

Happy Thanksgiving!

Wishing you all the blessings of the season



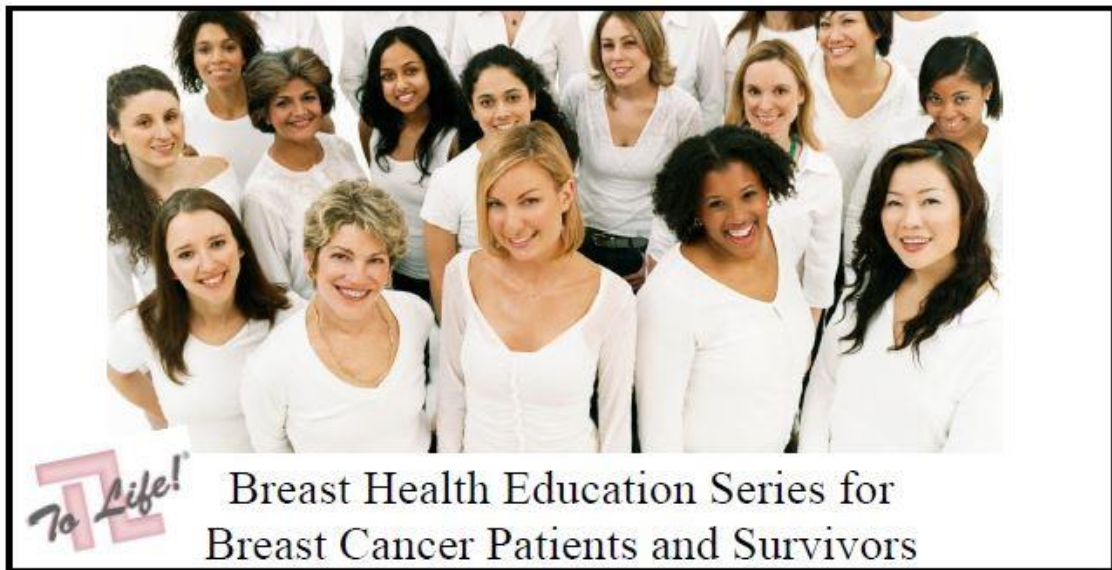
To Life! Annual Appeal

Gifts to the Annual Appeal help fund our outreach, now and in the future. Your support means that To Life! can and will continue to provide services and programs that remain free of charge to patients, survivors, and their friends and family.

All contributions made by December 17th will be entered in a

**drawing for season tickets (4 seats) for the
Siena Men's Basketball 2019-2020 season.**

[Contribute Now](#)



Join us for an educational program Tuesday, December 3rd, 2019 featuring Bethann Kowalski, Oncology Nurse Navigator with St. Mary's Hospital, Amsterdam. Bethann will share tools and resources for patients transitioning from active care to care maintenance. Workshop will be helpful for anyone in posttreatment for breast cancer. The program will be held from 6:30pm-7:30pm in the Centro Civico Community Room, Guy Park Road, Amsterdam.. Information shared in both English and Spanish. Call 518-770-6827 to register! [More Information Here.](#)



Latest Blog Posts

[Gratitude is Good For You](#)

Thanksgiving is upon us and with the season comes an increased focus on gratitude, but where does gratitude fit with a breast cancer diagnosis?

[Coping with Cancer During the Holidays](#)

Tips for coping with cancer during the holidays

[December Support Groups](#)

Amsterdam Bilingual Support Group *New Location*

English and Spanish speakers welcome.

(open to anyone in the region at any stage of treatment or survivorship)

******Please note Dec 3rd is a special support group, featuring Bethann Kowalski, see above for more information******

Tuesday, December 3rd, 6:30pm- 7:30pm

Held at Centro Civico Community Room, 143 East

New Resources for Nutrition, Health and Wellness: Cookbook Library

In our Delmar Office, we have created a wonderful resource for local survivors, a cookbook library!

Browse through cookbooks covering a variety of topics,

Main Street, Amsterdam, NY 12010

Young Survival Coalition (YSC)

Face2Face Support Group

(For younger women facing Breast Cancer)

Held monthly with varying schedules and locations to accommodate participants

Call 439-5975 or email

albanyf2fcoordinator@gmail.com

Saratoga Support Group

(Open to anyone in the region at any stage of treatment or survivorship)

Tuesday, December 17th, 5:30pm - 6:30pm

Mollie Wilmot Radiation Oncology Center

Saratoga Hospital, 211 Church Street

Saratoga Springs, NY 12866

Stage 4/ Metastatic/ Recurrent Support Group

(For women dealing with metastatic or recurring Breast Cancer)

Wednesday, December 18th, 7:30pm - 9:00pm

Delmar To Life! Office

410 Kenwood Ave, Delmar NY 12054

If you have never attended and wish to come, please contact To Life! (439-5975) to register and confirm.

Newly Diagnosed Support Group

(For recently diagnosed patients or anyone in treatment or survivorship)

To be determined

Delmar To Life! Office

such as risk reduction, supporting a healthy immune system, and healing during and post treatment! You can even borrow your very favorites through our lending library!



Want to learn more about To Life!

Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

Stay updated on all things To Life!

410 Kenwood Ave, Delmar NY 12054

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Support group programs are funded in part by Komen Upstate NY and the NYS Department of Health

Reiki in December

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki during the month of **November**. The benefits are many, including pain relief, stress reduction and balance. Times are below! Call 518-439-5975 to schedule your session today!



Call Office for Appointments



Pink Ball 2019 was a smashing success! We had more attendees than ever before and exceeded our financial goals for the night! We would like to thank our honorary co-chairs Herb and Annmarie Ellis for their dedication to this cause, our generous corporate sponsors and honorary committee members, silent and live auction donors, incredible planning committee and committee chairs Rita Cox and Barbara MacDowell RN, staff and army of volunteers. It takes a village to put on this caliber of event and we are so lucky to have such an amazing team! A huge thanks to everyone who attended and was a part of such a special night.

Finally, Congratulations to our Exceptional Awardees
Dr. Patricia Kennedy, Recipient of the Extra Mile Award
Janet Abrahamson, Recipient of the Community Advocate Award



As Breast Cancer Awareness Month ends, we wanted to highlight and sincerely thank our Friend Fundraisers. These amazing individuals, organizations, clubs, and companies spent much time and energy planning events, campaigns, and tournaments to honor breast cancer awareness month and raise funds for to Life! We so appreciate each and every one of you. Together we can make a difference in the

lives of breast cancer patients in the Capital Region! THANK YOU!!!!!!
Head to our website to see a complete list of all our wonderful friends!

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Our mailing address is:

410 Kenwood Avenue, Delmar, NY 12054

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