

ANNUAL REPORT 2023

Every day, we strive to help adolescents & young adults (AYAs) with cancer live their best lives!

Why 13thirty?

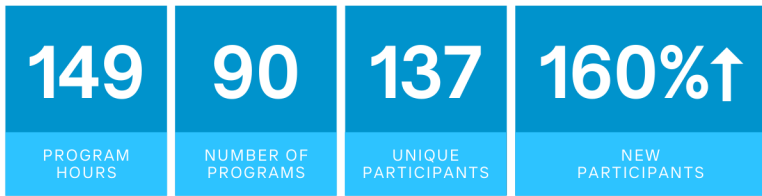
Each year, nearly **90,000** AYAs are diagnosed with cancer in the U.S. At 13thirty Cancer Connect, confidence is renewed, old strengths reframed, and hope restored with others who understand in a way no one else can.



HIGHLIGHTS FROM OUR KEY RESULT AREAS

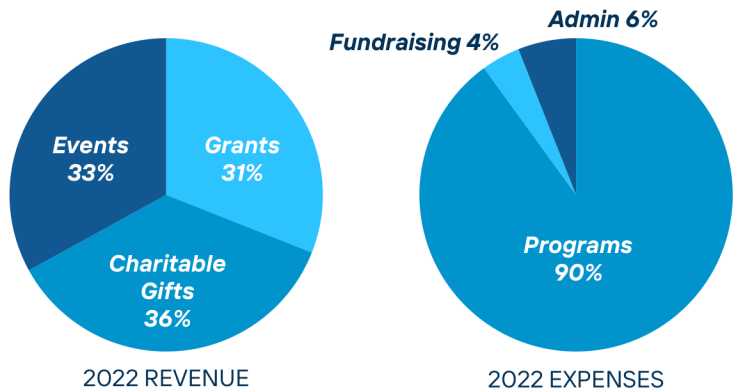
ORGANIZATIONAL IMPACT <i>How well our services meet the needs of AYAs locally and globally</i>	Staying ahead ever since we established the first teen cancer website in 2002!	Our wellness app, <i>13thirty To Go!</i> received rave reviews from healthcare providers and AYAs across the country at four national conferences.	Collaborations strengthened our impact. Results from an important project with URMC and Rochester Regional Health are coming soon!
OPERATIONAL EFFECTIVENESS <i>How well our internal operations & human resources support our mission</i>	Building capacity with new additions to the 13thirty team!	Katelyn MacDougall, MSW, LCSW, is our new Program Director, ensuring our programs align with current AYA research. Coming from Dana Farber Cancer Institute, she brings experience and passion for our mission.	Michaela Deeg, an early 13thirty member, is our Community Engagement Manager, leading all Syracuse programs and all community outreach. Twelve years cancer free, Michaela definitely "gets it!"
ORGANIZATIONAL SUSTAINABILITY <i>Our ability to continue operating with sound business practice</i>	Remaining good stewards of your trust and gifts!	We received a major legacy gift in honor of beloved 13thirty member, Louis D'Amanda III who died in 2015 at 24 years old. Proceeds from a charitable trust, on behalf of Louis' great uncle, Dr. Christopher D'Amanda, were directed to us.	Earnings from this gift will support the Louis D'Amanda III Early-Stage Investigator Award - a one-year grant, up to \$10,000, for an AYA researcher in Western and Central New York.

PEER PROGRAMS



We offer **free peer support programs** to our members and caregivers with focus on expressive arts, physical/emotional wellness, and social interaction.

