





JULY 2021

The Capital Region's Personal Source for Breast Cancer Support and Education since 1998

Beat the Odds 2021



To Life! Presents
Breast Cancer Immunotherapy:
Past, Present and Future
with
Annual Memorial
Cynthia Shenker Speaker
Margaret Gatti-Mays, MD, MPH



A virtual program to be held on
Wednesday, August 11, 2021
9:00 am - 10:30 am

For more information and to register [Click Here](#)



To Life! Online Store

July Promotion - Free Shipping on all online orders! No promo code needed.

To Life! offers the convenience of shopping online with a wide selection of bras, camisoles, hats, bathing suits and more for life during and after treatment or surgery.

We carry all the top brands with many styles, colors and sizes.

Not sure about fit or size? Use our online size guide or call 518-439-5975 and we can help.

A Friendly Reminder



If it has been more than 2 years since your last visit to our boutique, you may be eligible for an updated fitting. We have added many new products and styles to our collection.

Please call us today if you would like to make an appointment.

518-439-5975



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, July 22 at 6:00 pm.

Please email Melanie McCulley at mmcculley@tolife.org to connect with this group.

Bilingual Support Group

Tuesday, July 13 at 6:30 pm.

Please email Carmen Rodriguez at crodriguez@tolife.org to connect with this group.

Saratoga Support Group

Tuesday, July 20 at 5:30 pm.

Please contact Jen Baldwin at jbaldwin1@saratogacare.org to connect with this group.

MetaThriver Support Group

Wednesday, July 21 at 6:30 pm.

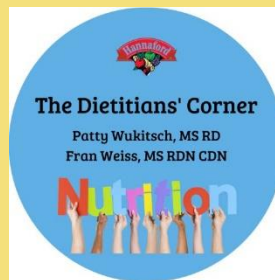
Please email Melanie McCulley at mmcculley@tolife.org for information on this group.

Young Survival Coalition

Active on Facebook, and with meetups, for women diagnosed with breast cancer under 40 years of age.

Please email Melanie McCulley at mmcculley@tolife.org to be connected with this group.

The To Life! support group program is sponsored in part by New York State Department of Health.



Helpful Tips for Nausea During Treatment

During cancer treatment, nausea can be a common side effect of radiation, chemotherapy, and medications. It is a relief to know

that there are several dietary approaches available to help reduce
feelings of nausea:

1. Dry toast or salted crackers.
2. Clear liquids such as teas, apple juice, broths, lemonade, broths, gelatin and popsicles. Ginger teas are especially helpful.
3. Fresh peppermint and basil. Summer is the perfect opportunity to infuse your water with these herbs.
4. Small frequent low fat meals. Such meals are easier to digest. Limiting spicy foods also can help. Make sure to eat more often if this approach works for you in order to keep up with your calorie and protein needs.
5. Avoid your favorite foods when feeling nauseated. Doing so can lead to associating such foods with nausea.
6. If you are taking anti-nausea medications, be sure to take them 30-60 minutes before meals or as directed .
7. Dehydration in itself, whether undergoing treatment or not, can lead to nausea, headaches, and confusion. Be sure to check out the attached tried and true hydration favorites.

All the information in this column is informational and does not take the place of medical attention. Make sure to report vomiting to your medical care provider as vomiting can lead to electrolyte disturbances and dehydration which in turn can lead to nausea.

Please feel free to reach out to Patty or Fran with your specific questions. They are wonderful resources!

Patty can be reached at pwukitsch@hannaford.com

Fran can be reached at frances.weiss@hannaford.com



simply healthy

from your Hannaford Dietitian

Orange Vanilla Infused Water

Serves: 3

Ingredients:
2 liters Smartwater® Antioxidant
1 orange, sliced
1/2 tsp. McCormick® Pure Vanilla Extract



Directions:
1. In a large pitcher, add water, orange and vanilla. Stir until well combined.
Refrigerate pitcher of water for at least an hour, allowing flavors to infuse.
Enjoy!

Dietitian's Tip:
For an even stronger orange flavor, add the zest of one orange into the water before chilling. This recipe can also be frozen into ice cube trays and added to a glass of water when you want a refreshing pop of flavor.

Nutritional Information
Amount per serving: Calories 25; Carbohydrate 5 g; Total Fat 0 g; Sugar 4 g; Sodium 0 mg; Fiber 1 g; Protein 0 g; Potassium 80 mg



simply healthy

from your Hannaford Dietitian

Coconut Water Berry Popsicles

Makes 6 popsicles

Ingredients:
1 1/2 cups Hannaford Frozen Berry Medley Fruit
1 3/4 cups Nature's Promise® Pure Coconut Water
McCormick Gourmet™ Lemon Peel, to taste



Directions:
1. Toss berries with lemon peel and arrange in popsicle molds. Fill with coconut water. Freeze until solid.

