



SEPTEMBER 2021

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



Capital Region

Pink Mile Challenge

To Benefit



You're invited to participate in the Pink Mile Challenge - a virtual 5K race taking place throughout the month of October.

Run, walk, hike, bike, your choice! Create a team or go solo, either way, it's all for a good cause!

All proceeds will benefit educational programs and support services of To Life!

For more information and to register visit www.tolife.org



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, September 23 at 6:00 pm.

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

Bilingual Support Group

Tuesday, September 14 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, September 21 at 5:30 pm.

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

MetaThrivers Support Group

Wednesday, September 22 at 6:30 pm.

(Note: this has been rescheduled from September 15 due to Yom Kippur.)

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.

Struggling with lymphedema?

Here are some resources you may find helpful:

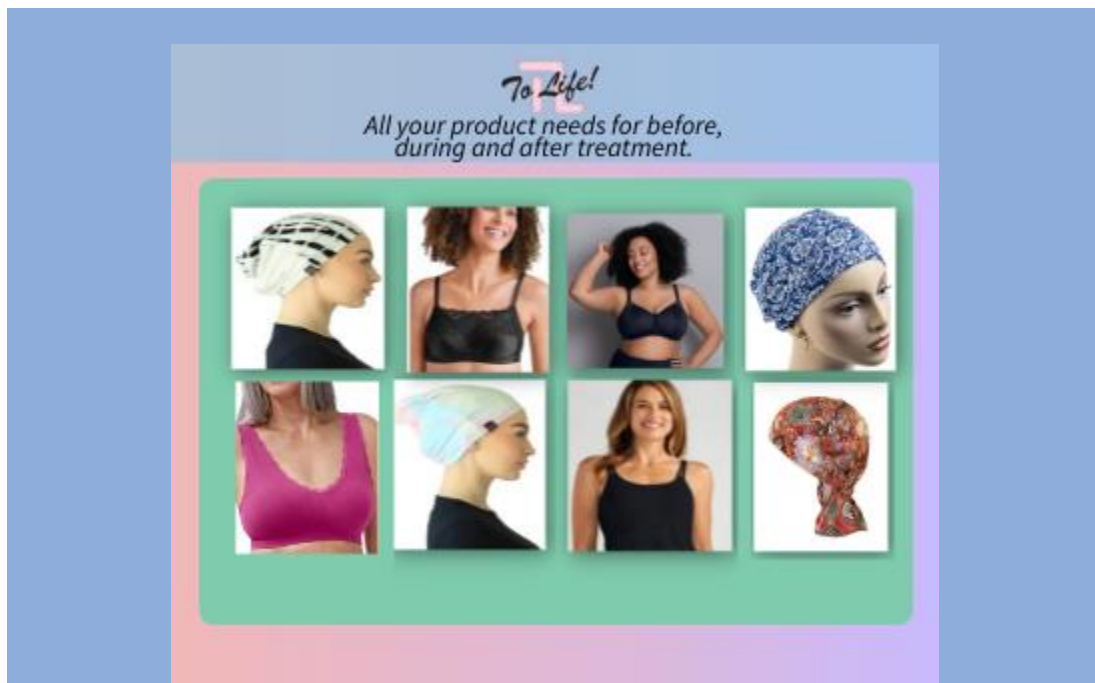
[Lymphedema Management](#) - St. Peter's Health Partners

Geraldine Pfeiffer, PT, DPT, CLT - Saratoga Hospital - 518-583-8383

Sandie Sanderson, MSPT, CLT-LANA - Samaritan Hospital - 518-268-5749

[Lymphedema and Exercise](#) - BreastCancer.org

[MD Cancer Center](#) - Lymphedema and Breast Cancer



Shop the To Life! Boutiques

We offer the convenience of shopping online or in person.

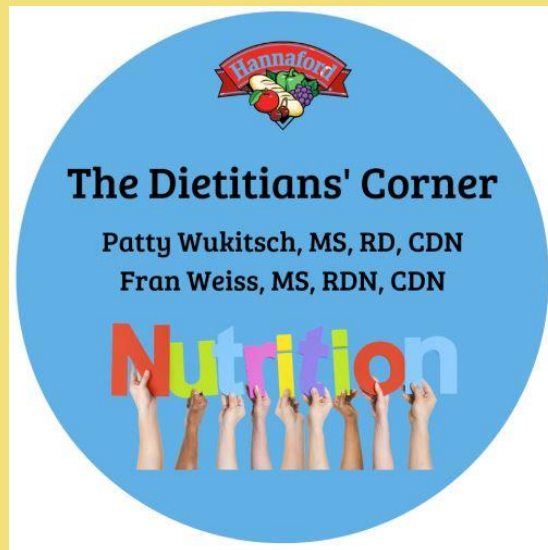
Prefer in person? Make an appointment today by calling
518-439-5975.

