



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

APRIL 2022



## **Support Groups Continue Virtually via Zoom**

### **Newly Diagnosed Support Group**

Thursday, April 28 at 6:00 pm.

Please email Jamiyla Hills at [jhills@tolife.org](mailto:jhills@tolife.org) to connect with this group.

### **Bilingual Support Group**

Tuesday, April 12 at 6:30 pm.

Please email Carmen Rodriguez at [crodriguez@tolife.org](mailto:crodriguez@tolife.org) to connect with this group.

### **Saratoga Support Group**

Tuesday, April 19 at 5:30 pm.

Please contact Jean Malone at [jmalone@saratogahospital.org](mailto:jmalone@saratogahospital.org)  
to connect with this group.

## MetaThriver Support Group

Wednesday, April 20 at 6:30 pm.

Contact Martha McCormick at [mmccormick1600@gmail.com](mailto: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](mailto: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.

Tuesday, April 19  
7:00 pm

### *Focus Group/Listening Session*

We are 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](mailto:jhills@tolife.org) or Eileen at [ebird@tolife.org](mailto:ebird@tolife.org).



[REGISTER](#)

SAVE THE DATE!

# A Toast To Life!



JOIN THE CELEBRATION!  
Wednesday, May 11th - 5:30 pm  
The Century House in Latham



A Toast To Life! is a celebration of local breast cancer survivors, thrivers, family members and the medical community who are passionate about breast cancer education, care and support.

You're an Angel Award: Jessica Melchior and Susan Kugler

The Extra Mile Award: Dr. Paul Osterdahl (posthumously)

Fabulous Food, Extraordinary Desserts

Unique Online Auction

Auction Basket Contest

Wine Pull and More!

[A Toast To Life! Tickets and Information](#)



To Life! Boutiques  
Shop Online or In Person

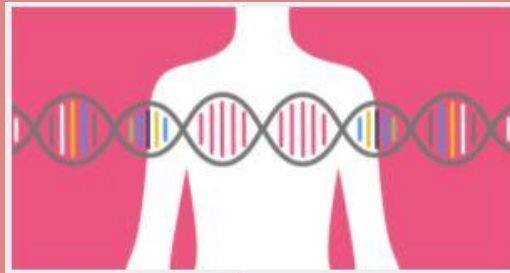
*All your product needs for before, during and  
after treatment.*

*Let us help you feel good, enjoy life and do what you like to do!*

For questions or to schedule a fitting call 518-439-5975.

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## Upcoming Educational Program with Albany School of Pharmacy and Health Sciences



**BREAST CANCER DRUG TREATMENTS  
AND  
GENETICS ASSOCIATED WITH BREAST CANCER**  
Date and time to be announced soon!

**APRIL WELLNESS PROGRAMS**



**Equine Assisted Therapy** with Julie Halsdorf from JHA Riding Academy, Slingerlands. Individual and group sessions on Thursdays and Friday evenings and weekends. Text or email Julie at 518-441-3563 ~ [jhalsdorf@albany.edu](mailto:jhalsdorf@albany.edu).

#### **Yoga for Survivors and Thrivers:**

**Yana Yoga** in Malta. Gentle yoga for all levels and more. Email Ellen for information and to sign up [ellen@yanayoga.net](mailto:ellen@yanayoga.net) or visit [Yana Yoga](http://YanaYoga.com).

**Jai Yoga** at the Vista Technology Park in Slingerlands offers classes for survivors and thrivers.

Call 518-496-8382 and ask for Meg or visit [Jai Yoga](http://JaiYoga.com) for more info.

#### **Moving for Life**

Keep Moving from Home - free online classes for breast cancer survivors. [CLASS](#)

[SCHEDULE](#)

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



April is Earth Month, and what better way to care for our environment and our bodies than by eating sustainably! By eating more plant-based foods, we help to conserve natural resources with minimal impact on the environment. Eating plant-based also helps breast cancer survivors to eliminate excess estrogens. Plant based foods are rich in Vitamin C, beta-carotene and selenium, which are linked to lower cancer risk.

