



**AUGUST 2021**


The Capital Region's Personal Source for Breast Cancer Support and Education since 1998

**Still time to join in!**

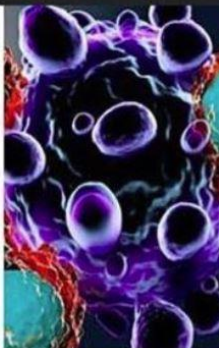
**Click here for more info and to**

**register: [www.tolife.org](http://www.tolife.org)**

### **Beat the Odds 2021**



*To Life! Presents*  
**Breast Cancer Immunotherapy:  
Past, Present and Future**  
with  
**Annual Memorial  
Cynthia Shenker Speaker  
Margaret Gatti-Mays, MD, MPH**



A virtual program to be held on

Wednesday, August 11, 2021

9:00 am - 10:30 am

For more information and to register [Click Here](#)



## **Support Groups Continue Virtually via Zoom**

### **Newly Diagnosed Support Group**

Thursday, August 26 at 6:00 pm.

Please email Melanie McCulley at [mmcculley@tolife.org](mailto:mmcculley@tolife.org) to connect with this group.

### **Bilingual Support Group**

Tuesday, August 10 at 6:30 pm.

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

### **Saratoga Support Group**

Tuesday, August 17 at 5:30 pm.

Please contact Jen Baldwin at [jbaldwin1@saratogacare.org](mailto:jbaldwin1@saratogacare.org) to connect with this group.

### **MetaThrivers Support Group**

Wednesday, August 18 at 6:30 pm.

Please email Melanie McCulley at [mmcculley@tolife.org](mailto: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](mailto: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.

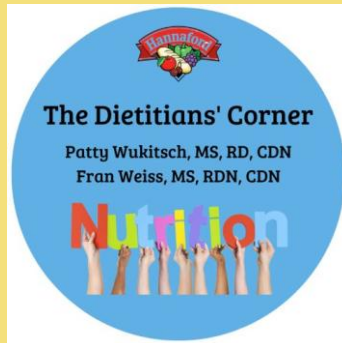


## Individual Support and Coaching

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Individual support and coaching are available to women diagnosed with breast cancer, including long-term survivors.

Please contact Melanie McCulley, Support Services Program Manager at [mmcculley@tolife.org](mailto:mmcculley@tolife.org).



### Importance of Reading Nutrition Facts Label During Breast Cancer Treatment or Recovery

The newer Nutrition Facts label is much easier to read as it bolds the **Serving Size**, making us aware that the specific serving size contains this number of calories, fat (subcategory of saturated vs unsaturated fat), cholesterol, sodium, and carbohydrate (subcategory of how much added sugar).

In addition to looking at the Nutrition Facts Label, it's also important to look at the ingredient listing, which lists the ingredients in that food in order of predominance, from the **most prevalent** on down to the **least prevalent**. Also, if the food contains a lot of ingredients, most of which you need a chemistry degree to read, you may want to think twice about eating that food!

1. There may be specialized needs for individuals going through cancer treatments. For example, if you have typically avoided excess salt in the past, during treatment your body may be low in sodium, which can affect your energy level and blood pressure. So, you may need to include high sodium foods in your diet if your blood sodium is low. Do confirm this with your medical care provider. For weight loss, eating a protein rich diet will be important for healthy weight gain, so look at that macronutrient on the label.
2. For many cancer patients, it's important to make every bite count. Try to consume nutrient dense foods, such as those that are higher in protein, good sources of fat, lower in added sugar. When looking at the Nutrition Facts label, look for those key nutrients to see if that food is more nutrient dense.
3. The overall recommendation for cancer survivors is no different than the general recommendations for all Americans. Consuming a diet rich in fruits, vegetables, whole grains, lean sources of protein, including plant protein like legumes, nuts, seeds, nut butters, and good sources of fat like avocados, extra virgin olive oil or canola oil are heart healthy choices.
4. Be sure to especially look at the Nutrition Facts label of any pre-made or packaged foods, as this is where you may see a higher amount of sodium and preservatives, something we want to cut back on for overall general health.
5. When you enter Hannaford through the produce section, keep in mind that these brightly colored fruits/vegetables don't require a food label as they are minimally processed, So Eat from The Rainbow!
6. Hannaford's Navigational Tool "Guiding Stars", found on the shelf tags of healthy foods, show you that those foods have nutritional value, so Shop the

Stars!

*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](http://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](mailto:pwukitsch@hannaford.com)

Fran can be reached at [frances.weiss@hannaford.com](mailto:frances.weiss@hannaford.com)

**NEW LABEL / WHAT'S DIFFERENT**

**Servings:**  
larger,  
bolder type

**Calories:**  
larger type

**Updated daily values**

**Actual amounts declared**

**New footnote**

**New: added sugars**

**Change in nutrients required**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**FDA**

**Hannaford** simply healthy  
from your Hannaford Dietitian

**Smoky Egg Salad Sandwich**

Serves: 4

**Ingredients:**  
1/4 cup Hellmann's® Mayonnaise with Olive Oil  
1 rib celery, finely chopped  
1/2 tsp. McCormick® Onion Powder  
1 Tbsp. lime juice  
1/4 tsp. lime zest  
1/8 tsp. salt  
1/4 tsp. McCormick® Chipotle Chili Pepper  
6 hard boiled eggs, roughly chopped  
8 slices Hannaford 100% Whole Wheat Bread  
1/2 cup Fresh Express® Baby Spinach

**Directions:**  
1. In medium bowl, combine mayonnaise, celery, onion powder, lime juice and zest, salt and chipotle chili pepper.  
2. Add chopped boiled eggs and toss to evenly coat eggs.  
3. Top 4 slices of bread each with a quarter of the egg salad mixture and baby spinach.  
4. Top each sandwich with the remaining bread slice. Cut in half and enjoy.

