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Survivor CONNECTION

*An electronic newsletter from SurvivorConnect
Division of Pediatric Hematology/Oncology*



Summer 2017 - Celebrating Survivors!

Our 5th Annual National Cancer Survivorship Day celebration at Kennywood was fantastic! Thank you to the team who worked so hard to make it happen, and thank you to all who joined us. It was a special day to celebrate, share, remember, and be together among old and new friends. Please mark your calendar for our 6th annual on **Sunday June 3rd, 2018**. We hope to see you there!



Please read on in this issue to learn more about upcoming events and also the chance to meet a new member of the Team. We remain committed to increasing awareness about Survivorship and to helping our childhood cancer survivors transition to adult care with all of the resources needed to live the healthiest, fullest life possible. It is a wonderful partnership and we could not do any of this without you! It is so important that we remain in contact. If you are moving, changing email or cell number - please provide your updated contact information so we are able to continue to share information to promote good health and to inform of events and opportunities. Send your up-to-date information to survivorconnect@gmail.com if it has changed recently. You can update your email address at the bottom of this email. Select **"edit your subscription."**

Enjoy the rest of your Summer and mark your calendar for some exciting activities in the Fall of 2018!

Dr. Tersak, Medical Director, SurvivorConnect

Welcome Rachel Young, CRNP



We are sad to announce that Amanda Moore has moved on from Survivorship Clinic to take a new position within UPMC. She will be working closer to her home, which will be a big help since she is mom to three children under the age of 4! We wish her continued success in her career!

We are delighted to welcome Rachel Young, CRNP, to our team. Rachel is not new to Children's, where she has been a part of the the Spina Bifida Clinic and working as an Administrator on Duty.

Rachel recently relocated to the Pittsburgh area from Upstate New York. A graduate of Upstate Medical University in Syracuse, New York she is trained as a Pediatric Nurse Practitioner. Her clinical experience includes pediatric primary care along with specialty care within the Cystic Fibrosis center and Spina Bifida clinic.

Her specific area of interest is on the transition of care between the pediatric and adult healthcare model specifically with youth and families with complex health care needs. She is married with 3 children and resides in the South Fayette Community. She enjoys time with her family, wellness outings, and outdoor adventures such as camping.

You will be meeting Rachel at your next clinic visit!

What's New in Research?

In our last update we provided the results from our Pitt Innovation Challenge (PInCh) project, called ***Caring for Cancer Survivors at the Virtual Bedside***. As a reminder, the goal of the project was to improve the experience of cancer survivors who transition their cancer follow-up care from oncology to primary care through the use of telemedicine. We are excited to announce that the results from this project have been accepted for publication in the *Journal of Adolescent and Young Adult Oncology*!



We are also working on a few other research projects at this time and you may hear about one or more of them at an upcoming clinic visit. Some of our current research projects include:

- Expanding upon our PInCh project to allow more survivors to participate in a transition process that involves real-time communication between the survivor, the Primary Care Provider, and the Survivorship Team using telemedicine.
- Creation of a research database to assist in understanding patterns of health and wellbeing in cancer survivors and how these may change over time.

Building Bridges: Pathways to Wellness

SurvivorConnect was pleased to host the second in a series of seminars called ***Building Bridges: Pathways to Wellness*** on Tuesday, July 19, 2017, which featured speaker, Dr. Lanie Francis, MD, a



hematologist and medical oncologist at Hillman Cancer Center.

Directed by Dr. Francis, the Wellness and Integrative Oncology Program at UPMC Hillman Cancer Center manages the mind, body, and spirit. Modalities of movement, touch, nutrition, and mindfulness are used within conventional cancer care to address and improve symptoms and quality-of-life.



SurvivorConnect, in partnership with **Lending Hearts** and the **Western Pennsylvania chapter of the Leukemia and Lymphoma Society** sponsored this informative program. Survivors, their families, current patients and staff were invited to hear the presentation and enjoy lunch.

The next **Building Bridges** event will be held on **Tuesday, November 7 from 9 - 3** in the 6th Floor Atrium at Children's Hospital. It will be a Wellness Fair, but in addition to traditional providers, there will be providers

who offer services for mind, body and spirit as well. We hope that you will join us! Look for your invitations in the mail and email in October!

Kennywood Picnic - Celebrating National Cancer Survivor Day!



On **Sunday, June 4, 2017**, almost 500 survivors and their families and friends joined SurvivorConnect at Kennywood for our 5th annual celebration of Survivorship. The day included free

admission, thanks to Kennywood Charitable Trust, for each survivor and a guest. Remaining family members could purchase discounted tickets and all were treated to a nacho bar, free drinks, cake and ice cream. Giggles the Clown, face painting and tattos, coloring and bubbles rounded out the day. Great fun was had by all and we are already looking forward to next year's event on Sunday, June 3, 2018! See you at the park!



Mark Your Calendars - We are having a fundraiser!

On **Tuesday, September 19, at 7 pm**, SurvivorConnect will be hosting a fundraiser at **Mad Mex Lakeside** (In Peters Township, south of Pittsburgh). Mad Mex, part of Big Burrito Group, has generously chosen us as the recipient of one of these fundraising dinners. For the cost of a \$35 ticket, supporters will be served a fajita buffet (includes chips and salsa, Casa Salad, Wings, and a selection of entrees), plus one 16oz Dos Equis draft or a 16oz House Margarita per person (must be 21 or older), soft drinks, and a dessert table. We will also have raffle baskets!



More details will be coming soon but we want you and ALL YOUR FRIENDS, FAMILY and SUPPORTERS to come and celebrate SurvivorConnect with us! This is YOUR chance to support this program which is dedicated to providing our survivors with education, events and support!

Building Bridges: Wellness Fair - November 7, 2017



We will be mailing and emailing a separate invitation in October but now is the time to plan to join us for our first, ever Wellness Fair. Open to anyone in the hospital, come and spend the day learning about providers of Wellness services such as yoga, meditation and aromatherapy.

The **Building Bridges: Wellness Fair** provides the opportunity for patients, caregivers, and staff to connect with wellness providers from the Pittsburgh region. Providers are available to offer demonstrations and answer specific

questions. We will be hosting this event in partnership with Lending Hearts. **Save the date for the 2017 Wellness Fair!**

Date: Tuesday, November 7, 2017

Time: 10 am - 3 pm

Location: 6th Floor Atrium, Children's Hospital of Pittsburgh of UPMC

One Children's Hospital Drive
4401 Penn Avenue
Pittsburgh, PA 15224

Do you want to share your story?



Each of you has a very unique and inspiring story to tell. While the details of each story are different, you all share the experience of having survived pediatric cancer! And that is no small feat! Your stories reflect courage, strength and wisdom beyond your years. And as we read in the amazing stories this month, sharing your journey may just be the inspiration that another survivor needs to hear.

Please consider sharing your story. Contact Noelle at noelle.conover@chp.edu. We hope to hear from you!

Join our Facebook group!

Join our closed and private SurvivorConnect Facebook Group! Send an email to survivorconnect@gmail.com and we will send you an invitation to join! Over 65 survivors have already joined!



SurvivorConnect is supported through a generous donation from the [Mario Lemieux Foundation](#).



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www.chp.edu/survivorship

Survivorship Clinic of the Division of
Hematology/Oncology at
Children's Hospital of
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