**Tips for Sustainable Eating:**

- If you do eat meat, choose smaller amounts of higher quality meat raised in a sustainable, humane manner, such as pasture-raised or grass fed
- 100% of the seafood sold at **Hannaford** comes from sustainable sources
- Explore legumes and **pulses** like chickpeas, peanuts, black beans, green peas, lima beans, kidney beans, black-eyed peas, navy beans, cannellini beans and Great Northern beans, a staple of most sustainable diets. What's a "pulse"? It's an edible seed from a legume plant such as beans, lentils and peas.
- Cook whole foods as often as possible, with healthy oils such as olive or canola oil
- Add herbs and spices to your foods. Using herbs and spices is a great sub for artificial flavors and added sugars used to process some foods
- Growing your own fresh herbs and produce gives you an appreciation of what goes into the growing and tending process
- Aim to reduce food waste by freezing, sharing and/or repurposing leftovers into another meal
- Support local farms and farmers, creating a sense of community, and cutting down on the amount of fuel needed to ship the food to your market. **Hannaford supermarkets** carry a variety of **local products** in Produce, Dairy and Center Store areas
- Think about food as fuel for your body. "Higher octane" foods are foods that provide energy, such as fruits/green, leafy veggies/whole grains/legumes/protein sources/healthy fats and can produce better outcomes
- Keep packaging and food waste to a minimum - **compost** and **recycle** as much as possible
- Eat seasonally and buy your produce in season-turn to frozen produce when fresh isn't in season as they still pack the important nutrients as fresh produce
- Use a refillable water bottle instead of purchasing bottled water

**Plant-Powered Curry Chickpea Salad**

**Ingredients:**  
 1 cup chickpeas (1 can)  
 1/2 cup red onion, diced  
 1/2 cup green bell pepper, diced  
 1/2 cup mango, diced  
 1/2 cup cilantro, chopped  
 1/4 cup lime juice  
 1/4 cup olive oil  
 1/2 tsp salt  
 1/4 tsp black pepper

**Directions:**  
 1. Drain and rinse chickpeas. Pat dry.  
 2. In a large bowl, combine chickpeas, onion, bell pepper, mango, and cilantro.  
 3. In a small bowl, whisk together lime juice, olive oil, salt, and pepper.  
 4. Pour dressing over salad. Toss well. Serve immediately or store in the refrigerator for up to 3 days.

**Fiber Up!**

A high fiber diet, along with drinking plenty of water each day, can improve digestive health and decrease the risk of chronic diseases such as constipation. A diet rich in fiber can also help you feel full and satisfied, leading to a healthy weight. Fiber is found in many fruits, vegetables, whole grains, and legumes.

**Types of Fiber:**  
**Soluble Fiber:** This type of fiber is found in fruits, vegetables, and legumes. It dissolves in water and forms a gel that can help lower cholesterol and regulate blood sugar levels.  
**Insoluble Fiber:** This type of fiber is found in whole grains, nuts, and seeds. It does not dissolve in water and helps to add bulk to the stool, promoting regular bowel movements.

**Health Tip:** **Get your fiber from a variety of whole grains and vegetables.**

**Quick Fiber Facts:**  
 Men: 38 g per day (19 years and older)  
 Women: 25 g per day (19 years and older)

**Easy Ways to Increase Fiber:**  
 • Add a half cup of fruit or vegetables to your meals.  
 • Choose whole grains over refined grains.  
 • Drink plenty of water.  
 • Increase your fiber intake gradually to avoid discomfort.

**Oat and Bean Burgers**

**Ingredients:**  
 1 1/2 cups cooked oatmeal  
 1/2 cup cooked beans  
 1/2 cup onion, diced  
 1/2 cup carrot, diced  
 1/2 cup tomato, diced  
 1/4 cup ketchup  
 1/4 cup mustard  
 1/4 cup Worcestershire sauce  
 1/4 cup soy sauce  
 1/4 cup olive oil  
 1/4 tsp salt  
 1/4 tsp black pepper

**Directions:**  
 1. Preheat oven to 375°F.  
 2. In a large bowl, combine oatmeal, beans, onion, carrot, and tomato.  
 3. In a small bowl, whisk together ketchup, mustard, Worcestershire sauce, soy sauce, and olive oil.  
 4. Pour dressing over oatmeal mixture. Toss well.  
 5. Form patties and cook in a skillet with oil until browned on both sides.

