



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

MAY 2022



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, May 26 at 6:00 pm.

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

Bilingual Support Group

Tuesday, May 10 at 6:30 pm.

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

Saratoga Support Group

Tuesday, May 17 at 5:30 pm.

Please contact Jean Malone at jmalone@saratogahospital.org
to connect with this group.

MetaThriver Support Group

Wednesday, May 18 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.

Positively Living Support Group

This new group effort invites those persons diagnosed with breast cancer and focuses on the mental, emotional and spiritual transition one goes through following a breast cancer diagnosis. The group provides a forum for dealing with elements of grief and loss of the life previously lived and the transition to life anew. The group is a gathering place for women that will provide the education, tools and supportive community to work through this transition into their new life.

First meeting scheduled for Tuesday, May 17, starting at 6:00 pm.

For the foreseeable time, meetings will be held via Zoom.

[REGISTER FOR POSITIVELY LIVING GROUP](#)

A Toast To Life!

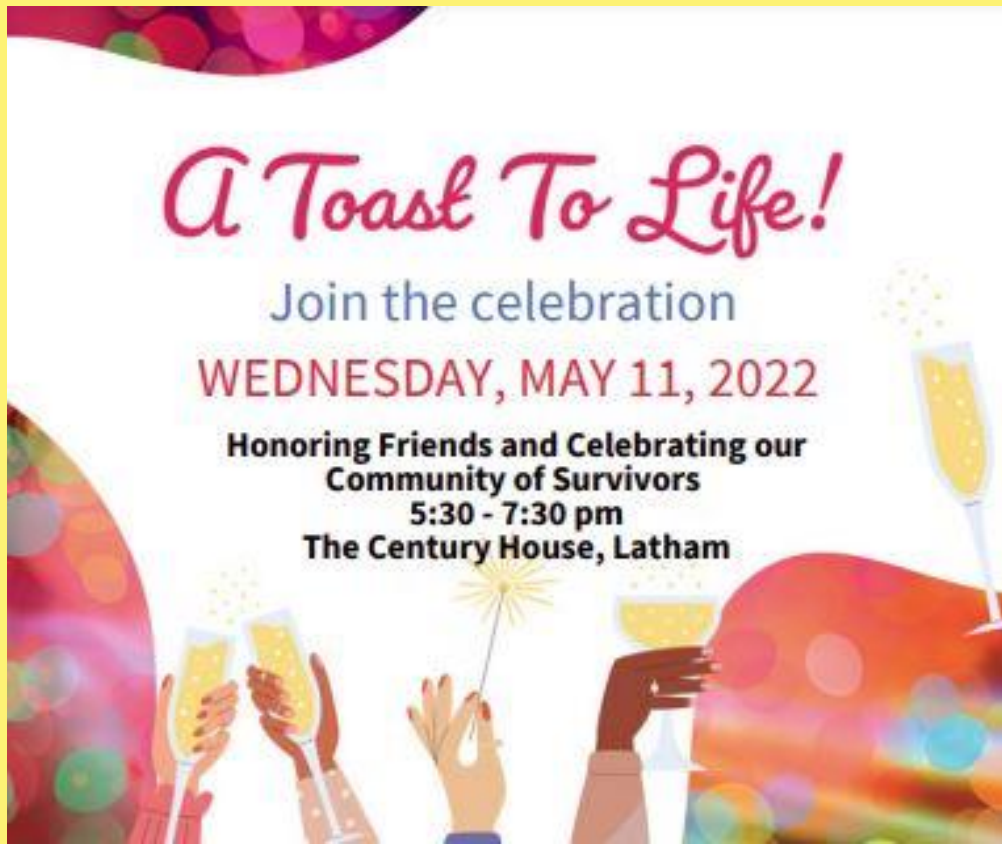
Join the celebration

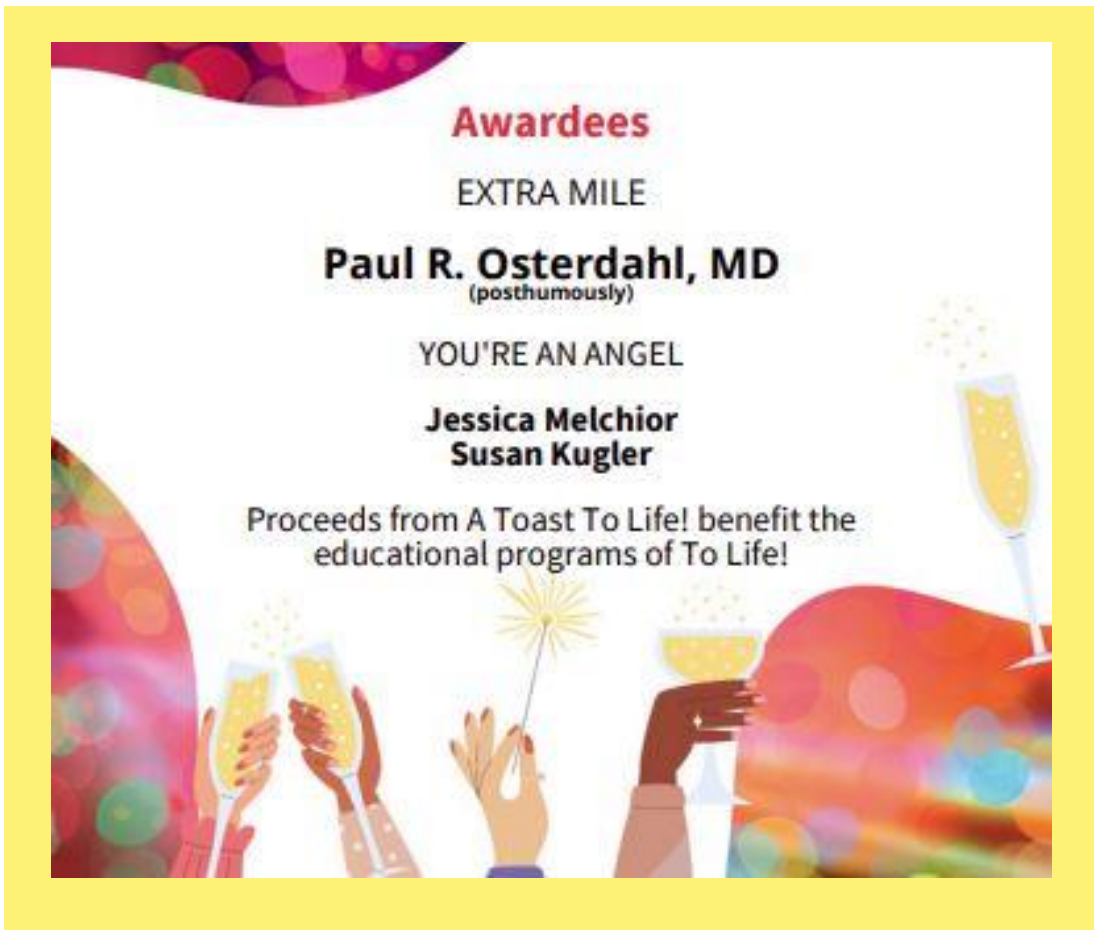
WEDNESDAY, MAY 11, 2022

**Honoring Friends and Celebrating our
Community of Survivors**

5:30 - 7:30 pm

The Century House, Latham





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

To Life! Boutiques
Shop Online or In Person

Ready for summer? View the online store with all the latest styles in swimwear.

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



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

[Shop Now](#)

WELLNESS PROGRAMS

Yoga for Survivors and Thrivers:

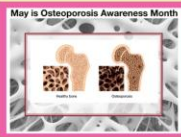
Yana Yoga in Malta. Gentle yoga for all levels and more. Email Ellen for information and to sign up ellen@yanayoga.net or visit [Yana Yoga](#).

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](#) for more info.

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


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



No bones about it, bones play important roles in our body from protecting our organs to providing structure to storing calcium to working in tandem with muscles.

