




Annual Women's Health Conference Series 2021
Register Today!





Tuesday, November 9, 2021,
9:00 AM
Breast Cancer Recurrence: Managing the Fear & Living Your Life
Lillie Shockney, RN, BS, MAS, ONN-CG



Wednesday, Nov. 17, 2021,
10:00 AM
Psychological Trauma & Breast Cancer
Cheryl Hysjulien, RN, PsyD

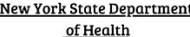


Wednesday, Dec. 8, 2021,
9:00 AM
Nutrition for Breast Cancer Patients and Survivors
Julie Bosworth, RD, LDN



Thursday, January 13, 2022,
9:00 AM
Integrative Therapies in Breast Cancer Care
Ting Bao, MD, DABMA, MS

Special thank you to our sponsors:

410 Kenwood Avenue Delmar, NY 12054 ~ 518-439-5975
 110 Spring Street, Saratoga Springs, NY 12866 ~ 518-587-3820
www.tolife.org

For more information on the Women's Health Conference and/or to register:

- **Scan the above QR Code with your phone.**
- **Click this link:** <https://www.eventbrite.com/e/to-life-eleventh-annual-womens-health-conference-tickets-163217318393>
- **Or call 518-439-5975.**



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, November 18 at 6:00 pm.

(Typically held on the 4th Thursday of the month this group will meet on the 18th due to the Thanksgiving holiday)

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

Bilingual Support Group

Tuesday, November 9 at 6:30 pm.

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

Saratoga Support Group

Tuesday, November 16 at 5:30 pm.

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

MetaThriver Support Group

Wednesday, November 17 at 6:30 pm.

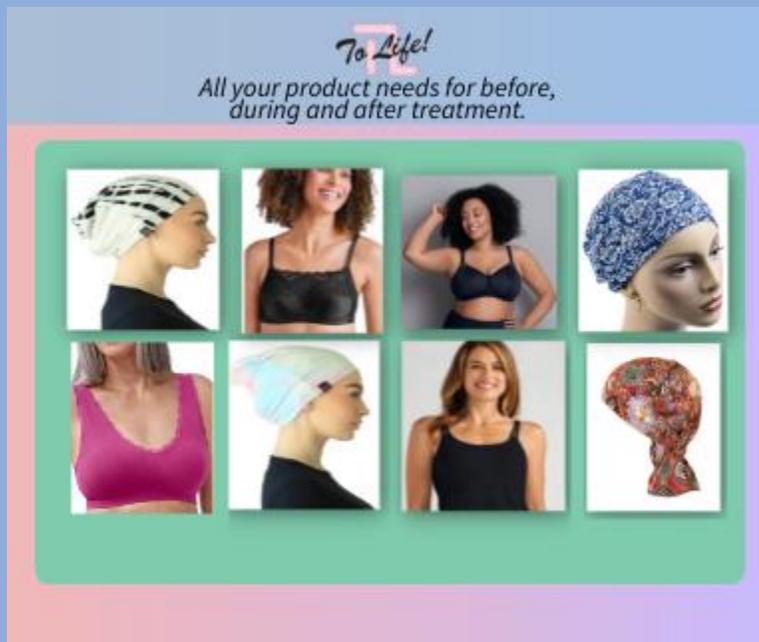
Contact Martha McCormick at mmccormick1600@gmail.com to learn more about the group and to join.

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.



Shop the To Life! Boutiques

We offer the convenience of shopping online or in person.

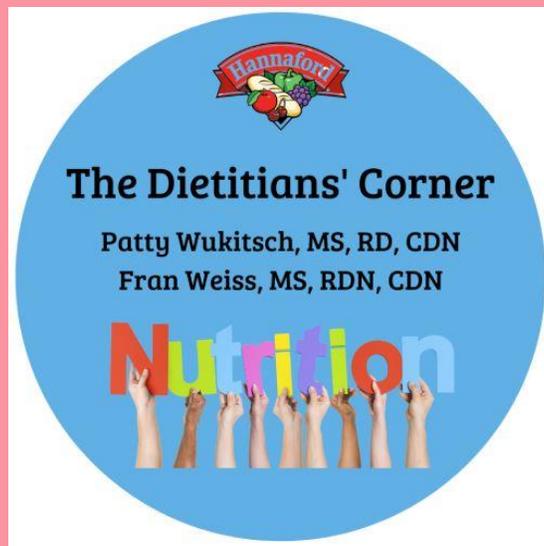
Prefer in person? Make an appointment today by calling
518-439-5975.