FINANCIAL SUMMARY



*2023 reviewed financials not yet available

STAFF & BOARD OF DIRECTORS

- Michaela Deeg, Community Engagement Manager
- Steve Esposito, Associate Director
- Clare McKenna, Program Manager
- Katelyn MacDougall, Program Director
- Caroline Seaberg, Marketing Manager
- Lauren Spiker, Founder & Executive Director

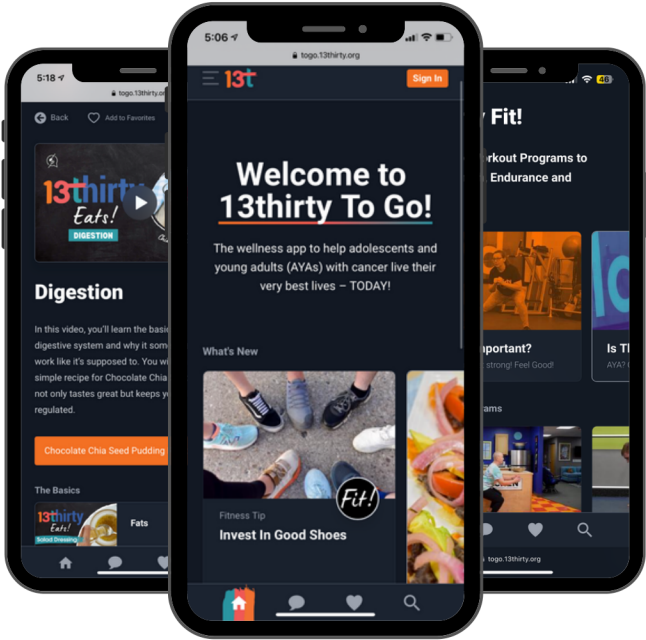


- Charles Coté, Past Chair
- Christina DiBaudo
- Erica Elliott, Chair
- Linda Palmeri Jacobson
- Brannan Karg
- Kimberly Koetter
- Tad Mack
- Mary Beth Morelle
- Esther Neal
- Chris Piedici, Treasurer
- George Poullos
- Lauren Spiker

SOCIAL MEDIA AT A GLANCE



"The positive impact 13thirty Cancer Connect has had on me is invaluable. I've met new friends, formed new connections, and tackled the challenges of AYA cancer with others who understand me." - Justin, 26 (neuroblastoma)



13THIRTY TO GO! KEY FEATURES

Innovative & Relevant

Direct wellness guidance from providers decreases after treatment. With focus on fitness and nutrition, AYAs develop new health maintenance habits.

Certified Coaching

Progressive fitness programs are designed and led by certified a physical therapist coach. Exercise reduces risk of recurrence and enhances quality of life.

A Wellness Partner

User-friendly features, geared toward their unique needs, are demonstrated by other AYAs. Users can follow along with videos in real-time.

Nutrition Guidance

Nutrition basics are taught by a certified functional nutritional therapy practitioner/young adult survivor. On-going tips and healthy recipes are simple and easy to replicate.



Inaugural Young Adult Cancer Retreat

July 7 - July 9, 2023 • Keuka Lake



The first annual Young Adult Cancer Retreat was sponsored by 13thirty Cancer Connect, Roswell Park Comprehensive Cancer Center, and Camp Good Days and Special Times!

Over 50 young adult survivors gathered for a weekend of camaraderie, connection, reflection, and fun. Being grateful for the opportunity to share with others who "get it" was echoed all weekend. With activities planned from morning until late at night, there was something for everyone - all the time!

Delicious meals, bonfires, a comedy workshop, Zentangles, reiki, tie-dye t-shirts, skin care, karaoke, lake views, and more created a truly unforgettable weekend of new memories and friends.



Bereaved Mother's Retreat

October 14, 2023 • Canandaigua Lake



In collaboration with Maureen's Hope in Syracuse, 13thirty Cancer Connect hosted the first annual Bereaved Mom's Retreat for mothers grieving the loss of a child to cancer.

Seven bereaved mothers gathered on Canandaigua Lake for a peaceful all-day retreat to share their journeys and connect with others. Surrounded by the beautiful outdoors, they began with a comforting breakfast, quiet meditation, and time to share memories of their children.

Charlie Coté, LCSW led a Zentangles art workshop to form new patterns from the fragments of their lives. The remainder of the day was spent relaxing together on a nature walk and reflecting in a safe space.



By sunset, the moms left the lakeside cottage with a community of others who understand.

