

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

MARCH 2022



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, March 24 at 6:00 pm.

Please email Jamiyla Hills at jhills@tolife.org to connect with this group.

Bilingual Support Group

Tuesday, March 8 at 6:30 pm.

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

Saratoga Support Group

Tuesday, March 15 at 5:30 pm.

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

MetaThriver Support Group

Wednesday, March 16 at 6:30 pm.

Contact Martha McCormick at mmccormick1600@gmail.com to learn more about the group and to join.

Young Survival Coalition

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

Please email Jamiyla Hills at jhills@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.

Breast Cancer Focus Group

Monday, March 7
12:00 - noon

Looking for individuals (breast cancer survivors/thrivers) who will share their experiences transitioning from active to post treatment life.

This one hour zoom focus group discussion will help us with some research we are doing to address the needs of our survivor community.

We welcome your input and participation.

To sign up, please email Jamiyla at jhills@tolife.org or Eileen at ebird@tolife.org.

Yin Yoga for Breast Cancer Survivors & Thrivers

March 1 and March 15
7:00 pm (zoom)

A gentle, low impact relaxing practice that works deeply into muscles with the intention of relaxing body and mind leaving you feeling grounded and powerful.

To register
call 518-439-5975 or
email jhills@tolife.org

Certified Instructors:

Sheryl Campbell, Founder/Owner of Baptiste Power Yoga Capital District
Ali Jaques, Former Women's Basketball Coach, 23 years at Division 1



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The Dietitians' Corner
 Patty Wukitsch, MS, RD, CDN
 Fran Weiss, MS, RD, CDN



The American Academy of Nutrition and Dietetics has designated the theme for National Nutrition Month this year as “Celebrate a World of Flavors” which underscores the celebration of cultural heritages and healthy foods from around the globe.

The Mediterranean Lifestyle Diet Pyramid, one of the healthiest ways to eat, includes herbs and spices as part of the main plant-based section of its pyramid.

In addition to enhancing recipe flavors, herbs and spices provide many health benefits. In a similar way that phytonutrients protect a plant, many of the phytonutrients that herbs and spices contain help support our health as well. Many phytonutrients contain antioxidants that help prevent free radical cell damage throughout the body. Many such phytonutrients not only help decrease the risk of breast and other cancers but also of heart disease, stroke, Parkinson’s, and Alzheimer’s.

In treatment? Try adding some herbs and spices to food to help stimulate your taste buds and boost appetite without adding sugar, salt or fats. Go slowly though by adding a little to see how your taste buds react.

Nauseous? Reach for a cup of mint tea or add ginger to recipes as it helps to bring relief.

Diarrhea? Enjoy a cup of chamomile tea to help alleviate this symptom.

Difficulty Sleeping? Try adding a few drops of lavender oil to a diffuser at bedtime or enjoy a cup of chamomile tea to help promote restful sleep.

Note: If you are feeling nauseous or vomiting, avoid strong smelling foods. If you experience mouth sores, avoid strong spices and acidic fruits as they can further disrupt the lining of your mouth.



simply healthy
 from your Hannaford Dietitian

Spice Up Your Life
 Herbs and spices not only enhance food flavor but can help you reduce the use of salt, sugar, and fat. Some studies have suggested that certain herbs and spices assist in significant health benefits. It's easy to incorporate delicious "super" spices into your meals. Here are some great tips to get you started!

Herbs come from the leafy and green part of the plant.

HERB	HEALTH BENEFITS	COOKING TIPS
Basil	Rich in vitamin A and C, thiamin, iron, calcium, potassium, and antioxidants.	Good for flavoring tomatoes, meats, eggs, pasta or soups.
Peppermint	May help with irritable bowel syndrome (IBS), has antispasmodic, anticholinergic activity and antidiarrheal actions.	Add flavor to soups, fruit, tea, cream and other desserts, honey, and candies.
Oregano	Very high antioxidant activity, primarily phenolic activity, against various pathogens.	Use in stuffing, salads, or as a rub on meats or tomato dishes.
Parsley	Used as a natural breath freshener.	Use as a fresh herb in a garnish. Can be sprinkled on egg dishes, soups, soups or prepared or added to meat, fish and other meats.
Thyme	Contains thymol, one of used in many cough drops, and is responsible for its potent antiseptic properties. Also acts as an antitumor agent.	Good addition to marinades. Not also works well with meats, soups, dips, breads, stuffing, chicken, fish and vegetables.

Herbs such as basil, parsley, and oregano are the leaves of a plant while spices such as cinnamon, ginger, and nutmeg are made from the bark, seeds, roots, or berries of the plant. Happily, cocoa can be considered a spice as cocoa comes from the cocoa bean which is the seed of the cocoa pod. Cocoa also provides many of the same healthful benefits as other spices in addition to helping with post treatment weight gain. Cocoa is not only a good source of antioxidants but helps promote satiety as well.

