The moment you step through the white lattice arch, everything changes. A normal neighborhood teeming with activity - kids playing, dogs barking - is left behind when you cross the arbor and enter Melissa’s garden, a place that feels like a holy sanctuary.

Your senses are overwhelmed – sweet fragrance, vibrant color, birds and frogs singing in the chorus of a summer evening. A palpable feeling of love embraces you.

Filling Lauren and Doug Spiker’s back and side yards, this was the setting for our inaugural celebration of Melissa’s Legacy Circle; special donors who generously donated $500 or more in 2016.

When we changed our name from Melissa’s Living Legacy Teen Cancer Foundation to 13thirty Cancer Connect in 2015, one important thing didn’t change. Melissa’s last request of her mom - to make a difference, to make things better - will always remain our mandate.

So, to keep Melissa’s name prominent in a meaningful way, Josh Symer, our Philanthropy Coordinator, created Melissa’s Legacy Circle to recognize those supporters who were doing exactly as Melissa asked - making a big difference for 13thirty.

Melissa’s garden was the perfect place to say “Thank You” to our special friends as this is where Melissa wanted to be remembered. Jeff Carlton, a Legacy Circle honoree, was touched by the evening.

“Melissa may have been the strongest person I never had the chance to meet.”
A Message from
Lauren Spiker
Founder and Executive Director

Hello Friends,

As you know, our original name was Melissa’s Living Legacy Teen Cancer Foundation, a name chosen with deliberate intent. I wanted our name to honor Melissa and reflect how she had lived her life. For Melissa, each day was a new opportunity to be creative, to learn, to seek and find purpose in life. Even as cancer stole her life, it could not steal her spirit. This was her living legacy.

Two years ago when we expanded our mission to include young adults with cancer as well as teens, it was necessary to change our name. It was difficult to remove Melissa’s name from our letterhead and logo but it was the right thing at the right time. Our new name, 13thirty Cancer Connect, fits us like a glove and perfectly reflects what we do - connect teens and young adults with cancer between the ages of 13-30.

Melissa, however, remains the inspiration behind our work, her legacy our foundation. We are very proud of all that’s been accomplished in Melissa’s name and are grateful to all who have helped us keep Melissa’s spirit alive and vibrant. To continue growing, we have established Melissa’s Legacy Circle to thank special friends able to annually donate $500 or more. As you’ll read in this issue, the inaugural gathering of Melissa’s Legacy Circle was held earlier this summer at a beautiful get-together in Melissa’s garden.

I think we all have a desire to leave our mark. To contribute to the greater good and leave something of ourselves that will continue to benefit humankind after we’re gone. Andy Warhol said it well: “The idea is not to live forever but to create something that will.”

Please consider becoming part of Melissa’s Legacy Circle. Your gift will be one that keeps on giving as we help teens and young adults with cancer live their very best lives. With your help, Melissa’s legacy will continue to inspire. What will be yours?

With deep thanks as always,
Lauren

Whatever good things we build, end up building us.
~Jim Rohn

Save the Date!

Nov. 4th, 6 pm, Temple B’rith Kodesh
Special Performance: The Bridges of 13thirty with Airigami
Purchase tickets today at roc.13thirty.org
Getting STRONG Together!
13thirty Fit - Parents

Just breathe! Sounds easy, right? Breathing isn’t something we think about. We just do it naturally, but this simple, reflexive function isn’t always easy when your child has cancer.

In fact, there are moments when you feel as though you literally can’t breathe for worrying about your child.

Caring for a sick child is a 24/7 job with little time left for self-care. That’s where 13thirty Fit - Parents comes in!

Thanks to grants from the Greater Rochester Health Foundation and Excellus Blue Cross Blue Shield, parents from 13thirty Cancer Connect and CURE Childhood Cancer Foundation are making time for themselves.

Beginning in July, gentle yoga is offered monthly with instructor, Jen Zaffuts. With a focus on breathing and calming mindfulness, our parents enjoy a brief respite from the stress of caregiving.

Also available, by appointment, is free massage with Emily Shortt, LMT, who transforms our parents’ room into a peaceful haven of relaxation with candlelight, soft music and individualized care.