Osteoporosis literally means "porous bones". When viewed under a microscope, bones have the appearance of a honeycomb. The spaces in the honeycomb become larger as osteoporosis progresses. These large spaces weaken bones, making them more at risk for fracture and falling.

Peak bone mass is achieved from childhood to around age thirty. The bone mass we set for ourselves during our first three decades is a major factor when determining our bone health as we age. Think of your peak bone mass as bone "in the bank". It is easy to see why setting a good example and encouraging a bone healthy diet for our children is so important. Getting back to basics with a nutritious and varied diet that includes dietary calcium, Vitamin D, protein, potassium, and boron in addition to enjoying the sunshine (Vitamin D) and weight bearing exercise are not only keys to bone health but have many additional health perks as well.

Because estrogen has a protective effect on bones, breast cancer treatments can increase the risk of osteoporosis. Health care providers may then recommend additional medical therapies to help prevent bone loss. To augment these therapies, the following nutrients are general dietary recommendations. In addition to the individual sample foods as listed next to each nutrient, we hope you will enjoy the accompanying recipes.

Bone Healthy Nutrients:

Calcium: milk, cheese, yogurt, canned fish with bones, leafy greens, almonds, tofu, fortified plant based beverages

Vitamin D fortified foods: (juices, dairy products, plant-based foods, cereals), egg yolks, salmon, mackerel, tuna, mushrooms exposed to UV light, liver

Protein: dairy products, poultry, fish, lean meats, quinoa, nuts

Potassium: fruits, vegetables, beans, lentils, meat, fish, molasses, dairy products, chocolate

Boron: avocados, raisins, apples, prune juice, peaches, pears, beans, peanuts, beans

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Dietitian's Power Parfait

Serves: 2

Ingredients:

- 1/2 cup Hannaford® Plain Greek Yogurt
- 1/2 cup Honey
- 1/2 cup Hannaford® Organic Quinoa, Quinoa, Berry & Chia Seeds
- 1/2 cup Hannaford® Organic Granola
- 1/2 cup Hannaford® Organic Raisins
- 1/2 cup Hannaford® Organic Applesauce
- 1/2 cup Hannaford® Organic Applesauce
- 1/2 cup Hannaford® Organic Applesauce

