



DECEMBER
2019



From all of us at To Life!, we wish you all the joy of the Holiday Season and a happy and healthy New Year!



To Life! Annual Appeal

Gifts to the Annual Appeal help fund our outreach, now and in the future. Your support means that To Life! can and will continue to provide services and programs that remain free of charge to patients, survivors, and their friends and family.

All contributions made by December 17th will be entered in a drawing for season tickets (4 seats) for the Siena Men's Basketball 2019-2020 season.

[Contribute Now](#)



**Create A Writing Ritual for
Resilience and Stress-Reduction**
Saturday, January 11th, 2020
10:30 am- noon

To Life!'s Delmar Office
410 Kenwood Avenue, Delmar, NY

We are thrilled to offer this wonderful workshop led by Ruth Ann Smalley, PhD of Vibrant Energies. Learn how daily writing can help focus and slow down your mind, process experiences, and reduce stress. Light food and drink included! Class is offered free of charge to breast cancer patients, survivors, and caregivers.

Call 518-439-5975 to sign up Today!



Latest Blog Posts

Our blog highlights some wonderful pieces from our Fall 2019 Newsletter!

[Textured Breast Implant & the FDA Recall](#)

Learn about why the U.S. Food and Drug Administration has recalled certain implants and expanders made by manufacturer Allergan and what this news may mean for you.

[What Genes MAY tell us About Breast Cancer Risk](#)

A timely article about genetic risk for breast cancer and new testing guidelines.

December Support Groups

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

Saratoga Support Group

(Open to anyone in the region at any stage of treatment or survivorship)

Tuesday, December 17th, 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, December 18th, 7:30pm - 9:00pm

Delmar To Life! Office

Reiki in December

To Life! Delmar Office
Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki this **December and January**. The benefits are many, including pain relief, stress reduction and balance. Times are below! Call 518-439-5975 to schedule your session today!



Call Office for Appointments

**New Resources for Nutrition,
Health and Wellness:
Cookbook Library**

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)

No Group this Month, See you in January!!!! Please call Melanie McCulley at 518-439-5975 with any questions or if you're in need of immediate support.

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.

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

Save the Date!



20th Annual Siena Women's Basketball Pink Zone Game
Thursday, February 13th, 2020
Marcelle Athletic Complex, Siena College

In our Delmar Office, we have created a wonderful resource for local survivors, a cookbook library! Browse through cookbooks covering a variety of topics, such as risk reduction, supporting a healthy immune system, and healing during and post treatment! You can even borrow your very favorites through our lending library!

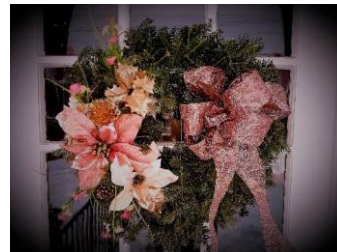
Want to learn more about To Life!

Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

Stay updated on all things To Life!



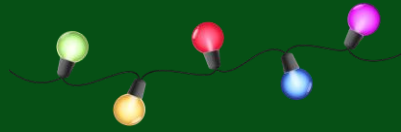
Thank you so much to our friends at the Bethlehem Garden Club for gifting us this beautiful, festive wreath! What a way to brighten our day in all this wintry weather!



On Tuesday November 12th, To Life! held its 9th Annual Women's Health Conference at the Carondelet Hospitality Center in Latham, NY. It was a wonderful day of learning for all who attended. Thank you to all our wonderful speakers, thoughtful attendees, event staff at the Carondelet and To Life! staff and volunteers. This event would be impossible without your help. Special thank you to our sponsors the New York State Department of Health and Genentech! For more information on the event and a list of all our speakers and their presentation topics, please go to our [WEBSITE](#).



Happy Holidays!



Thank you to all our friends who came out to our Holiday Open House this past Thursday December 5th! We are so grateful to everyone who has helped us achieve our mission throughout the year and were so happy to recognize all you do at this festive event!



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Our mailing address is:

410 Kenwood Avenue, Delmar, NY 12054

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