

Sharing with Friends

July, August & September 2025

A newsletter for breast cancer survivors

A Fond Farewell to Jeanne Seitz

On behalf of Sharing & Caring, I would like to extend my best wishes to Jeanne Seitz, whose legacy with Sharing & Caring started in 1998! Jeanne has given her heart and creative soul to Sharing & Caring, including as our graphic designer and in infinite ways with the women we have served over the decades, and we wish her the absolute best in her retirement! Jeanne retired at the end of March, and she had this to say, which she asked us to share with you all.

-Cindy Malerba, Sharing & Caring Program Coordinator

From Jeanne: *After 36 years at Beaumont/Corewell Health, most of them with Sharing & Caring, I have decided to embark on the next chapter of my life—retirement. It has truly been an honor and privilege to work alongside so many remarkable women, both my amazing coworkers and the inspiring ladies of Sharing & Caring. I am deeply grateful for the relationships I've built over the years, and I feel so fortunate to have formed friendships that have stood the test of time.*

It's hard to believe that my journey into the medical field started by chance, and now I'm excited to follow my true passion in my second career. My real love has always been art, having earned a fine arts degree in textile design years ago. Recently, my husband and I made the move up north to Hubbard Lake, and we've opened my weaving studio, Handweaving at Pandemonium Studios, where I have the joy of teaching weaving and creating beautiful cloth.

If you ever find yourselves in my neck of the woods, please don't hesitate to stop by the studio (or visit it virtually on Facebook) and say hello—I would love to stay connected. Thank you all for the incredible memories, for the privilege of working with each of you, and for making my career so meaningful.

Sharing & Caring

Breast cancer education & support

Sharing & Caring is a non-profit organization devoted to the education and support of breast cancer survivors.

Donations by check can be made payable to:

Sharing & Caring Program

Corewell Health Physician's Office Building

44344 Dequindre Rd., Suite 140
Sterling Heights, MI 48314

Contact us:

- 248.551.8585
- CHesharingandcaring@corewellhealth.org
- www.corewellhealth.org/sharingandcaring
- www.facebook.com/groups/205611393498496

Support Groups

Never Alone Peer-to-Peer Support Group

- **1pm ONLINE:** 7/16, 8/20, & 9/17

Stage 4 – Metastatic Breast Cancer Support Group

- **4pm IN PERSON:** 7/1, 8/5, & 9/2
@ Gilda's Club: 3517 Rochester Rd., Royal Oak, MI.
- **6:30pm ONLINE:** 7/17, 8/21, & 9/18

Hereditary Cancer Genetics Support Group

This group is for those who have a hereditary risk of breast cancer and their families. To register, contact Mikaela Bradley, MGC, CGC at (248) 551-3384 or at mikaela.bradley@corewellhealth.org.

Sharing & Caring July-Sept. 2025
RSVP Form



Three ways to RSVP:

<<Scan our QR Code with your smartphone & complete the RSVP form.

Type this URL directly into a web browser & complete the RSVP form:

<https://forms.office.com/r/yGJWKkWwfW>

Email us at

CHesharingandcaring@corewellhealth.org

with program details for your RSVP

Pardon our dust!

Please pardon our dust with a temporarily abbreviated version of the *Sharing with Friends* newsletter.



Sharing & Caring Survivorship Programs July-Sept 2025

Empowerment through Movement: Managing Cancer Treatment Side Effects Through Physical Therapy and Exercise with Lauren Thoma, PT, DPT, Board-Certified Clinical Specialist in Oncologic Physical Therapy
When: Thurs. **8/14**, 5-6pm, **HYBRID**. **Where:** ONLINE on Microsoft Teams & IN PERSON at the Rose Cancer Center First Floor Classroom. 3577 W. 13 Mile Rd., Royal Oak, MI

Cancer treatments can lead to a wide range of side effects that impact daily function & overall quality of life. The good news is that physical therapy provides evidence-based strategies to help manage many of these side effects. Surgery & radiation for breast cancer may reduce upper extremity range of motion & strength. Certain chemotherapies can lead to chemotherapy-induced peripheral neuropathy (CIPN), which may cause numbness, tingling, pain, balance issues, & difficulty with fine motor tasks. PT & targeted exercise can help reduce CIPN symptoms, improve strength & balance, & restore function & mobility after breast cancer treatment.

The first half will explore how PT can address common post-treatment impairments related to CIPN, surgery, & radiation. The second half will be an interactive exercise session featuring gentle, safe movements aimed at improving strength, flexibility, & balance. All exercises will include modifications & safety tips.

Cancer Survivorship Essentials with Javin Brita, PA-C, Corewell Health Survivorship Program, Medical Oncology
When: Wed. **9/24**, 5:30-6:30pm. **Where:** ONLINE.

Cancer Survivorship care is an essential part of oncology care. It is considered a standard for cancer care because it meets cancer survivors where they are at to address their unmet concerns. In this presentation, we will explore the purpose of survivorship care, who it is meant to serve, & what can be addressed; we will also discuss some common concerns shared by cancer survivors. It will be an opportunity to learn about the benefits of attending the Survivorship Clinic (if there is one in your area), resources available, and the long-term plans for survivorship at Corewell Health. Please join us for this discussion to learn about some empowering tools to live your healthiest life now so you can thrive into the future!

Cancer Survivorship Workshop: The Benefits of Physical & Occupational Therapy Services with Lauren Thoma, PT, DPT & Genna Wilkie, MS, OTR/L
When: Tues. **9/16**, 5-6:30pm, **HYBRID**. **Where:** ONLINE on Microsoft Teams and IN PERSON @ the Wilson Cancer Resource Center, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314. **To register, visit <https://forms.office.com/r/jwbTgiBCU5>**

Arts, Crafts, & Community

When: Fri. **7/25**, 10am-12pm. Coffee, Tea, & light snacks.
Where: Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak.

Board Games & Pizza

When: Thurs., **7/31**, 5-7pm. *Bring your favorite board game & join us for some community fun. We will also have art supplies for those who want to do arts & crafts.*
Where: Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, Royal Oak.

Look Good Feel Better

These free, in-person workshops will help participants learn simple skin care, makeup, wig, & head covering techniques to enhance appearance & to lift self-esteem during and after cancer treatments. *Details will be emailed separately to interested participants.* **Offered in Royal Oak and Sterling Heights:**

- **When:** Mon., **8/18**, 10am-12pm. **Where:** Corewell Health Rose Cancer Center (first floor classroom), 3577 West 13 Mile Rd, **Royal Oak**. *To register for the Royal Oak session, use Sharing & Caring's RSVP form.*
- **When:** Mon., **7/7 & 8/4**, 10am-12pm. **Where:** Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, **Sterling Heights**, MI 48314. *To register for the Sterling Heights sessions, call Lorna at 248-964-5892.*

Survivors in Motion. When: Every Wed. 10-10:30am.

Where: Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314. All levels of fitness are welcome. *To register, call Lorna at 248-964-5892.*

Supportive Care Art Series for Oncology Patients

When: Tues. **7/1, 8/5, & 9/2**, 9am-12pm.

Where: Wilson Cancer Resource Center, Corewell Health Beaumont Troy Hospital, 44344 Dequindre Rd, Suite 140, Sterling Heights, MI 48314. Join a local artist for a fun morning painting in a small group setting. All supplies are provided. *To register, call Lorna at 248-964-5892.*

Gilda's Family Walk TEAM – Sat. 9/6 in Royal Oak

Approximate start time is 7-8am. **Sharing & Caring is putting together a team!** *RSVP on Sharing & Caring's form to let us know you want to join us. Details will be emailed separately to interested participants.*