





Breast Cancer Education
and Support

Annual
Women's
Health Conference Series
2021

Register Today!





Wednesday, Dec. 8, 2021,
9:00 AM

**Nutrition for Breast Cancer
Patients and Survivors**
Julie Bosworth, RD, LDN



Thursday, January 13, 2022,
9:00 AM

**Integrative Therapies in
Breast Cancer Care**
Ting Bao, MD, DABMA, MS

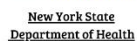


Tuesday, November 9, (PAST)
**Breast Cancer Recurrence: Managing the
Fear & Living Your Life**
Lillie Shockney, RN, BS, MAS, ONN-CG



Wednesday, Nov. 17, (PAST)
**Psychological Trauma &
Breast Cancer**
Cheryl Hysjulien, RN, PsyD

Special thank you to our sponsors:



410 Kenwood Avenue Delmar, NY 12054 ~ 518-439-5975
110 Spring Street, Saratoga Springs, NY 12866 ~ 518-587-3820
www.tolife.org

For more information on the Women's Health Conference and/or to register:

- **Scan the above QR Code with your phone.**
- **Click this link:** <https://www.eventbrite.com/e/to-life-eleventh-annual-womens-health-conference-tickets-163217318393>
- **Or call 518-439-5975.**



Support Groups Continue Virtually via Zoom

Newly Diagnosed Support Group

Thursday, December 16 at 6:00 pm.

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

Bilingual Support Group

Tuesday, December 14 at 6:30 pm.

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

Saratoga Support Group

Tuesday, December 21 at 5:30 pm.

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

MetaThriver Support Group

Wednesday, December 15 at 6:30 pm.

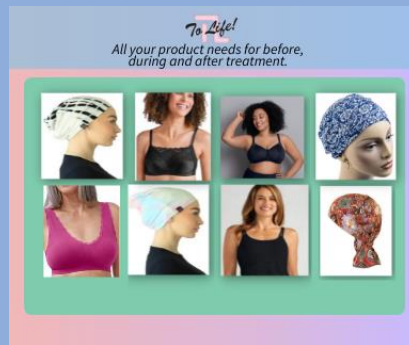
Contact Martha McCormick at mmccormick1600@gmail.com to learn more about the group and to join.

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.



To Life! Boutiques

All your product needs for before, during and after treatment

To wear a wig or not wear a wig?

It's a personal choice. Some people want to have as little change to their appearance as possible so they choose to wear a wig while others prefer to wear head scarves or hats through treatment. Either way, facing the reality of losing hair can be upsetting but an experienced wig fitter understands and will do their best to put you at ease.

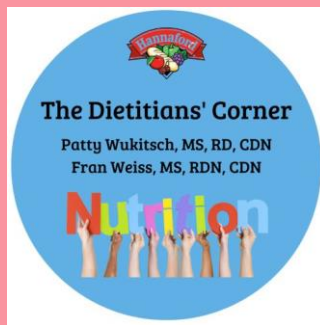
To Life!'s wig fitters are exceptional at what they do and with a large selection of wigs, hats and scarves they will do their best to honor your needs so you can choose what is best for you.

Call today to schedule an in person appointment or visit our online store.

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

FLEX SPENDING PLANS (FSA) - TIME IS RUNNING OUT! USE IT or LOSE IT!

Looking for a gift idea? How about a Gift Certificate to the To Life! Boutique? Contact office at 518-439-5975



Breast Cancer, Soy and Plant-Based Eating Top 10 Tips

1. Current consensus among health experts say that soy is safe to eat for breast cancer survivors.
2. Soy food consumption may decrease the likelihood of breast cancer recurrence in women with a history of breast cancer.
3. Confusion over soy comes from the term “phytoestrogens”. These are plant-based compounds that mimic estrogen in the body, yet they aren’t the same thing as female estrogens.
4. Food sources with high phytoestrogen levels include legumes such as soy. Other foods such as grains (wheat/wheat germ, rice/rice bran, oats, barley, quinoa, and farro), flax seeds, sesame seeds, and some fruits and vegetables also contain phytoestrogens.
5. Examples of soy-containing foods are **edamame** (comes shelled/unshelled-found in the Frozen/ Produce sections of the store); **tofu** (also known as bean curd-found in the Produce section of store); **tempeh** (fermented soybeans found in the Produce section of the store); **miso** (a fermented paste made by combining a mixture of soybeans with a mold called koji- found in the Produce section of the store); and **soy milk** (also known as soya milk, this is made by soaking and grinding soybeans, boiling the mixture, and filtering out remaining particulates-found in the Dairy and Center Store sections of store as it’s also shelf-stable).
6. In addition to promoting healthy survivorship, plant-based eating helps to manage weight and support the immune system during cancer treatments.
7. Products labeled “plant-based” can be vegan, yet plant-based **diets**, unlike vegan ones, may accommodate small amounts of meat and dairy.
8. At Hannaford, plant-based options are found in the Produce, Frozen, Dairy and Meat sections of our stores. Tags that point out plant-based items can be found in the Center store area as well.
9. Come see your Hannaford Dietitian in store for a FREE Store Tour on Plant-Based eating. Fran Weiss is in **Albany/Colonie** stores, and Patty Wukitsch is in **Delmar/Cairo/Guilderland** stores.
10. Below are a variety of plant-based recipes!