**10% off all hats & scarves during
September,
both online & in our boutiques!**
(No coupon codes required)

What makes the best chemo cap?

- * One that provides full coverage for entire hairline and nape of neck.
 - * It is made of soft, smooth and soothing fabric.
 - * It has minimal and gentle seams.
 - * They come in fashionable colors and designs.

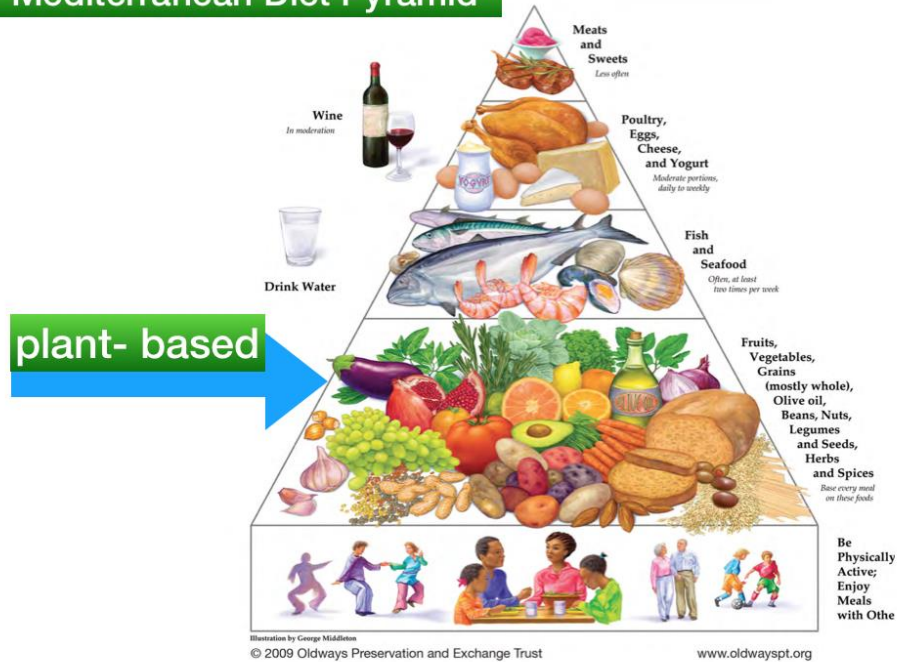
[CLICK HERE TO SHOP THE ONLINE STORE](#)



PLANT-BASED DIETS

Have you been thinking about adding more plant-based* protein foods to your diet? Selecting more plant-based proteins as recommended by the Mediterranean Lifestyle Diet over red and processed meats has been linked to a lower risk of heart disease, diabetes, and certain cancers while at the same time helping with weight control, mood, and bone health. As shown below, the major part of the Mediterranean Diet is plant-based.

Mediterranean Diet Pyramid



So what are **plant sources of protein**? Plant proteins include **legumes (beans, lentils, peas), nuts, grains, and seeds**.

Why do we need protein? The amino acids that are the building blocks of proteins help **maintain muscle mass**, are instrumental for body cell repair, and play a role in metabolism.

For more helpful information and recipes see below.

Protein needs vary from individual to individual. It should be noted that regardless of diet plan, protein needs do not change. There is therefore no need to increase the amount of protein when selecting plant options. Following a plant-based diet does not increase our protein needs.

Can we get enough protein from plant-based proteins? Absolutely! Choosing a variety of plant proteins helps ensure that we have all the needed protein building blocks (AKA amino acids) that our bodies need.

In addition to protein, **plant protein** foods are cost effective, are **low in sodium**, and provide **fiber, antioxidants, vitamins, and minerals**.

