

Corona Virus Notice March 2020

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Dear Friends,

In response to COVID-19 health concerns facing our community, the Delmar and Saratoga offices of To Life! will close for the next two weeks. This action is taken as our community bands together to help stem the progression of the virus and protect the health of clients, staff and visitors.

Our staff will be working remotely and are prepared to assist you as needed during this time. Please contact us via phone or email. Calls will be returned promptly by a member of the staff, 518-439-5975.

For those newly diagnosed, or any breast cancer patient or survivor interested in individual or group support information, our Support Services Program Manager, Melanie McCulley can be reached at mmcculley@tolife.org.

Other contacts:

Emily Pratt epratt@tolife.org

Chris Breton Cbreton@tolife.org

Eileen Bird Ebird@tolife.org

Our support groups will not be meeting face to face for the balance of the month. Please contact Melanie or the contact listed below for guidance and additional information on groups.

Our boutique services are temporarily suspended. Please contact Emily should you have an immediate need for wig or mastectomy fitting. We will accommodate to the best of our ability.

As this situation unfolds, we will communicate updates. More information is available on our website, www.tolife.org.

Thank you all for understanding as we all navigate our way through this situation.

Support Groups

Please reference our [website](#) for additional information. Please call 518-439-5975, if you are interested in attending any of our support groups for the first time.

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

Canceled in March

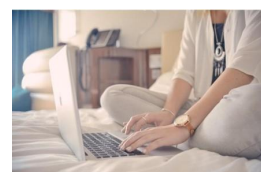
Stage 4/ Metastatic/ Recurrent Support Group

Contact Melanie McCulley mmcculley@tolife.org.

Newly Diagnosed Support Group

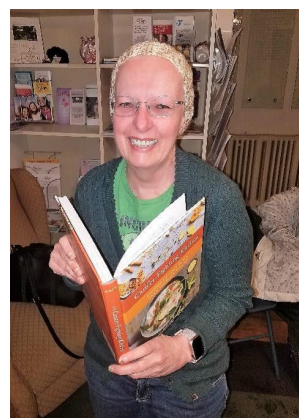
Contact Melanie McCulley mmcculley@tolife.org.

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



Latest Blog Posts
[What I Learned About Food Labels](#) by Chris Breton
[Book Review: The Cancer Fighting Kitchen](#) by Jan Lafayette

New Resources for Nutrition, Health and Wellness: Cookbook Library



In our Delmar Office, we have created a wonderful resource for local survivors, a cookbook lending

...
library! Browse and
borrow cookbooks
covering a variety of
topics, such as risk
reduction, supporting a
healthy immune
system, and healing
during and post
treatment!
[Read a Survivor
Review of Cancer
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