**Fruit and Granola Chia Pudding**

**Ingredients:**  
 1/2 cup chia seeds  
 1 cup almond milk  
 1/2 cup maple syrup  
 1/2 cup vanilla extract  
 1/2 cup granola  
 1/2 cup fruit (e.g., strawberries, blueberries)

**Directions:**  
 1. In a bowl, whisk together chia seeds, almond milk, maple syrup, and vanilla extract.  
 2. Let the mixture sit for 15 minutes to allow the chia seeds to thicken.  
 3. Stir in granola and fruit. Serve with honey for added sweetness and protein.

**Disclaimer:**  
 \*This recipe is for informational purposes only. It is not intended to replace medical advice or treatment.

**Our Top 5 Plant-Based Building Blocks**

**1. Whole Grains:** Go whole grains for a strong plant-based foundation. Whole wheat, oats, quinoa, brown rice, and more are just a few examples of whole grains to include daily.

**2. Beans and Lentils:** Looking for plant-based protein building blocks? Great sources include legumes such as beans and lentils, soy products, tofu, tempeh, chickpeas, and seeds.

**3. Nuts, Seeds, and Oils:** Make room for healthy fats! Include small amounts of nuts, peanuts, peanut and nut butter, seeds, olives, avocados and olive oil or other plant oils in your diet for good health.

**4. Plant-Based Protein Powders:** Make your plant-based protein building blocks even easier to incorporate. Look for plant-based protein powders such as pea, hemp, and soy protein.

**5. Plant-Based Meat Alternatives:** Check out Hannaford's Nature's Promise® brand of plant-based products throughout the store! From soy or almond beverages and burgers to tofu and plant-based protein powders, they've got your plant-based needs covered.

**Plant Based Nutrition**

Switching to a plant-based diet can help improve cardiovascular health and decrease risk for chronic disease. It's no wonder plant-based eating patterns are growing in popularity today. Without a diet deficient in the "wrong" fats, "bad" carbs, or other dietary problems that cause a common block of a diet based primarily on foods from plants with either no or small amounts of animal products.

**Types of Plant-Based Diets:**  
**Vegetarian:** Excludes meat. Dairy and poultry products may or may not be included.  
**Vegan:** A vegetarian pattern that includes fish and seafood.  
**Lacto-O vegetarian:** A vegetarian style of eating that includes dairy products and eggs.  
**Vegan:** Excludes all animal products, for some even honey.  
**Flexitarian:** Primarily focuses on a vegetarian diet but may include small amounts of meat, seafood, eggs, and dairy.

**Important Nutrients to Watch:**  
 Switching to a plant-based diet can help you get enough of the following nutrients:  
**Calcium:** Choose dark leafy greens. Look for calcium fortified soy milk, tofu, and calcium-rich beans and seeds.  
**Iron:** Add chia and flax seeds, oats, whole grains and greens to your diet or choose plant-based protein powders. Iron-rich foods with a good source of vitamin C, helps boost iron absorption.  
**B12:** The nutritional world is a secondary and look for B12 fortified cereals and plant-based milks.  
**Protein:** Tofu, tempeh, beans, nuts, seeds, soy products, plant-based protein powder - most non-vegetarians can still eat fish to a protein-rich plant-based diet.

Feel free to contact your local Hannaford Dietitian for FREE Plant-Based Store Tour and a \$2 Guiding Star Coupon.

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Patty Wukitsch, MS, RD, CDN (Delmar, Cairo, Guilderland)

[Patricia.Wukitsch@hannaford.com](mailto:Patricia.Wukitsch@hannaford.com)

Hannaford Dietitians offer FREE virtual classes on a variety of topics from Heart Health to Meal Planning and more.

April Seasonal class is on Plant-Based Eating. Check out classes at

[www.Hannafordnutrition.eventbrite.com](http://www.Hannafordnutrition.eventbrite.com)



### **Article Highlights:**

[Reducing Risk of Recurrence - Ten Lifestyle Changes that May Help](#)

[Is there a Place for Processed Foods in a Diet to Reduce Cancer Risk?](#)

[Expert Tips for Eating Well During Chemotherapy](#)

[View All Blog Posts](#)

### **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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