What is a post surgical camisole?

Used after breast surgery, post surgical camisoles provide comfort and support and aid in the healing process. They are super soft, have adjustable straps and front closures. They also have pockets and features for drain management. To Life! carries a variety of

camisoles in different styles and sizes. Call to schedule an appointment with one of our fitters or visit the online store.

[CLICK HERE TO SHOP THE ONLINE STORE](#)



GERD and Acid Reflux

A Soothing Answer to a Burning Question

Question: Does chemo or other treatments cause heartburn, acid reflux and GERD?

Answer: The healthy cells in the digestive tract can be affected by chemo, various medications, and some foods. As a result, an esophageal sphincter that normally protects the **esophagus*** weakens. This weakening results in a backflow of very strong stomach **acids**** from the stomach to the throat through the esophagus. This flow of acid in the wrong direction causes acid reflux and GERD (gastroesophageal reflux disease).

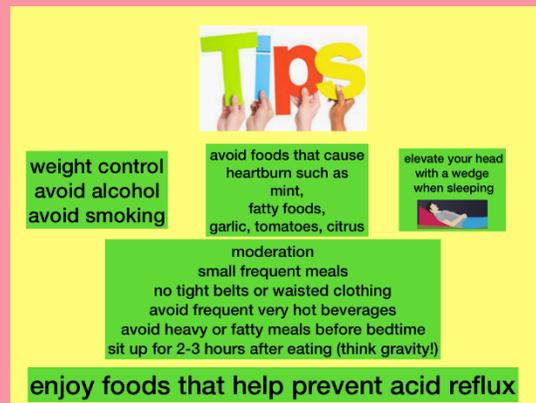
Symptoms vary and can include coughing, heartburn (a burning sensation in the chest), hoarseness, and a feeling of choking when lying down. While this is not a soothing answer, there are several dietary and lifestyle interventions that can help prevent and control the burning sensation.

In addition to helpful lifestyle tips shown, the accompanying graphics point out that foods sources of probiotics such as yogurt and kefir help support the digestive tract. Hydrating foods help dilute the acid. High fiber foods help absorb the acid and alkaline foods help counteract the acid.

* The **esophagus** is an organ that looks like a hollow & narrow tube. Also called the food pipe or gullet, the esophagus connects the throat to the stomach.

** **Acids** are needed in the stomach to digest foods.

Note: It is important to note that the symptoms of acid reflux mimic the symptoms of other serious conditions such as a heart attack, a stomach ulcer, gall bladder problems, or swallowing problems. Symptoms should be brought to the attention of your medical care provider.





For more information about GERD Acid Reflux - Prevention and Control join Fran Weiss, MS RDN CDN on November 7th at 5:00 pm for a LIVE Zoom program. To sign up email - Frances.weiss@hannaford.com for the link.

Did you also know that our Hannaford Dietitians are holding monthly FREE virtual classes on a variety of topics from Heart Health to Meal Planning and more? Check out our event website and sign up today! www.hannafordnutrition.eventbrite.com

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



Featured Wellness Articles:

[Coping with Cancer During the Holidays](#)

[How Self Love Helped Me Achieve Body Acceptance After Cancer](#)

[Using Mindfulness to Reduce Stress and Strengthen Your Immune System](#)

[View All Blog Posts](#)





Thank you all for supporting this event!

Sponsors, Honorary Committee, Survivor Artists,
Auction Donors and Bidders, Volunteers and Committee members!
We couldn't have done it without you!



Congratulations to all the teams who competed in Pink Mile
Challenge!

We appreciate your enthusiasm for getting out there and being active
not
only for your own health but also for the money you raised.

Top three winning teams:

Road Warriors - raised \$3,602

Murphy's Pals - raised \$2,596

Wellness Walkers- \$1,126

All funds raised will benefit local breast cancer survivors and thrivers!
From everyone at To Life! thank you for being part of our community!



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.

[MORE INFORMATION](#)

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- * Like our Facebook page.



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