



Breast Cancer Awareness Month is recognized around the world. This campaign has helped to reduce the stigma associated with breast cancer.

It is a time when we celebrate the advances in research and treatment, rally to raise awareness and educate those about the disease and advocate for our family members and friends who are affected.

It is also a time to remind ourselves, family and friends to stay up-to-date on

screenings and to assess and revise our own health habits. Living a healthy lifestyle can directly impact the chances of being diagnosed with cancer.

Join in with To Life! on these events. It's for a good cause:

[Pink Mile Challenge](#)

A Virtual 5K taking place around the Capital Region throughout October.

Click above link for more information.

[Moonlight Soiree](#)

A Virtual Fundraiser on October 26. Presenting the community advocate award to Patricia Tobin of Patricia Tobin Fine Jewelry. Dazzling online silent auction starts October 22 featuring art created by Survivors along with amazing auction items donated by local businesses, restaurants and friends. Free to view presentation and to participate in auction. Click above link for more information.

Pink Card Campaign ~ look for "I Support To Life!" pink cards at local businesses and make a pledge to show your support for Breast Cancer Awareness!



Educational and Mindfulness Events:

Monday, October 18 - live Zoom - 2 sessions 8:00 am and 6:00 pm - Fran Weiss, MS RDN CDN, of Hannaford will give a 20 minute talk about "The Mediterranean Lifestyle Diet" covering nutrition and modifiable interventions for breast cancer risk reduction and overall optimal health for survivors and their families. Sign up to learn more about what "the forgotten nutrient" is yet is perhaps the most important nutrient of all!

Sign up by emailing sabbuhl@tolife.org no later than Saturday, October 16.

All participants can receive a free Hannaford fanny pack with bonus coupons inside!

Resilience & Empowerment: Making Myself Through the Fire - A Guided Meditation with Melissa Hurt of Integrative Studio - an on demand recorded session. Click title for access.

20 Minute Strong Yoga Practice Staying on the Floor - with Melissa Hurt - an on demand recorded session. Click title for access.

October 26 - 1:00 - 3:00 pm Free Mammogram Screenings for the uninsured ages 40 - 64 at Ellis Medicine. Pre-registration required at 518-770-6816 by October 18th or email Lesley at montenaroL@ascension.org.

Knowledge is power.

[Click here for information about breast cancer.](#)



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, October 28 at 6:00 pm.

Please email Melanie McCulley at mmcculley@tolife.org to connect with this group.

Bilingual Support Group

Tuesday, October 12 at 6:30 pm.

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

Saratoga Support Group

Tuesday, October 19 at 5:30 pm.

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

MetaThrivers Support Group

Wednesday, October 20 at 6:30 pm.

Please email Melanie McCulley at mmcculley@tolife.org for information on this group.

Young Survival Coalition

Active on Facebook, and with meetups, for women diagnosed
with breast cancer under 40 years of age.

Please email Melanie McCulley at mmcculley@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.

To Life!

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



Shop the To Life! Boutiques

**We offer the convenience of shopping online or in
person.**

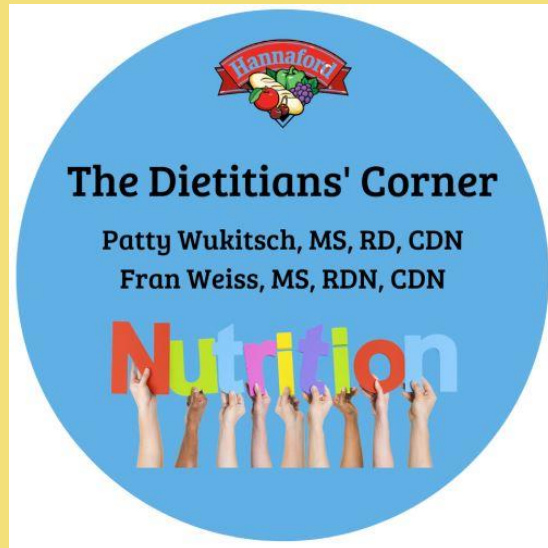
Prefer in person? Make an appointment today by calling
518-439-5975.

October Special ~ free shipping on all online orders!

(No coupon codes required)

Did you know that following breast surgery, women unknowingly wear a bra band size too small. Often they think that wearing a smaller sized band will help keep the bra in place even without breast tissue. Unfortunately, the small size only ends up causing the cups to be in the wrong position and the bra to "ride up". Fit is critical. We encourage you to call (518-439-5975) and talk with one of our certified post mastectomy fitters to ensure the best bra fit and size to meet your needs.

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



Nutrition for Immune Health

Our immune system protects the body from harmful substances or germs that could make us sick. It's made up of various organs, cells and proteins. Breast cancer treatments, such as chemotherapy, surgery and some forms of radiation therapy can suppress or weaken your immune system. Consider the following suggestions to support your immune health:

1. **Eat from the Rainbow!** By eating brightly colored fruits and vegetables, you are taking in important antioxidants to help neutralize free radicals, which are molecules produced when your body breaks down food or when you're exposed to carcinogens such as tobacco, smoke or radiation
2. **Vitamin C** can help minimize cold and flu like symptoms and possibly reduce the risk of infections. Good sources are citrus, kiwi, papaya, bell peppers, cruciferous veggies, berries, cantaloupe and greens
3. **Vitamin D**, in addition to supporting the immune system, is important for healthy bones, teeth and muscles. Good sources are fortified foods such as orange juice and breakfast cereals, dairy, salmon, sardines and eggs
4. **Zinc** helps to metabolize nutrients, maintain your immune system and helps the growth and repair body tissues. Good sources are meat, shellfish, legumes, seeds and nuts

5. **Did you know that over 70% of the immune system is in the gut?** This is a good reason to be sure to take in foods known as **probiotics**, which are the healthy bacteria in our digestive tract vital to proper development of the immune system. Some good food sources are yogurt with live cultures, kefir, and fresh sauerkraut (unpasteurized)

6. **Prebiotics** are nondigestible food ingredients that stimulate the growth and/or activity of beneficial microorganisms already in our gut. Food sources are whole grains, onions, garlic and bananas, to name a few.

[Click here for more information on](#)

[Improving Your Digestive Health: A Closer Look at Probiotics and Prebiotics](#)

[Click here for more information on Fermented Foods](#)



[Click here for Colorful Veggie Slaw recipe](#)



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



Women's Health Conference Series

Our 11th year hosting this important educational event featuring the latest research, treatment and trends in breast cancer. This year we will provide four programs virtually via Zoom starting in November and throughout December concluding in January. [Click here](#) for details on topics and speakers and to register.



To Life! has an extensive collection of blog articles on our website. Here are a few highlights:

[Lumpectomy - 7 Things to Know](#)

[Mindfulness Can Alter Brain's Perception of Pain in Cancer Survivors](#)

["AI" Aids in Discovery of New Prognostic Biomarkers for Breast Cancer](#)

[View All Blog Posts](#)



National
Mammography Day



October 15 is National Mammography Day!

Schedule yours today!

Mammograms can save lives. Early detection is key.

Mammograms are safe and effective.

Breast cancer risk increases with age.

Meet some staff from the Delmar Office:



***Chris Breton - Assistant Director, Alice Dunican and Connie Bannigan - Boutique Fitters
and Sue Abbuhl - Outreach Coordinator***



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](#)

Stay connected with To Life!

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