simply healthy

from your Hannaford Dietitian

Plant Based Nutrition

Dating back to ancient Greece and with promise to improve cardiovascular health and decrease risk for chronic disease, it's no wonder plant based eating patterns are growing in popularity today. Without a strict definition, the term "plant based" rather categorizes dietary patterns that share a common focus of a diet based primarily on foods from plants with either no or small amounts of animal products.

Types of Plant Based Diets

Vegetarian - Excludes meat, fish and poultry products; may or may not include eggs and dairy.

Pescatarian - A vegetarian pattern that includes fish and seafood.

Lacto-Ovo-Vegetarian - A vegetarian style of eating that includes dairy products and eggs.

Vegan - Excludes all animal products, for some even honey.

Flexitarian - Primarily focuses on a vegetarian diet but may include small amounts of meat, seafood, eggs and dairy.



Important Nutrients to Watch

Going plant based? Be sure to get enough of the following nutrients:

Calcium - Choose dark leafy greens. Look for calcium fortified nondairy milks, tofu and calcium rich beans and seeds.

Iron - Add chia and flax seeds, oats, whole grains and greens to your list for a boost in plant based iron. Pairing these foods with a good source of Vitamin C helps boost iron absorption.

B12 - Try nutritional yeast as a seasoning and look for B12 fortified cereals and plant based milks.

Protein - Tofu, tempeh, beans, nuts, seeds, soy products, plant based protein powders and even vegetables can all contribute to a protein-rich plant based diet.



Berry Walnut Chia Smoothie

Serves: 2

Ingredients:

1 cup Silk® Organic Plain Unsweet Soy milk
1 cup Hannaford Frozen Mixed Berry Medley
2 Tbsp. Hannaford Chopped Walnuts
1 Tbsp. Nature's Promise® Organic Chia Seeds
1 Tbsp. maple syrup
1/4 tsp. McCormick® Pure Vanilla Extract

Directions:

1. Add all ingredients to a blender and blend until smooth. Enjoy.

Nutritional Information

Amount per serving: Calories 170; Fat 9 g; Saturated Fat 1 g; Carbohydrate 18 g; Fiber 6 g; Sugar 11 g; Sodium 40 mg; Protein 6 g



Orange Turmeric and Vanilla Yogurt Smoothie

Serves: 2

Ingredients:

1/2 cup Hannaford Frozen Mango Chunks
1/2 cup Hannaford Orange Juice
1/4 cup Stonyfield® Organic Low Fat Vanilla Yogurt
2 Tbsp. Hannaford Chopped Walnuts
1 Tbsp. honey
1/2 tsp. McCormick® Ground Turmeric
1/4 tsp. McCormick® Ground Cinnamon
1/4 tsp. McCormick® Pure Vanilla Extract
1 frozen banana

Directions:

1. Add all ingredients to a blender and blend until smooth. Enjoy.

Nutritional Information

Amount per serving (one cup): Calories 210; Fat 6 g; Saturated Fat .5 g; Carbohydrate 40 g; Fiber 3 g; Sugar 30 g; Sodium 20 mg; Protein 4 g

Source: Recipes adapted from walnuts.org



Lentil Salad with Apples & Cheddar

Serves: 6

Ingredients:

2 Tbsp. olive oil
1 Tbsp. apple cider vinegar
1/8 tsp. McCormick® Pepper
1/2 tsp. McCormick® Thyme
1 Tbsp. whole grain mustard
2 tsp. honey
1 fennel bulb, finely diced
1 tart apple, diced
5 oz. Fresh Express® Baby Spinach, chopped
2 (14.5 oz.) cans low-sodium lentils, rinsed
3 oz. Cabot® Lite50 Sharp Cheddar Cheese, diced



Directions:

1. In a large bowl, whisk together the olive oil, vinegar, pepper, thyme, mustard, and honey.
2. Add the fennel, apples, spinach, lentils, and cheese, and toss to combine. Allow to sit for at least 15 minutes to allow the flavors to blend. Serve.