The American Academy of Nutrition and Dietetics recommends these tips for storing and using spices and herbs:

- Dried herbs do not always taste like their fresh counterparts, so they are not necessarily interchangeable in a recipe. But in a pinch, try substituting one-part dry herb for three parts fresh.
- Remember that dry herbs and spices have a shelf life. Most should not be kept for more than a few years, especially after they've been opened. Store dried herbs and spices in airtight containers and in a cool, dark cupboard or pantry.
- Taste and season throughout the cooking process. It's better to under-season and add more spices, than over-season and be left with a ruined dish. Only add salt at the very end — you may find your dish doesn't even need it!

Here's to healthy and flavorful March Munchies to “Celebrate a World of Flavor!”

The information contained in the Dietitian's Column is meant to be informational and not a substitute for medical advice.

Simply Healthy

Sweet Potato Almond Breadcrumbs

Ingredients:
 1/2 cup sweet potato, peeled and diced
 1/2 cup almond flour
 1/2 cup almond meal
 1/2 cup almond butter
 1/2 cup almond oil
 1/2 cup almond meal
 1/2 cup almond meal
 1/2 cup almond meal
 1/2 cup almond meal

Directions:
 1. Preheat oven to 350°F.
 2. Cook sweet potato until soft.
 3. Blend sweet potato with almond butter in a blender.
 4. Add almond flour, almond meal, and almond oil.
 5. Blend until mixture is thick and sticky.
 6. Add almond meal and almond meal.
 7. Blend until mixture is thick and sticky.
 8. Use for breading chicken or fish.

Notes:
 1. Sweet potato is a good source of vitamin A and fiber.
 2. Almond flour is a good source of protein and fiber.
 3. Almond meal is a good source of protein and fiber.
 4. Almond oil is a good source of vitamin E and healthy fats.
 5. Almond meal is a good source of protein and fiber.

Nutritional Information:
 Amount per serving (serving size 1/2 cup): 150 Calories, 4g Sugar, 2g Fiber, 15g Protein, 21g Fat

A toast to you!

Here are some recipes for a toast that packs a punch – both delicious and healthy!

Smoky Roasted Avocado Toast

Ingredients:
 1 slice whole grain bread
 1/2 avocado, sliced
 1/2 cup cherry tomatoes, halved
 1/2 cup feta cheese, crumbled
 1/2 cup olive oil
 1/2 cup balsamic vinegar
 1/2 cup red onion, sliced
 1/2 cup black pepper

Directions:
 1. Preheat oven to 400°F.
 2. Roast avocado, tomatoes, and feta in the oven for 10 minutes.
 3. Toast bread for 5 minutes.
 4. Spread avocado on toast.
 5. Top with tomatoes, feta, onion, and balsamic vinegar.

Maple Caramelized Onion Toast

Ingredients:
 1 slice whole grain bread
 1/2 cup onion, sliced
 1/2 cup maple syrup
 1/2 cup olive oil
 1/2 cup balsamic vinegar
 1/2 cup red onion, sliced
 1/2 cup black pepper

Directions:
 1. Preheat oven to 400°F.
 2. Roast onion, maple syrup, and olive oil in the oven for 10 minutes.
 3. Toast bread for 5 minutes.
 4. Spread onion mixture on toast.
 5. Top with onion, maple syrup, and balsamic vinegar.

Smoky Nut Apple Toast

Ingredients:
 1 slice whole grain bread
 1/2 cup apple, sliced
 1/2 cup nut butter
 1/2 cup olive oil
 1/2 cup balsamic vinegar
 1/2 cup red onion, sliced
 1/2 cup black pepper

Directions:
 1. Preheat oven to 400°F.
 2. Roast apple, nut butter, and olive oil in the oven for 10 minutes.
 3. Toast bread for 5 minutes.
 4. Spread apple mixture on toast.
 5. Top with apple, nut butter, and balsamic vinegar.

Simply Healthy

Cranberry Nut Energy Bites

Ingredients:
 1/2 cup almond butter
 1/2 cup almond meal
 1/2 cup almond oil
 1/2 cup almond meal
 1/2 cup almond meal
 1/2 cup almond meal
 1/2 cup almond meal
 1/2 cup almond meal

Directions:
 1. Preheat oven to 350°F.
 2. Cook almond butter, almond meal, and almond oil in the oven for 10 minutes.
 3. Blend almond butter, almond meal, and almond oil in a blender.
 4. Add almond meal and almond meal.
 5. Blend until mixture is thick and sticky.
 6. Use for breading chicken or fish.

Notes:
 1. Almond butter is a good source of protein and fiber.
 2. Almond meal is a good source of protein and fiber.
 3. Almond oil is a good source of vitamin E and healthy fats.
 4. Almond meal is a good source of protein and fiber.

