

# May E-News

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## A Toast To Life! - Celebrating Friends with Food and Fun

May 7th was a wonderful gathering of friends - old and new. A heartfelt congratulations to our honorees-**Anne Lawton RN, recipient of the Extra Mile Award** and **Nigro Companies, recipient of the Community Advocate Award**.

We also recognized Martha McCormick for her years of work running our education and support service programs. Thank you to our wonderful corporate sponsors, honorary committee members, and culinary sponsors. Also a big thank you to our volunteers and to the staff at the Franklin Plaza who helped the event run so smoothly. Finally, thanks to all of YOU, for coming and celebrating with us!

## *Hamilton Raffle Tickets Available for Sale Through May*

- Raffle tickets are \$50/ticket
- Prize is 2 Seats (orchestra center left, Row KK) for the August 15th evening performance
- Prize will be awarded on May 31st 2019; All ticket holders will be notified
- All winners must be over 18 years of age
- *All applicable state and federal taxes or fees resulting from the award of prizes are the responsibility of the winner*

You Must Call the Office to Purchase Tickets, they will NOT be sold Online.  
518-439-5975



To Life! and YANA YOGA have teamed up to offer yoga classes free-of-charge to breast cancer patients and survivors.

YANA YOGA's mission is to offer a serene, welcoming environment that helps people increase their overall health and well-being and to make them feel stronger from the inside out.

YANA YOGA offers a variety of Gentle Yoga and Stretching or Gentle to Moderate Yoga classes.

Visit their website to find a class for you [www.yanayoga.net](http://www.yanayoga.net)!

**YANA YOGA**

**100 Saratoga Village Blvd, Suite 26, Malta, NY**

**Please contact To Life! at 518-439-5975 to sign up.**





## Port and Surgical Pillows

If you have ever fastened a seatbelt over your port or surgical site, you will know why we are so thankful to the Log Cabin Quilting Group for creating these beautiful puffy little pillows. They are meant to be fastened around your seatbelt to make you feel more comfortable while riding in a car.

Do you know someone who could use a special little pillow? If so, please stop by and pick up a port pillow - we have a supply in both Delmar and Saratoga. They are free of charge.

The hardest part will be choosing from all the beautiful fabrics!

Thank you Log Cabin Quilters!

### Ongoing Wellness Programs Offered by *To Life!* in Delmar

#### Madgalena Energy Sessions with Susan:

Available sessions Thursdays in May at 3pm and 4pm. Find more information on the healing nature of Madgalena Energy Sessions [here](#). Read our [blog post](#) on Susan!

#### Jai Yoga School

[Jai Yoga School](#) in Slingerlands offers complimentary "sangha yoga" classes to breast cancer patients and survivors. more Info [HERE](#)

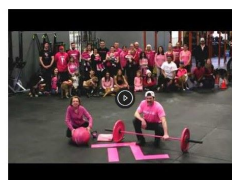
#### In the Saratoga Region:

##### Reiki Energy Sessions with Judy Rosch

Certified Reiki Master Judy Rosch will be offering complimentary Reiki Energy sessions on Tuesdays at our Saratoga Boutique (110 Spring Street). More information [HERE](#)

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All Wellness Sessions are offered free of charge to breast cancer survivors. These sessions are meant to be beneficial for beginners and first timers! Those in active treatment may wish to consult



Charity Contest: To Life!

#### Vote For To Life!

We have the chance to win \$10,000! Click on the link below and heart To Life!'s KIA Charity Commercial. The organization with the most likes will win \$10,000!

[LINK](#)



#### From The Blog [Hike With To Life!](#)

Read this fantastic blog post written by Hike With To Life! leader and Survivor, Anne Lawton, RN. Learn what Hike

physician before engaging in any movement sessions. Sign up today.

**Please Call To Life! at (518) 439-5975  
to sign up for your session**

### **May Support Groups**

#### ***Schenectady Support Group***

English and Spanish speakers welcome.  
(open to anyone in the region at any stage of treatment or survivorship)  
May 14th, 6:30pm- 7:30pm  
Schenectady Area YWCA,  
44 Washington Avenue, Schenectady, NY 12305

#### ***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](mailto:albanyf2fcoordinator@gmail.com)

#### ***Saratoga Support Group***

(Open to anyone in the region at any stage of treatment or survivorship)  
Tuesday, April 16th, 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, May 15th, 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)  
Thursday, May 23rd, 6:00pm - 7:30pm  
Delmar To Life! Office

With To Life! can do for you!

#### ***Qigong for Cancer Patients***

To Life! will be offering qigong classes this Spring. Learn how qigong can benefit cancer patients

***Next Class With Maria Patrick is Scheduled for June!***

#### ***Wellness Practitioner Profile: Susan Sperber***

Learn more about Susan Sperber, a practitioner providing energy healing services to our clients.

**Save the Date!**  
**Toast To The Tata's Annual Wine Tasting**  
Monday 7/29  
@ Village Pizzeria & Ristorante  
Proceeds to benefit To Life!

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.

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

Visit our Facebook Page today for all things To Life!  
<https://www.facebook.com/ToLifeCares/>

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410 Kenwood Avenue, Delmar, NY 12054

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