There are many ways to **add plant proteins** to your day. Try extending meals by **adding beans and lentils to salads, chili, soups, casseroles, veggie burgers, meatloaves, and grain (such as brown rice, barley, and quinoa) dishes**. **Nut butters** and **hummus** pair well with whole grain crackers and fresh fruits and veggies. Nut butters are delicious and nutritious additions to smoothies too! **Chopped nuts** are nutritious toppings for salads, fish, veggies, and cereals.

One favorite plant-based recipe of the Hannaford dietitian team is an oatmeal cookie smoothie bowl plant-based recipe! This 30 gram plant protein treat incorporates proteins from Silk Ultra, seeds, nuts, and a whole grain

PLANT BASED PROTEIN RECIPE IDEAS



**Chickpea
Cucumber Salad**



**Black Bean
Pasta Salad**



**Edamame
Watermelon Salad**



Walnut and Black Bean Tacos



Oatmeal Cookie Smoothie Bowl



*a plant-based diet is a diet that is comprised of foods that are mostly derived from plants such as produce, nuts, seeds, legumes, and grains. Plant-based diets range from avoiding all animal products to including small amounts of animal protein foods.

*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



Wellness Resources for Survivors and Thrivers

**Local Practitioner Melissa Hurt of Integrative Studio (3
Videos) -**

[Chair Yoga: Gentle Movement and Immunity Support](#), [Gentle Yoga
for Restoration](#), [Meditation to Release Fear](#)

Moving for Life - classes free and open to all. 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 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:

October Breast Cancer Awareness Month ~ Pink Mile

Challenge - Virtual Walk/Run/Ride

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

This winter ~ Women's Health Conference Series - Dates in
December and January. Details to come.



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

[Study identifies nearly 300 chemicals, many in consumer products,
that could increase breast cancer risk](#)

[Statins May Boost Survival Rate of Breast Cancer Patients](#)

[Breast Cancer: Getting A Second Opinion](#)

[View All Blog Posts](#)



*Thank You NYRA for honoring local
breast cancer survivors and
hosting us at Fabulous Fillies Day
at The Saratoga
Race*

Track!



simply healthy

from your Hannaford Dietitian

Benefits of Protein

Amino acids are the building blocks of the proteins that are found in our bodies. The human body can produce 10 of its 20 amino acids but the other 10, which are called essential amino acids, can only be obtained by eating the right foods. These amino acids are instrumental in forming cells and repairing tissue, and have a role in metabolism, carrying oxygen throughout the body as well as assisting muscle activity. Because muscles, for example, are built from protein, we need to consume - and synthesize - enough protein to maintain healthy, hard-working muscles.



High-Protein Foods

All meat and other animal products are sources of complete protein. Look for the Guiding Stars® when choosing lean meats that are low in saturated fat and cholesterol!

- beef, lamb, pork
- poultry, eggs
- fish, shellfish
- milk and milk products



Vegetable Dietary Protein Sources for Herbivores

Plant protein sources can be combined with other plant or animal products to form a complete protein, such as rice and beans, milk and whole wheat cereal, or corn and beans, but don't need to be consumed at the same meal.

Some good sources include:

- nuts
- soy foods (tofu, tempeh, miso and soy milk)
- sprouted seeds (eat a variety)
- grains (especially amaranth and quinoa - highest in protein)
- beans and legumes (especially when eaten raw)



Daily Protein Intake

The average adult needs around .8 g of protein per kg. of body weight daily.

Some common portion sizes per meal or snack include:

- 2-3 oz./56-85 g of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans, lentils or legumes
- 1 egg or 2 tablespoons of peanut butter (equivalent to 1 oz./28 g of lean meat)
- 1 cup lowfat milk

Interested in learning more?

Our registered dietitians hold classes, have on-sales floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at dietitian@hannaford.com.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. For additional sponsorship information, visit hannaford.com/dietitians.



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from your Hannaford Dietitian

Oatmeal Cookie Smoothie Bowl



Serves: 1

Ingredients:

3/4 cup Silk® Ultra 20g Protein Unsweet Plant-Based Beverage
1/2 cup Hannaford Old Fashioned Oats
1 Tbsp. Nature's Promise® Almond or Peanut Butter
1 Tbsp. ground flaxseed
1 tsp. maple syrup
1/4 tsp. McCormick® Ground Cinnamon
1 tsp. McCormick® Pure Vanilla Extract
1 banana, frozen, peeled and sliced
Additional toppings such as: Planters NUT-rition Wholesome Nut Mix, Hannaford Chopped Walnuts, berries, unsweetened coconut flakes, chia seeds, pumpkin seeds



Directions:

1. Combine all ingredients (except toppings) in a blender and blend until smooth.
2. Pour into serving bowl and sprinkle on toppings.

