

Our Community is Support

Creating well-being and hope for
adolescent & young adult cancer patients



**STEVEN G. CANCER
FOUNDATION**

Our Community is Support

Dear Friends,

I know this past year has been difficult on all of us. As you can imagine, 2020/21 has been especially hard on our adolescent and young adult (AYA) cancer community. Your contributions have enabled us to support the AYA cancer community throughout the COVID-19 Crises, as social distancing played a heavy burden on immune compromised individuals.

We have also made a commitment to support osteosarcoma cancer researcher Dr. Peter Scacheri and team at the Case Comprehensive Cancer Center in Cleveland, Ohio. Dr. Scacheri and his team are collecting important data from 70 rare sarcoma samples from the Tel Aviv Medical Center in Israel. The information gathered through the samples will help understand the genetic makeup of this rare and challenging cancer, with the goal of finding better treatment options for patients. Sarcomas are a type of cancer that usually are diagnosed during the AYA years. My first and fourth cancers were sarcomas.

Survivorship is something that we don't always talk about outside our cancer community. For many of us the aftermath of cancer treatment can be just as hard, if not harder than the actual treatment. The mental anguish that most of us cancer survivors' face can seem like a mountain we will never summit. Our Elephants and Tea programs have had a profound impact on our community. We have received testimonials (visit elephantsandtea.com) that we are making a difference: people can be themselves, speak their mind and learn a few things. Here are the national and local programs that make the cancer survivors' journey a little easier:

- **Elephants and Tea's Quarterly Magazine:** A free publication that allows the AYAs to speak their mind and inspire each other. This is available at 65 hospitals across the country and has over 2,800 digital subscribers in 15 countries, and over 200 writers in 10 countries.
- **elephantsandtea.com:** 35,000 readers across 100+ countries annually
- **Weekly Digital Meet Ups:** A place where young adults can commiserate together
- **Perkatory:** A once a month event connecting our readers directly with our writers. This is a safe space for all of us to talk about important and sensitive topics. Over 300 have attended.
- **GABFEST:** A weeklong digital event, that is comprised of crash courses to help our community cope and thrive through their cancer journey with our partners Cactus Cancer Society.
- **Spilling Tea with The G's:** A podcast where interviews are conducted by my brother Nick and me. This podcast will address many of the questions and concerns facing AYAs.
- **Wellness** – In 2021, we will deliver over 200 Be Calm Stay Strong Wellness across the USA and serve over 1,000 smoothies as part of Smoothie Day at University Hospital in Cleveland, OH. Angie (Mom) is running free meditation courses for over 100 AYAs.

All of this would not have been possible without your continued love and support. As we say here at the Steven G. Cancer Foundation and Elephants and Tea, "We are the herd" and so are you – our wonderful and generous donors! We have only just begun to scratch the surface of what we can achieve with your support.

To donate please visit give.classy.org/SGCF2021 or mail a check to 700 Heron Bay, Avon Lake, OH 44012. All checks are to be made out to Steven G. AYA Cancer Research Fund.

Thank you all so much! I love you all and wish you and your families good health.

Sincerely,

Steven Giallourakis

PS: OUR FUNDRAISER EVENT IS COMING BACK! SAVE THE DATE - SATURDAY NIGHT, JANUARY 15TH 2022. WHERE? ST. DEMETRIOS CULTURAL CENTER, 22909 CENTER RIDGE ROAD.

Your opportunity: Change lives

Your gift to the Steven G. Cancer Foundation brings essential resources and support to AYA patients that they can only find here.

A cancer diagnosis at any age is devastating. For young people, it creates lifelong challenges and disrupts life at a formative age. Despite unique needs, AYA patients are often overlooked in research and patient care.

But AYA patients and survivors are also so much more than their diagnosis. The Steven G. Cancer Foundation creates spaces where they can share those aspects of themselves with others and access life-changing resources.

Your gift today will enable us to:

- Fund research to save lives and drive cures
- Provide essential wellness programs
- Advocate for AYA patients and survivors
- Elevate and amplify the voices of community members through the Elephants and Tea platform

Together, we improve outcomes and opportunities for AYA cancer patients and survivors—through cancer and beyond.

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THE ELEPHANT IN THE ROOM IS CANCER. TEA IS THE RELIEF CONVERSATION PROVIDES.

ELEPHANTS AND TEA

JUNE 2018

Steve Giallourakis, two-time cancer survivor **P. 10**

MY NAME IS STEVE
I'M A DRUG ADDICT

THE STORY OF HOW MY CANCER LED TO ADDICTION

PLUS
THE FRECKLE EFFECT **P. 4**
HOW I OWNED CANCER **P. 18**
P. 6 I'M IN REMISSION!
P. 20 KEEP CALM

"I am blessed that you focus on quality of life, not just quantity.

I have a ton of doctor appointments every week to try keep me alive. I hate it and tend not to care and want to give up. Although being a single mom of two I can't.

Thank you for restoring hope again."

Tara, 39 years old, Stage four colon cancer patient



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