

Newsletter – Spring 2016

Spring is here! Lending Hearts had a wonderful winter, but we couldn't be more excited to have spring back.

January was an astounding month with the production of *Unseen*. Under the direction of **Maria Caruso** and the professional dancers of **Bodiography Contemporary Ballet Company**, ten of our Lending Hearts Friends took to the **Byham Theater** stage on Friday and Saturday, January 15th and 16th. They bravely told their personal journeys of life with cancer and the creation of Lending Hearts through dance. We are honored to have had this very special opportunity to share and raise awareness. Additional photos and a documentary of this performance can be found on our website and Flickr pages.



In January, we also started our own art therapy program, **Lending Hearts Art Expression**. This fun-filled activity typically takes place the first Saturday of each month at **Allegheny Health Network's Wexford Health+Wellness Pavilion**. We are thankful to AHN for providing us with the tremendous space for this activity as well to the leadership of our **art therapists, Gabriela Schmulevich and Kristin Thomas**.



Also in January, we were very happy to welcome our first **Lending Hearts intern, Abbey Mahla**. Abbey is a senior at the University of Pittsburgh. For this summer, we are very excited to welcome to additional interns, **Lauri Freund and Mira Kruger**. Both students attend the University of Pittsburgh.

February is always a very special month for Lending Hearts. Making it even sweeter this year was the debut of the **Lending Hearts Shake at BRGR!** This red velvet shake with a chocolate cupcake on top was sold at BRGR in Cranberry and Mt. Lebanon locations for the entire month. We also made our February family activity a social afternoon of burgers and shakes at BRGR.



Rounding out the wonderful month of February was the **2016 Lending Hearts Gala** which was held at the Fairmont Pittsburgh. Back again this year was our dear friend and gala emcee, **KDKA-TV's Mr. Bob Pompeani**. This year we had the great privilege of honoring **Pittsburgh Councilman Corey O'Connor** with the Lending Hearts Friend Award. This year's Ambassador Award was given to **Shady Side Academy student, Knox Coulter**. Thank you to our Lending Hearts Friend, **Samantha Wilczynski**, for sharing her personal journey! We would also like to extend great thanks to our Gala Chairwomen, **Mary Jo Capozzoli, Maggie Maloney & Jessica Tonti**, for creating a beautifully successful evening! **Please save the date of Thursday, February 23, 2017 for the 2017 Lending Hearts Gala!**



In March, we had the great honor of rolling **Lending Hearts Yoga** within the inpatient oncology unit at Children's Hospital of Pittsburgh of UPMC. Our yoga program takes place the first and third Thursday of each month. It aids patients in relaxing and focusing on breathing and stretching within their own limits. We are very excited to watch this program flourish!



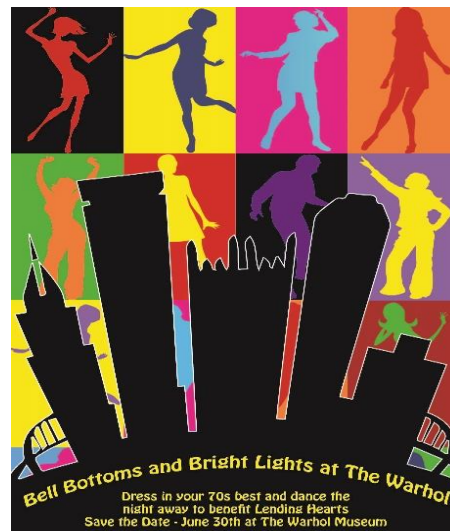
In March, we took our families to the **Carnegie Museum of Natural History**. When the museum closed, we began our program that included a scavenger hunt within the museum, tour of the Pterosaur exhibit, animal encounters with the museum's live animals and pizza party. During this month's Lending Hearts Art Expression program, we also included a Survivorship session on Stress and Family Self-Care. This discussion was led by Registered Nurse and Certified Wellness Coach, **Laura Crooks, of You Bloom Wellness**.