Yoga and massage complement the physical fitness component of 13thirty Fit. After the first 8-week program led by fitness coach and physical therapist, Brianne Young, all participants showed improvement in general functional fitness ranging from 10% - 26%.

As one participant raved, “I loved the fun, non-competitive spirit with a variety of easy exercises to do at home.”

In addition to becoming more physically fit and better able to manage their stress, parents appreciate the nutrition tips offered by our holistic health coach, Sabrina Gauer.

Summing up the program, one mom captured it all. “Simple recipes we could make at home, realistic goal-setting and improved healthy habits!” Mission accomplished!

To join us, contact Steve at stephen@13thirty.org or (585) 563-6221

Support Journeys!
Donate a Raffle Basket, Bottle of Wine or Auction Item!

If you are a parent of a child with cancer or a blood disorder, JOIN US!

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Contact Josh Symer for more details! joshua@13thirty.org, (585) 563-6221
1. 2017 Bandana Bolt
   Some of our 13thirty crew gathered at the Seneca Park starting line. We had our best turnout to date and the weather was beautiful. Thank you to all of our sponsors and runners!

2. Painting in the Garden
   A few of our 13thirty moms gathered at Lauren’s home and spent the evening together in the garden with paintbrushes and conversation. Check out those gorgeous masterpieces!

3. Annual Family Picnic
   Quin & Jeremy hug it out at our annual family picnic. Another example of the forever friendships created here at 13thirty through shared experiences and support!

4. Parent Cooking Night
   13thirty moms (and Steve!) gathered to cook meals for families at the Ronald McDonald House. Bon Appetite!

5. It’s Hot in the Kitchen
   Oops! Devon brought out the fire and police departments when she accidentally set off the smoke detectors during our Cooking Night! All were good sports and we got some great photos!
6. Butterfly Medals
13thirty’s teens and young adults again created beautiful butterfly medals for the Bandana Bolt winners. Thanks to Aubrey Donovan for the inspiration!

7. Scholarship Recipient
Congratulations to Taylor Mateo for receiving our 2017 “Brittany Arnold Spirit of Life Award!” This $2,000 scholarship, with deep thanks to Jeff Carlton, will really help Taylor at SUNY Albany School of Pharmacy and Health Sciences.

8. Fairport Music Fest 2017
13thirty young adult survivor Paige, and her husband, Bill, manned our booth at the Fairport Music Fest!

9. Survivors Night at the Ballpark
We enjoyed gathering together to catch a Rochester Red Wings game and celebrate survivorship at the annual Wilmot Survivors Night at Frontier Field!

10. Training Simulator with the RPD
Our 13thirty teens and young adults experienced an awesome firsthand training simulation with the Rochester Police Department! Special thanks to Captain Tony McMullen and the officers at the Monroe County Public Training Facility!

Happy Autumn!
The evening was perfect with the sun setting on the garden which was in full bloom. Our guests enjoyed delicious food donated and served by Creative Caterers, while our great volunteers (Emily and Giana) served drinks with a relaxing, mood-setting playlist in the background.

Mike and Carol Simoni, Legacy honorees, were not only anxious to view Melissa’s garden but to “meet like-minded folks.” Many new friendships were made that evening in the spirit of helping teens and young adults with cancer.

After food and drinks, Lauren capped off the evening with a heart-warming yet whimsical poem in which she personally thanked everyone who had enjoyed the evening with us.

In the 17 years since promising Melissa she would do something to “make things better,” Lauren has forged deep bonds with our generous friends, many of whom have supported us since the beginning.

Looking back on the evening, we hope that more friends will be inspired to join Melissa’s Legacy Circle. The sun may not always be shining or the birds singing as this year, but you will always feel Melissa’s spirit when you enter her garden.

We hope that you, too, will answer Melissa’s challenge and do something to “make a difference, to make things better.”

There are many ways to become part of Melissa’s Legacy Circle.

- Donate on ROC the Day - Nov. 28
- Direct your United Way pledge to 13thirty - #2383
- Buy a table for 8 at Journeys - $520
- Bring a friend to Journeys ($75/person) and sponsor a family ($225)
- Honor a special person in your life with a gift to 13thirty
- Contribute to our year-end appeal

Contact Josh for information about joining Melissa’s Legacy Circle.
(585) 563-6221, joshua@13thirty.org

Staying Healthy with Sabrina - Fuel Up with Protein!