**Nutritional Information**  
Amount per serving (1 sandwich): Calories 400; Total Fat 18 g; Saturated Fat 3.5 g; Cholesterol 285 g; Sodium 760 mg; Carbohydrate 40 g; Protein 18 g; Fiber 6 g; Total Sugar 5 g





**simply healthy**  
from your Hannaford Dietitian

### Mediterranean Rice Pilaf

Serves: 4

#### Ingredients:

1 (14 oz.) container Cedar's® Taboule Salad  
1 (8.8 oz.) pouch Nature's Promise®  
90-Second Whole Grain Brown Rice  
2 Tbsp. Hannaford Chopped Walnuts  
1/3 cup Taste of Inspirations® Reduced Fat Crumbled Feta Cheese  
Optional: 1/4 cup sliced black olives  
Salt and pepper, to taste



#### Directions:

1. Add taboule and rice to a large serving bowl. Gently toss to mix.
2. Add walnuts, feta and optional black olives.
3. Season with salt and pepper, to taste.
4. Serve chilled.

#### Nutritional Information (optional ingredient not included)

Amount per serving: Calories 350; Total Fat 18 g; Saturated Fat 3 g; Cholesterol 10 g; Sodium 610 mg; Carbohydrate 39 g; Protein 9 g; Fiber 5 g; Sugar 2 g; Added Sugar 0 g



**simply healthy**  
from your Hannaford Dietitian

### Spiced Dark Chocolate Greek Yogurt Fruit Dip



Serves: 4

#### Ingredients:

2 Tbsp. Hannaford Unsweetened Baking Cocoa  
3 Tbsp. brown sugar  
1/2 tsp. McCormick® Pure Vanilla Extract  
1/2 tsp. McCormick® Ground Cinnamon  
1 pinch McCormick® Ground Cayenne Red Pepper (optional)  
1/2 cup Stonyfield® Organic Whole Milk Plain Greek Yogurt  
2 Tbsp. Hannaford Chopped Walnuts (optional)  
1 Tbsp. Hannaford Unsweetened Flake Coconut (optional)



#### Directions:

1. Combine baking cocoa, brown sugar and vanilla in a small bowl. Add cinnamon and optional cayenne pepper.
2. Whisk yogurt into spice mixture until well blended and an even color.
3. Serve as a dip with fruit or as a topping to a bowl of fresh fruit. Add optional chopped walnuts and flaked coconut for extra crunch.

#### Nutritional Information (optional ingredients not included)

Amount per serving: Calories 60; Total Fat 1.5 g; Saturated Fat 1 g; Total Sugar 8 g; Cholesterol 5 mg; Sodium 20 mg; Carbohydrate 10 g; Protein 3 g; Fiber 1 g

Source: Recipe adapted from stonyfield.com



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[www.tolife.org](http://www.tolife.org)



Naturally Yours®



amoena  
For you, like no other.



CLASSIQUE

Anita



## Shop the To Life! Online Store

*We carry all the top brands with many styles, colors and sizes.*

Not sure about fit or size? Use our online size guide or call 518-439-5975 and we can help.

[CLICK HERE TO SHOP STORE](http://www.tolife.org)



# Wellness Resources for Survivors and Thrivers

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**Moving for Life** - gentle movement for breast cancer recovery, a variety of classes. For more info visit: <http://movingforlife.org/classes/>

**Reiki with Judy Rosch** - Reiki can help promote relaxation and healing and can have a rejuvenating and refreshing effect. Email Judy at [judy.rosch@gmail.com](mailto:judy.rosch@gmail.com) to connect.

**Tai Chi** with the Breast Cancer Coalition of Rochester - virtual classes in comfort of your home. Check out more: <https://bccr.org/tai-chi/>

**Breathing Beyond: Weekly Yoga Series** - Living Beyond Cancer - newly recorded each week. Visit: <https://www.lbbc.org/programs-events/breathing-beyond-weekly-yoga-series>



## Here's what we're working on:

**August 11** ~ Beat the Odds with Dr. Margaret Gatti-Mays - still time to sign up at [www.tolife.org](http://www.tolife.org).

**October Breast Cancer Awareness Month** ~ Pink Mile Challenge - Virtual Walk/Run/Ride - More info coming!

**October 26** ~ Fall Fundraiser - Moonlight Soiree - October 26 - 6:00 pm. [Click here for more info.](#)

**This winter** ~ Women's Health Conference Series - Dates starting in November. Details to come.



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

[New Cancer Treatments May Be On The Horizon - Thanks to mRNA Vaccines](#)

[Axillary Web Syndrome \(Cording\)](#)

[Open Wide: Let's Talk Oral Health & Breast Cancer](#)

[View All Blog Posts](#)



## *Toast to the TaTas!*

Village  
Pizzeria  
& Ristorante



Thank you Sandy Foster,  
Village Pizzeria & Ristorante and everyone  
who joined in the fun!  
*What a fabulous event!*



## COVID-19:

# *Get the Facts*

**Here's what you need to know. Click this link:**

[Get the Facts](#)

### To Life's! COVID-19 Update

We're close but not there yet! 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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### **Stay connected with To Life!**

- \* Sign up for our quarterly e-news by emailing us at [info@tolife.org](mailto:info@tolife.org).
- \* Like our Facebook page.



- \* Add our website to your favorites directory.

### **Sponsors**



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### **Our mailing address is:**

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