With all that we have done in the past few months, we are thrilled for the months ahead! Please see below all of our upcoming activities. Also, be sure to mark your calendars and join us for the following upcoming events:

Register to walk with Lending Hearts for the annual **Highmark Walk for a Healthy Community** that will take place **Saturday, May 14!** Registration is free and can be done at www.walkforahealthycommunity.org. Those who donate \$30 or more will receive a Highmark Walk t-shirt. You can register to walk as an individual or be part of or form your own team. If you are unable to attend, you may also support any walker/team or sign up as a virtual walker. This is a wonderful, family-friendly event that includes a 5K walk into the city or 1 mile fun walk.



In June, we will debut **Bell Bottoms and Bright Lights at The Warhol** presented by **The Lynches Seymour Group of Wells Fargo Advisors, LLC**. Let's flash back to the 70s with a disco dance party featuring **DJ Digital Dave**, full access to the **Andy Warhol Museum** exhibits and cash prizes for the night's best dressed! General Admission tickets are \$35, and VIP tickets are \$75. To purchase tickets, sponsorship opportunities and learn more, please go to our website, www.lendinghearts.org.



Monday, September 12th will be the second annual **Lending Hearts to Kids Golf Invitational** at the beautiful **St. Clair Country Club**. To learn more about this event, sponsorship opportunities and registering golfers, please contact Vasso Paliouras at vassop@lendinghearts.org.



Upcoming Activities & Events

Thursday, May 5 & May 19 – Lending Hearts Yoga in the inpatient oncology unit at **Children’s Hospital of UPMC**

Saturday, May 7 – Lending Hearts Art Therapy at **Allegheny Health Network’s Wexford Health + Wellness Pavilion**

Saturday, May 14 – Annual Highmark Walk for a Healthy Community at **Stage AE**

Saturday, June 4 – Lending Hearts Art Therapy at **Allegheny Health Network’s Wexford Health + Wellness Pavilion**

Thursday, June 2 & June 16 – Lending Hearts Yoga in the inpatient oncology unit at **Children’s Hospital of UPMC**

Sunday, June 5 – Pittsburgh CLO’s production of *Matilda the Musical*

Thursday, June 30 – *Bell Bottoms & Bright Lights at The Warhol* presented by *The Lynches Seymour Group of Wells Fargo Advisors, Inc*, a fundraising event for Lending Hearts

Thursday, July 7 & July 21 – Lending Hearts Yoga in the inpatient oncology unit at **Children’s Hospital of UPMC**

Saturday, July 9 – Kaps 4 Kids program at **Carnegie Science Center**

Thursday, August 4 & August 18 – Lending Hearts Yoga in the inpatient oncology unit at **Children’s Hospital of UPMC**

Friday, August 5 – Lending Hearts with the Pittsburgh Pirates at **PNC Park** for Stand Up to Cancer night

Thursday, September 1 & September 15 – Lending Hearts Yoga in the inpatient oncology unit at **Children’s Hospital of UPMC**

Saturday, September 10 – Lending Hearts Art Therapy at **Allegheny Health Network’s Wexford Health + Wellness Pavilion**

Monday, September 12 – *Lending Hearts to Kids Golf Invitational* the 2nd annual Lending Hearts golf outing at **St. Clair Country Club**. Contact vassop@lendinghearts.org for sponsorship & registration.

Sunday, September 25 – Kites Take Flight for Childhood Cancer at **Shady Side Academy**. Information forthcoming.

If you know of a family with a child or young adult who has cancer or is in remission from cancer, please tell them to contact Vasso at 412.849.0088 or vassop@lendinghearts.org to participate in these free, engaging and enriching activities. There’s always something for everybody!

The mission of Lending Hearts is to provide emotional and social support to children and young adults with cancer and their families through unique activities and community outreach.