Nutritional Information (toppings not included)

Amount per serving: Calories 610; Fat 22 g; Saturated Fat 2.5 g; Cholesterol 0 mg; Sodium 220 mg; Carbohydrate 76 g; Fiber 14 g; Sugar 21 g; Added Sugar 5 g; Protein 30 g

Source: Recipe adapted from silk.com



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from your Hannaford Dietitian

Learning to Love Legumes: Flavor, Variety and Health

What are legumes?

Legumes are a class of vegetables that includes beans, peas and lentils. The variety is endless: you'll find legumes that are white, tan, pink, red, brown, black and speckled. Their shapes range from round to oval to flat discs.

Why love them?

They're inexpensive, and easy to keep in your pantry for a fast meal or snack. Tasty in salads, dips, soups, stews or casseroles, legumes are gluten free, a great source of protein and fiber and are very low in fat. Eaten regularly, beans can help control blood sugar and cholesterol levels.

Canned or dried? It's your choice.

In a hurry? Look for canned beans that have just three ingredients: beans, water and salt. Before adding legumes to your recipe, drain the can into a colander and rinse well under cold water. Have more time? Soak dried beans overnight. Discard the soaking water before cooking in a slow cooker or pressure cooker. Dried lentils and split peas do not need to be soaked.

International Flavors:

Legumes have been a staple food in cultures around the globe for thousands of years. Just a few examples:
Split pea soup is a French-Canadian comfort food.
Chickpeas are a South African bean stew.
Chickpea patties - called falafel - are a staple in the Middle East.
Beans and rice are enjoyed in the Caribbean, Central America and India.
Many Italian dishes, such as minestrone, combine beans with pasta.

Where to find recipes for legumes:

beaninstitute.com
beannews.com
eatingwell.com
food52.com
publiccanada.com

Easy ways to add legumes to your meals:

Soups and Stews

Add chili with beans to your meal rotation. You'll never run out of variations. Add a cup of beans to canned or homemade soup to add flavor and fiber. Using a few tablespoons of mashed white beans is a great way to thicken a soup.

Salads

Top your green salads with beans or chickpeas to add protein and texture. Make a three-bean salad as a side dish for cookouts and picnics.

Dips and Spreads

Buy or make hummus or other bean dips. Serve with veggies or use as a spread on sandwiches and in wraps. Add a can of black beans to a jar of salsa for a hearty dip or taco topping.

Breakfast

Add beans to your breakfast burrito or add 1/2 cup of white beans to your morning smoothie for a protein and fiber boost.



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from your Hannaford Dietitian

Plant-Powered Curry Broccoli Chickpea Salad

Serves: 6

Salad Ingredients:

1 head of broccoli, finely chopped
1 cup shredded carrots
1 (15.5 oz.) can Hannaford Low Sodium Garbanzo Beans, drained and rinsed
1/2 cup dried cranberries
1 bunch green onions, chopped
3/4 cup fresh cilantro, chopped
1/3 cup Planters NUT-rition Heart Healthy Mix, chopped

Dressing:

1/2 cup Cedar's® Organic Garlic Hommus
1/4 cup warm water, to thin dressing
Juice of 1/2 lemon
1 tsp. maple syrup
1 tsp. McCormick® Curry Powder
1/2 tsp. McCormick® Ground Ginger
1/2 tsp. McCormick® Ground Turmeric
1/2 tsp. salt
Black pepper, to taste

Directions:

1. In a large bowl, add finely chopped broccoli, carrots, garbanzo beans, cranberries, green onion and cilantro.
2. In a separate bowl, whisk together dressing ingredients until well combined.
3. Drizzle the dressing over the salad. Sprinkle with chopped nuts and stir to combine.

Nutritional Information

Amount per serving: Calories 200; Total Fat 8 g; Saturated Fat 5 g; Carbohydrate 28 g; Protein 7 g; Sodium 360 mg; Dietary Fiber 6 g; Sugar 14 g

Source: Recipe adapted from ambitaskitchen.com



Interested in learning more?

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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

Stay connected with To Life!

* Sign up for our quarterly e-news by emailing us at

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* Like our Facebook page.



* Add our website to your favorites directory.

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