



AUGUST  
2019



***Coming Up!***

**Beat The Odds**

**Wednesday August 7th, 2019**

**Saratoga Springs City Center,**

**Saratoga Springs NY**

***8am-Breakfast & Registration***

***9am-Program Begins***

**Register Now** (registration closes Sunday night)



### New in Delmar & Saratoga Boutiques- COOBIE bras

One size fits almost every body. The Coobie bras are seamless, soft & stretchy - they comfortably fits sizes 32A to 36D. They really do fit that size range perfectly!

They are all seamless, so no hooks or clasps. The back is smooth. Straps are adjustable & removable and each has removable, reversible padding. The pads stay in place with the versatile pocket that can be worn with prosthesis or without. The fabric is made of an ultra soft nylon and spandex blend.

*To learn more about our Bra and Prosthesis Boutique, please head to our [website](#).*



### Staff Spotlight!

If you've been in our Delmar wig boutique lately chances are you've met our new wig fitter Alice! Alice joined the To Life! staff in January 2019 and has been delighting clients ever since. Alice has over 30 years of experience as a licensed cosmetologist and makes sure every client leaves feeling confident and comfortable in their wig. Learn more about Alice and our Wig Boutique [HERE](#) and call 518-439-5975 to make an appointment with her today!



We were so happy to be the recipients of funds raised at the annual Women's Member-Guest Golf Tournament at the Normanside Golf Club in Delmar. Many thanks to Mary, Dave, and the staff and volunteers at Normanside for putting on this wonderful event!



Thank You to Sandra Foster and her incredible team for hosting the 2019 Toast To the Tata's Wine Tasting, with proceeds to benefit To Life! The event was held last Monday with a record crowd attending! We were thrilled to send some of our staff and volunteers to join in the gathering of friends at Village Pizzeria in Galway. Sincere thanks to Sandy, all staff and volunteers!



### **Qi Gong For Breast Health**

**Monday, August 19th 2019**

**6:30pm-7:30pm**

**To Life! Delmar Office**

Qi Gong is a traditional Chinese practice of aligning breath and movement to boost energy, mental focus and physical well-being. Qi Gong is gentle, empowering, self-healing, enjoyable and easy.

In this workshop you will learn 7 Qi Gong movements that will increase energy flow through the breast area.

Qi Gong is part of a preventative and restorative model of

healing.

Sign up by calling 518-439-5975

*Reiki in August*

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki during the month of **August**. Times are below! Call 518-439-5975 to schedule your session today!



August 7th 3:00pm-5:00pm

August 12th 12:30pm-2:30pm

August 21st 3:00pm-5:00pm

August 26th 12:30pm-2:30pm

Ongoing Wellness Programs  
Offered by To Life! in Delmar

[Upcoming Events](#)

**Tabling at the  
Black Arts and  
Cultural Festival**



### **NEW: Meditation @ the Stram Center**

The Stram Center offers free guided meditation most Wednesdays from 7:30pm to 8:30pm. Check the [Stram Calendar](#) for Dates-No sign up necessary!

### **Madgalena Energy Sessions with Susan:**

Sessions are available by appointment at the mutual convenience of the Practitioner and Client. All days of the work week are considered. 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

8/3 @ The Empire Plaza

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### **Fabulous Fillies Day**

8/8 @ The Saratoga Race Track

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### **Qi Gong for Breast Health**

8/19 @ Delmar Office

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### **Women's Health Conference**

11/12 @ The Carondelet Hospitality Center  
**and more on our [Calendar](#)**



### **From The Blog** [Voluntary Recall for Certain Textured Implants](#)

Read up on all the most recent news regarding the FDA's voluntary recall on certain mastectomy implants

at our Saratoga Boutique (110 Spring Street). More information [HERE](#)

### YANA Yoga

YANA YOGA in Malta offers two classes "Gentle yoga & stretching" and "Gentle to Moderate yoga" free of charge to breast cancer survivors referred through To Life! <http://www.yanayoga.net/>

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

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

### [August Support Groups](#)

#### [Amsterdam Bilingual Support Group](#)

English and Spanish speakers welcome.  
(open to anyone in the region at any stage of treatment or survivorship)  
Tuesday, August 13th, 6:30pm- 7:30pm  
Held at Centro Civico Community Room, 143 East Main Street, Amsterdam, NY 12010

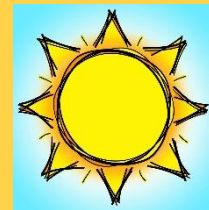
### [The Color of Health](#)

Melanie McCulley, our support services manager, on why you should "eat the rainbow"

### [Fear In Perspective](#)

Melanie McCulley on how to keep fear in check

### Summer 2019 Newsletter!



Look out for our Summer newsletter, which just hit the streets!

[Full newsletter PDF](#)

Featured Article:  
[Survivor: What's in a Name](#)

By Melanie McCulley  
MS, Support Services Manager

### Call For Volunteers



We are looking for

### **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, August 20th, 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, August 21st, 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, August 22nd, 6:00pm - 7:30pm

Delmar To Life! Office

volunteers who are interested in helping staff our front office during the busy and vacation filled months of Summer. Full training is provided. If you're interested, please call the Delmar Office at 518-439-5975. More information provided [HERE!](#)

We love making new friends here at To Life! if you have an organization or group that would like to raise money for To Life!, please let us know by emailing at [info@tolife.org](mailto:info@tolife.org) or calling the office at 518-439-5975. We can provide any handouts or promotional information about To Life! that you may need.

***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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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

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**Our mailing address is:**

410 Kenwood Avenue, Delmar, NY 12054

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