Nutritional Information (may vary due to size of popsicle mold)
Amount per serving: Calories 35; Protein 0 g; Carbohydrate 8 g; Fiber 1 g; Sugar 6 g

Sweet Tea Sorbet

Makes 1 pint

Ingredients:
2 Tbsp. McCormick Gourmet™ Lemon Peel or zest of 2 lemons
1/2 cup lemon juice (about 3 lemons)
3 1/2 cups water
3 Lipton® Family Size Tea Bags
1 cup honey

Directions:
1. In medium sauce pan, combine lemon peel or zest, lemon juice and 1 1/2 cups water. Bring to boil over medium high heat. Once mixture boils, remove from heat and add tea bags. Steep for 5 minutes.
2. Remove the tea bags. Stir in honey until dissolved. Add remaining water and pour into a bowl. Cover and place in the refrigerator until chilled.
3. Churn the sweet tea mixture in an ice cream maker until frozen, 20 to 25 minutes. Immediately transfer to a bowl and place into the freezer. Freeze for at least 3 to 4 hours before serving.

Nutritional Information (per 1/2 cup)
Amount per serving: Calories 260; Protein 0 g; Carbohydrate 72 g; Fiber 1 g; Sugar 70 g



Mix 'n Match Smoothie Maker

Try to choose at least one item from each of the following columns to add into your smoothie for a well-rounded, nutritious smoothie!

Fruit	Vegetable	Protein	Liquid	Extra Flavor
Raspberries	Fresh Express® Baby Spinach	Stonyfield® Organic Plain or Vanilla Greek Yogurt	100% fruit juice	McCormick® Pure Vanilla Extract
Blueberries	Cucumbers	Peanut butter	Lowfat milk	McCormick® Ground Cinnamon
Blackberries	Carrots	Almond butter	Almond milk	Fresh mint leaves
Strawberries	Parsnips	Sunflower seed butter	Soy milk	Cocoa powder
Banana		Cabot® Whey Protein	Rice milk	
Melon	TIP: Choose a variety of dark leafy greens to add a dose of extra nutrients to your smoothie. Contrary to popular belief, the flavor of greens like spinach and kale mixed in a smoothie is barely noticeable!	TIP: Always add a delicious protein source into your smoothie to help your body break down the smoothie more slowly. This will help keep you full and energized longer!	Smartwater® Flavored Water	TIP: Try not to add extra sugar to your smoothie, since fruits, vegetables, juices, and milk all naturally provide some sugars to help energize your body. All of these flavor options add a great extra zing of flavor without adding sugar!
Pineapple			Lipton® Tea	
Apples			Creative Roots Coconut Water Beverages	
Mango			TIP: Products like soy milk and lowfat cow's milk add a good amount of protein as well. If you are diabetic, choose a lower carbohydrate/higher protein option. You can also choose to use water to reduce the sugar content of your smoothie.	
Kiwi				
Oranges				
Avocados from Mexico				
TIP: Choose fresh or frozen. You can use frozen in place of ice cubes, so you do not have to water down the flavor of your smoothie!				

Nutrition Boosters

Ground Flaxseed - A great source of extra fiber for healthy digestion and heart-healthy omega-3 fatty acids! The extra dose of fiber can also help to lower blood cholesterol levels when eaten as part of a low saturated fat and cholesterol diet.

Chia Seeds - Another great source of omega-3 fatty acids and fiber. They also contain a healthy combination of beneficial minerals for overall health.

Interested in learning more?

Our registered dietitians offer free nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can contact your Hannaford Dietitian or email a private message to our staff registered dietitian at dietitian@hannaford.com.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. For additional sponsorship information, visit hannaford.com/dietitians.



WELLNESS

Reiki Energy Sessions with Judy Rosch

Certified Reiki practitioner Judy Rosch is offering complimentary virtual Reiki Energy sessions. Reiki can help promote relaxation and healing and can have a rejuvenating and refreshing effect. Judy has a BS in Nursing and worked in the health field since 1970. Judy also earned certificates as a Reiki Master, a Brennan Healing Science Practitioner and a Chopra Center Ayurvedic Lifestyle instructor. Judy has been a long time supporter and friend of To Life! For appointments, please contact Judy directly at judy.rosch@gmail.com.



To Life! has an extensive collection of blog articles on our website written by healthcare professionals, patients and individuals for breast cancer patients, survivors and thrivers. Here is a sampling of recent articles:

[Vitamin D and Breast Cancer Survival: What You Should Know](#)

[Breast Cancer: Questions to Ask the Health Care Team](#)

[It's My Cancerversary: Now What?](#)

[View All Blog Posts](#)



Individual Support and Coaching

Individual support and coaching are available to women diagnosed with breast cancer, including long-term survivors.

Please contact Melanie McCulley, Support Services Program Manager at mmcculley@tolife.org.



COVID-19:

Get the Facts

Here's what you need to know. Click this link:

Get the Facts

To Life's! COVID-19 Update

With 70% of New Yorkers aged 18 or older having received the first dose of their COVID-19 vaccination series, NYS has lifted COVID-19 restrictions, however for the safety of the To Life! staff, unvaccinated and immunocompromised clients, To Life! continues to require all visitors to wear a face mask upon entering our building. Thank you for respecting our guidelines.

Support and Boutique Services are available

Please contact us at 518-439-5975 for assistance or to schedule an appointment.

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