty Fit!, an eight week program held here in Rochester and at our expansion site in Buffalo. It is also the basis of an on-going research study at the Cancer Center of New Jersey under the direction of Dr. Katie Devine, formerly from the University of Rochester.

The program helps participants develop new healthy habits for long-term good health. All it takes is a little time, determination and simple equipment. We use empty milk jugs filled with water as weights!

Today, our wellness programs include not only several fitness classes but also sessions in nutrition, yoga, stress management and the expressive arts. Parents and friends also participate.

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Steve Martin and Canandaigua National Bank (CNB) have been supporters of Melissa’s Living Legacy and 13thirty Cancer Connect for over 10 years. We sat down to talk with Steve after CNB’s most generous gift to date.

Q: Why were you driven to help Melissa’s Living Legacy Teen Cancer Foundation in the beginning?

We had the opportunity to meet and chat with Lauren. Melissa’s story touched us deeply. We were struck by Lauren’s ability to take such a nightmare and turn it into something so impactful. As parents ourselves, we couldn’t imagine this type of challenge.

One of our roles at CNB is to educate ourselves on the 900+ requests we annually receive. We were quite taken by Lauren’s passion and love for her daughter. We saw a wonderful opportunity to provide stewardship, philanthropy, and support.

Q: As an early supporter, you’ve seen the organization grow over the years. To what do you account their success?

“I would encourage anyone facing cancer or considering supporting 13thirty to make a personal visit. It is well worth the time.”

It is meaningful work that goes beyond a mission and vision. CNB is drawn to what is different and unique. The 13thirty Cancer Connect organization does just that. Their growth is directly tied to an essential need that is not currently being filled in our community.

Q: What impact do you hope to see from CNB’s recent gift?

We play a small role and are happy to do it. CNB is the lever and conduit through which 13thirty’s important work can continue. Supporting this mission gives us great satisfaction and confidence that 13thirty will put these dollars to good use while improving the lives of teens and young adults dealing with cancer.

Q: Why is 13thirty so important to our community?

13thirty is positively impacting young people’s lives as well as their respective “support circles.” How fortunate we are to have 13thirty in our community! Their influential work changes lives.

Thanks, Steve and CNB for your continued support!

13thirty On The Road - Expanding Our Reach Nationwide!

- Rochester, NY - national headquarters
- Buffalo, NY - Teens Living with Cancer, in partnership with Roswell Park Cancer Inst.
- Chicago, IL - Critical Mass Conf. 13thirty is a charter member of the AYA Alliance
- Ft. Worth, TX - 13thirty represented at the Ft. Worth AYA Conference
- Denver, CO - 13thirty represented at CancerCon, national AYA conference
- New York, NY - 2016 Bandana designed by NYC artist - Thanks, Mark!

In the past year, we have traveled across the country advocating for teens and young adults with cancer. Our next site is on the horizon. Stay tuned!

- Washington, DC - Bandana Bolt 5K remote race - Thanks, Bianca & Friends!
- San Francisco, CA - new website developed and launched - Thanks, Matt!
- Atlanta, GA - Influence Health offers targeted marketing support - Thanks, Michael!
- Scranton, PA - Marywood Univ. goes Bald for Bucks - Thanks, Jenna!
- Myrtle Beach, SC - Josh’s vacation (because he wanted to add it!)
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 ______

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

Name: ____________________________
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!