



2016 Annual Report

Your Personal Resource for Breast Cancer Education and Support

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The Year in Review

Expressions of Courage, Hope and Boundaries speak volumes about To Life!'s impact on members of the survivor community.

Courage – we are profoundly grateful to the scores of women who graciously stepped forward to be filmed for our “survivor video”. Rita Cox, marketing executive and To Life! board member partnered with Sheehan Productions to create a powerful (and personal) expression of breast cancer - the journey, the fear, the joy and gifts that only sisterhood and camaraderie can offer to those who share a unique bond. For those who have not seen this video, the link is posted on our website.

Hope – elsewhere in this publication you will read about our November Women's Health Conference. One particular scene stood out at the end of an incredible day. We were gathered in the big room to address final questions. One woman was seated in the front row with tears in her eyes. As it turns out, the very day of the conference marked the one year anniversary since the passing of her sister from a cancer diagnosis. She had come into the conference feeling sad and recalling the memory of her sister. What caused her emotional reaction at the end of the day was the joy and the hope she felt after hearing all the speakers and taking in the information presented throughout the day. She saw a future, not just for herself, but for her friends, she was going home with hope in her heart.

Boundaries – since 1998, To Life! has held fast to our mission “To educate our community about breast cancer detection, treatments and related health matters and to provide support services for breast cancer patients, caregivers, family and friends”. We have adapted to how we deliver on the mission; community partnering, fresh boutique product offerings; support groups focusing on “young survivors” and those with metastatic breast cancer. We rely on technology to get the message out, and to engage, a dynamic and continuous circle.

On behalf of the board of directors and staff of To Life!, we continue to challenge ourselves – providing educational programs that highlight the leaders in breast cancer treatment, delivering superior service in our boutiques, continually leveraging local resources to aid the survivor community.

Eileen Howe Bird
Executive Director

Mara Ginsberg
President and Founder



Quilters Get Away

Lisa Fagan and Bonnie Turner run a lovely little quilting shop in Selkirk called Log Cabin Fabrics. They find joy in creating beautiful handiwork, each unique creation reflecting the artist who crafted the piece. In addition to offering a full complement of fabrics and all the supplies one would need to produce quilted pieces, the shop offers classes and coaching for all levels of quilting expertise. Twice a year quilters from near and far convene at Winter Clove Inn, nestled in the town of Round Top, NY to work on their latest inspiration along with their fellow quilters. One of the weekend activities is a silent auction. Proceeds from the auctions have been designated to To Life! for many years. Over the years the quilters have contributed over \$30,000 to To Life! These contributions directly fund our free of charge educational programs and support program initiatives.

Partnering with the Young Survivor Coalition

The To Life! support group program continues to evolve. To Life! now collaborates with the Young Survival Coalition and hosts monthly “Meet ups” in our Delmar office. This collaboration offers younger survivors an opportunity to expand their online engagement and connect with local community members.



I was treated with warmth, kindness, compassion—and a bit of humor.....What good work you do! Toni, survivor and visitor to our Saratoga boutique

Educational Programs

To Life! has earned a reputation for hosting high quality educational programming. It is our delight and pleasure to have a host of wonderful program advisors, gifted speakers, and engaged board members who help us pull together the formidable slate of events hosted throughout the year. Many of these programs are co-sponsored with medical provider partners and fellow community organizations. These cooperative endeavors help us all achieve more with limited resources. Most of the programs we offered are featured below.

Total attendance for 13 programs in 2016 was over 581!

March, September and December: Look Good, Feel Better

Quarterly workshop for women currently undergoing cancer treatment, are about to, or have recently completed treatment receives full attention to gain skills and confidence for increased independence.

March, Cancer in the Workplace; EAP Training Program

Martha McCormick hosted a workshop with the EAP Training Office. Program introduced strategies for individuals maintaining a professional work presence while dealing with treatments and related issues.

April 9: Getting Your Life Back From Cancer

3-part workshop with Patricia Fennell, MSW, LCSW-R, and Martha McCormick present a survivorship program with strategies and solutions for getting on with your life after cancer.