School is back in session and with busy fall schedules, it’s easy to overlook health and wellness. Here’s a quick, on-the-go recipe to stay fueled all day!

- Combine all ingredients into a large bowl. Cover and chill for 30 minutes to an hour.
- Roll balls into your preferred size. If mixture is too sticky, keep a bowl of water nearby to keep dipping your hands into. Wet palms make rolling easier!
- Store in airtight container. Keeps best in the fridge, but they’re so delicious, you might not have any leftovers!

Protein Power Balls

- 1/3 cup of honey (local is best!)
- 1/2 cup of nut butter of choice (try mixing almond & cashew butters)
- 1 cup of dry old-fashioned oats
- 2/3 cup chocolate chips
- 1 tsp pure vanilla extract (organic if possible)
- 1 tbsp chia seeds
- 2/3 cup coconut flakes, toasted (optional)
- 1 tbsp maca powder (optional)
- 1/2 cup flaxseed, ground
**Spotlight On**

Patrice Walsh
Freelance Reporter/Producer and Communications Consultant

Patrice Walsh is helping with an exciting new project. We caught up with Patrice in between interviews to learn more about herself.

**Tell us a bit about you!**
I landed my dream job after college becoming a reporter for 13WHAM TV for almost 37 years. I always liked “telling stories.” Giving them life and a personal touch was very fulfilling. It was an honor to report the news in my hometown of Rochester at the station I grew up watching.

I have been married to my high school sweetheart, Frank Rinere, for 33 years and we have three beautiful children: Christopher, 31, Michael, 29, and Chelsea, 27 (she is expecting our first grandchild soon!). I took an early retirement in February 2017 but still work as a freelance reporter/producer and communication consultant for Ability Partners Inc. I love working for people that change lives.

**What brought you to 13thirty? Why do you resonate with our organization?**
I met Lauren years ago, sharing the story of her beautiful daughter Melissa. I was so touched that Lauren has dedicated her life to her daughter’s legacy and helping other young people with cancer. Her determination and courage are inspiring. I did several stories with Lauren while at 13WHAM and reached out to her when I retired. I want to continue to share the stories of these amazing, young cancer survivors.

**Tell us what you’re working on here at 13thirty!**
I am interviewing young people, their parents, siblings, and significant others about their cancer journey. This series will raise awareness of AYA cancer and topics people may not have even thought about. It will create bridges of understanding and education for those who haven’t been touched by AYA cancer, and support those who have been affected, showing them they aren’t alone.

**What is one thing you’ve learned from interviewing our teens/young adults/families?**
They are so courageous and eager to tell people you can survive cancer. I am amazed at their honesty. They are sharing difficult, emotional moments so that other teens and young adults with cancer can know they are understood and 13thirty Cancer Connect is there for them. Allowing them to be themselves and simply have a conversation has been such a rich experience.

Thank you, Patrice, for working with us! These stories will bring hope and inspiration to the AYA Cancer community.

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**Hashtags**
#AllAboutAYACancer

*Cue theme music.* It’s the Steve and Sabrina Show!

No. Not really. But our Program Coordinator, Steve Esposito, and our Communications Coordinator, Sabrina Gauer, are hosting our brand new video podcast series, Hashtags. The focus is on adolescents and young adults (AYAs) sharing their stories and hard-hitting topics that impact the AYA cancer community at large.

We’ve been collecting interviews over the past few months and this Fall, we’ll share these stories and experiences with cancer and survivorship beyond the walls of 13thirty Cancer Connect!

Stay tuned! “Hashtags: All About AYA Cancer” episodes will be posted twice a month on our 13thirty Youtube channel!
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 ________

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

STUDENTS, TEACHERS, FRIENDS!

Do you know somebody that has been affected by cancer? Do you want to help make a difference?

We are looking for YOU to help by Goin’ Bald for Bucks at your school!

It is an unforgettable way to show your support for 13thirty Cancer Connect as well as cancer research!

Not sure where to start? Contact Steve and he’ll get you ready to snip, clip and shave your way to a world without cancer! (stephen@13thirty.org)