Nutritional Information

Amount per serving: Calories 202; Total Fat 7.3 g; Saturated Fat 2.2 g; Cholesterol 8 mg; Sodium 186 mg; Carbohydrate 31 g; Dietary Fiber 12.9 g; Protein 14.5 g

Source: Recipe adapted from quidngstars.com

Holiday Spiced Apple Crisp

Serves: 8

Topping Ingredients:

1/2 cup Hannaford Old Fashioned Oats
1/4 cup Hannaford Chopped Walnuts
1/4 cup dried cranberries
1/2 cup whole wheat flour
3 Tbsp. light brown sugar
1/2 tsp. McCormick® Ground Cinnamon
1/4 cup avocado oil (or your favorite oil)

Filling Ingredients:

5 cups apples, chopped
Juice from 1 lemon
1/2 cup dried cranberries
1/2 cup Hannaford Chopped Walnuts
2 Tbsp. light brown sugar
1/4 tsp. McCormick® Ground Cloves
1/4 tsp. McCormick® Ground Nutmeg
1/4 tsp. McCormick® Ground Cinnamon
1/8 tsp. McCormick® Ground Ginger
Optional: 32 oz. Stonyfield® Organic 0% Fat Plain Greek Yogurt

Directions:

1. Preheat oven to 350°F. Lightly grease an 8x8-inch baking dish.
2. Combine topping ingredients in a medium bowl. Mix in avocado oil thoroughly until mixture resembles a crumble.
3. In a large bowl, toss chopped apples with lemon juice. Add cranberries, walnuts, brown sugar and spices.
4. Spoon the apple mixture into the prepared baking dish.
5. Gently press the oat crumble over the apples.
6. Bake 50 to 60 minutes, or until apples are bubbling.
7. Optional: Serve warm with a dollop of yogurt and a sprinkle of cinnamon or serve chilled with yogurt as a parfait - alternate layers of yogurt with apple crisp. Enjoy.

Nutritional Information (optional ingredient not included)

Amount per serving: Calories 280; Total Fat 15 g; Saturated Fat 1.5 g; Cholesterol 0 mg; Sodium 0 mg; Total Carbohydrate 37 g; Dietary Fiber 5 g; Protein 4 g; Sugar 22 g



WELCOME

To the To Life! Team



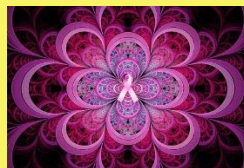
Jamiyla Hills, Support Services Program Manager
Jamiyla will be doing outreach and working closely with the survivor community.



Jamie Brown, Director of Development
Jamie is responsible for the cultivation and stewardship of relationships with donors.



**SAVE THE
DATE!!
FEBRUARY 3,
2022**



Heart 2 Heart: The Importance of Good Breast Health

Wednesday, December 8th - 6:00 - 7:30 pm

City of Albany, Department of Recreation

7 Hoffman Avenue, Albany

Join us as we discuss the importance of:

- * Early screenings**
- * Annual mammograms and healthy living**

*** Risk factors of breast cancer**
*** Options for treatment and long term support**
Hosted by Jamiyla Hills, Program Manager at To Life!

**Special Guest Speakers: Tammy Lopez and Leonida Martinez from
Cancer Services Program (CSP) of the Capital Region.**

*** What is the Cancer Services Program? What services do they provide
for those who are under or uninsured.**

Come share your thoughts, questions and concerns!

FREE TO ATTEND

Please RSVP to JHills@tolife.org

**Thank
you!**

**To everyone in the community
who held fundraisers during Breast Cancer Awareness Month
and donated proceeds to To Life!**

Bethlehem High School Boys Soccer * Bethlehem High School Girls Tennis * Dia Beauty Co. * Classical Concepts Salon & Spa * Glenmont Job Corps * J. McLaughlin * Knolls Atomic Power Lab - Pink Day * The Long Trail School Honor Society * NYSTEC * The Lazy Axe * The Spinney Group * Say Cheez 518 * Uniform Firefighters of Cohoes * Village Pizzeria & Ristorante of Galway * UVW Post 9594 * All the Teams and Participants in Pink Mile Challenge - Virtual 5 K





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!

- * Sign up for our monthly e-news by emailing us at info@tolife.org.
- * Like our Facebook page.



- * Add our website to your favorites directory.

Sponsors



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