Nutritional Information:
 Amount per serving (serving size 1/2 cup): 150 Calories, 4g Sugar, 2g Fiber, 15g Protein, 21g Fat

Simply Healthy

Citrus Ginger Smoothie

Ingredients:
 1/2 cup orange juice
 1/2 cup lemon juice
 1/2 cup ginger
 1/2 cup honey
 1/2 cup almond butter
 1/2 cup almond meal
 1/2 cup almond oil
 1/2 cup almond meal

Directions:
 1. Blend orange juice, lemon juice, ginger, and honey in a blender.
 2. Add almond butter, almond meal, and almond oil.
 3. Blend until mixture is thick and sticky.
 4. Use for breading chicken or fish.

Notes:
 1. Orange juice is a good source of vitamin C and fiber.
 2. Lemon juice is a good source of vitamin C and fiber.
 3. Ginger is a good source of anti-inflammatory properties.
 4. Honey is a good source of natural sweetness.
 5. Almond butter is a good source of protein and fiber.
 6. Almond meal is a good source of protein and fiber.
 7. Almond oil is a good source of vitamin E and healthy fats.
 8. Almond meal is a good source of protein and fiber.

Nutritional Information:
 Amount per serving (serving size 1/2 cup): 150 Calories, 4g Sugar, 2g Fiber, 15g Protein, 21g Fat

DIY Salt-Free Spice Blends

Spice blends are a great way to boost the flavor of the foods we eat. They also help to reduce sodium intake and can be used in a variety of ways. Here are some recipes for salt-free spice blends that you can make at home.

Evening Primrose	Herb Seasoning	Cumin Seasoning	Roast Seasoning	Curry Seasoning	Yeast Seasoning
1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast
1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast
1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast
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1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast
1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast
1/2 cup Evening Primrose	1/2 cup Herbs	1/2 cup Cumin	1/2 cup Roast	1/2 cup Curry	1/2 cup Yeast

Notes:
 1. These spice blends are a great way to boost the flavor of the foods we eat.
 2. They also help to reduce sodium intake and can be used in a variety of ways.
 3. Here are some recipes for salt-free spice blends that you can make at home.

Simply Healthy

Orange Spiced Tea

Ingredients:
 1/2 cup orange juice
 1/2 cup lemon juice
 1/2 cup ginger
 1/2 cup honey
 1/2 cup almond butter
 1/2 cup almond meal
 1/2 cup almond oil
 1/2 cup almond meal

Directions:
 1. Blend orange juice, lemon juice, ginger, and honey in a blender.
 2. Add almond butter, almond meal, and almond oil.
 3. Blend until mixture is thick and sticky.
 4. Use for breading chicken or fish.

Notes:
 1. Orange juice is a good source of vitamin C and fiber.
 2. Lemon juice is a good source of vitamin C and fiber.
 3. Ginger is a good source of anti-inflammatory properties.
 4. Honey is a good source of natural sweetness.
 5. Almond butter is a good source of protein and fiber.
 6. Almond meal is a good source of protein and fiber.
 7. Almond oil is a good source of vitamin E and healthy fats.
 8. Almond meal is a good source of protein and fiber.

Nutritional Information:
 Amount per serving (serving size 1/2 cup): 150 Calories, 4g Sugar, 2g Fiber, 15g Protein, 21g Fat

Simply Healthy

Sweet Dark Chocolate Green Yogurt Fruit Dip

Ingredients:
 1/2 cup dark chocolate
 1/2 cup green yogurt
 1/2 cup fruit
 1/2 cup honey
 1/2 cup almond butter
 1/2 cup almond meal
 1/2 cup almond oil
 1/2 cup almond meal

Directions:
 1. Blend dark chocolate, green yogurt, fruit, and honey in a blender.
 2. Add almond butter, almond meal, and almond oil.
 3. Blend until mixture is thick and sticky.
 4. Use for breading chicken or fish.

Notes:
 1. Dark chocolate is a good source of antioxidants and fiber.
 2. Green yogurt is a good source of protein and fiber.
 3. Fruit is a good source of vitamins and fiber.
 4. Honey is a good source of natural sweetness.
 5. Almond butter is a good source of protein and fiber.
 6. Almond meal is a good source of protein and fiber.
 7. Almond oil is a good source of vitamin E and healthy fats.
 8. Almond meal is a good source of protein and fiber.

Nutritional Information:
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Feel free to contact your local Hannaford Dietitian for more nutrition information, recipes and a Guiding Star Coupon.

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We are grateful for your support, allowing us to continue on our mission of supporting local breast cancer survivors and thrivers.



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Get the Facts

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

[Get the Facts](#)

To Life's! COVID-19 Update

For the safety of staff and the immunocompromised clients we serve, please wear a mask upon entering our building whether you're vaccinated or unvaccinated.

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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