Directions:

1. In a bowl, combine the yogurt, honey, and quinoa.
2. Add the granola, raisins, and applesauce.
3. Mix well and enjoy!

Nutritional Information:

Amount per serving: Calories 280, Total Fat 10 g, Saturated Fat 2 g, Sodium 75 mg, Total Carbohydrate 34 g, Dietary Fiber 6 g, Sugar 24 g, Protein 8 g

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Black Bean and Tomato Stuffed Avocado

Serves: 2

Ingredients:

- 2 ripe avocados
- 1/2 cup Hannaford® Organic Black Beans
- 1/2 cup Hannaford® Organic Tomatoes
- 1/2 cup Hannaford® Organic Onions
- 1/2 cup Hannaford® Organic Cilantro
- 1/2 cup Hannaford® Organic Lime Juice
- 1/2 cup Hannaford® Organic Olive Oil

Directions:

1. Cut the avocados in half and remove the pits.
2. In a bowl, combine the beans, tomatoes, onions, and cilantro.
3. Add the lime juice and olive oil.
4. Mix well and stuff the avocados.

Nutritional Information:

Amount per serving: Calories 280, Total Fat 10 g, Saturated Fat 2 g, Sodium 75 mg, Total Carbohydrate 34 g, Dietary Fiber 6 g, Sugar 24 g, Protein 8 g

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Strawberry Breakfast Pie

Serves: 6

Ingredients:

- 1/2 cup Hannaford® Organic Greek Yogurt
- 1/2 cup Hannaford® Organic Honey
- 1/2 cup Hannaford® Organic Strawberries
- 1/2 cup Hannaford® Organic Apples
- 1/2 cup Hannaford® Organic Applesauce
- 1/2 cup Hannaford® Organic Applesauce

Directions:

1. Preheat the oven to 350°F.
2. In a bowl, combine the yogurt, honey, and strawberries.
3. Add the apples and applesauce.
4. Mix well and bake for 30 minutes.

Nutritional Information:

Amount per serving: Calories 280, Total Fat 10 g, Saturated Fat 2 g, Sodium 75 mg, Total Carbohydrate 34 g, Dietary Fiber 6 g, Sugar 24 g, Protein 8 g

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Spiced Apple Crisp

Serves: 2

Ingredients:

- 1/2 cup Hannaford® Organic Apples
- 1/2 cup Hannaford® Organic Honey
- 1/2 cup Hannaford® Organic Cinnamon
- 1/2 cup Hannaford® Organic Applesauce
- 1/2 cup Hannaford® Organic Applesauce

Directions:

1. Preheat the oven to 350°F.
2. In a bowl, combine the apples, honey, and cinnamon.
3. Add the applesauce.
4. Mix well and bake for 30 minutes.

Nutritional Information:

Amount per serving: Calories 280, Total Fat 10 g, Saturated Fat 2 g, Sodium 75 mg, Total Carbohydrate 34 g, Dietary Fiber 6 g, Sugar 24 g, Protein 8 g

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Blueberry Probiotic Smoothie

Serves: 2

Ingredients:

- 1/2 cup Hannaford® Organic Frozen Blueberries
- 1/2 cup Hannaford® Organic Greek Yogurt
- 1/2 cup Hannaford® Organic Honey
- 1/2 cup Hannaford® Organic Applesauce
- 1/2 cup Hannaford® Organic Applesauce

Directions:

1. Blend all ingredients together and enjoy cold.

Nutritional Information:

Amount per serving: Calories 280, Total Fat 10 g, Saturated Fat 2 g, Sodium 75 mg, Total Carbohydrate 34 g, Dietary Fiber 6 g, Sugar 24 g, Protein 8 g

The information in the Dietitian's Corner columns is meant to be informational and does not substitute for medical advice.
 Feel free to contact your local Hannaford Dietitian for FREE Plant-Based Store Tour and a \$2 Guiding Star Coupon.
 Fran Weiss, MS, RD, CDN (Albany, Colonie) Frances.Weiss@hannaford.com
 Patty Wukitsch, MS, RD, CDN (Delmar, Cairo, Guilderland)
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



Hope

Hope is the thing that sees you through.
Hope helps you do what you need to do.
Hope is the thing that keeps optimism alive. Hope is what gets us by. Hope brings life to dreams. Hope gives us courage to believe. Hope drives you to your goals.
Hope helps when you're feeling low.
Never underestimate the power of hope.



Article Highlights:

[Physicians Must Take Responsibility for Bone Health of Cancer Survivors](#)

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

[Managing Mental Health After A Cancer Diagnosis](#)

[View All Blog Posts](#)



Thank You!

A special thank you to SEFCU for their
\$2,500 gift from their monthly CEO breakfast.
We are very grateful for the commitment to our
community.



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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