August 3: Beat The Odds

Held at Saratoga National, Saratoga Springs. Presenters included Patricia Rae Kennedy, MD FACS Breast cancer surgeon, Saratoga Hospital; Karen E. McShane, MD Obstetrician Gynecologist, North Country Obstetrics & Gynecology; and Tracy Taylor Gutermuth, breast cancer survivor and Livestrong program mentor.

August 11: Hannaford Health Event

Fran Weiss, MA RDN, CDN and Martha McCormick host a light, Mediterranean-style lunch and learn. Discussion focused on nutrition basics and the impact diet may have on breast health.

August 12: Centro Civico Summer Fest 2016, Sponsored by MVP

Health fair, screening services, music, family entertainment, food in the form of a downtown Amsterdam block party. This event (the fourth annual) supported by *To Life!* and organized by Centro Civico, Cancer Services and other community organizations.

September 17: Wellness Workshop Leading a Full Life During & Beyond Cancer Olana State Historic Site Hudson, NY

Partnering with Columbia Memorial Hospital and Dr. Samira Khera.

This workshop featured eight presenters throughout the day on a range of topics relevant to survivors currently in treatment and those beyond active treatment. This workshop was open to women diagnosed with breast and gynecological cancers.



look good
feel better

HELPING WOMEN WITH CANCER

The Look Good Feel Better Program helps women develop skills and techniques to enhance their look during chemotherapy, radiation or other forms of treatment. Area aestheticians volunteer their services to facilitate LGFB workshops. This program is offered through our partnership with the American Cancer Society.



Fashion Show

The Fourth Annual Fashion Show featured the latest fashions from Lord & Taylor (shown above) with story highlights from 18 cancer survivors/thrivers. Partners for this event included Crossgates Mall Management (Erin Moore), Ania Hair Salon, *To Life!* staff and volunteers.



Glamour Shoot

Photographer Colleen Piccolino, owner of More Than Memories Photography graciously captured the beauty and essence of our participants to give them a head shot that they can utilize for in their personal and professional life.. Mini-facial and make-up provided by Ann Rose, beauty consultant with Mary Kay Cosmetics.

“Sixth Annual Women’s Health Conference: Informed, Engaged Treatment and Empowered Survivorship

Held on November 15, 2016. This full-day, comprehensive conference (including lunch), offers CE credit to nursing professionals. held at the Carondelet Hospitality Center, Latham, NY. Speakers included; JoEllen Welsh, PhD, SUNY Cancer Research Center, Dr. Maria Theodoulou, Medical Oncologist, NYOH, Michael Masterson, RPh, NYOH.

Meet our Honorees—Special Tributes in 2016

The “Extra Mile” Award and the “Raising the Bar” Award were presented at the 17th Annual Gala: “Honoring the Women in our Lives”

The “Extra Mile” Award

St. Mary’s Cancer Treatment Center



In June, 2015, St. Peter’s Health partners opened the doors to the new St. Mary’s Cancer Treatment Center located on the second floor of the St. Mary’s campus in Troy. Funded solely through donations, the center offers comprehensive medical oncology, hematology and infusion services, a patient navigation program, genetic counseling and a variety of integrative wellness programs. Among it’s attributes, the

Center offers spacious exam rooms, a friendly concierge station, comfortable appointed chemo rooms, lending library, retail shop and healthy snack and beverage center. The wellness program includes healing-touch therapy, patient education, support groups, rehabilitation support, healthy cooking classes and nutritional counseling, yoga classes and therapeutic massage. We applaud and congratulate the collaborative efforts and vision that went in to the development of the Cancer Treatment Center.

The “You’re An Angel” Award

Susan Abbuhl

Sue has been an active community volunteer for many years at many different organizations, including as a resource volunteer at *To Life!*. She particularly enjoys her time at *To Life!* because she feels it seems as though everyone has been touched by cancer in some way and any role she can play, or amount of time she can contribute, makes her feel she’s giving back to the community and making a difference.



Linda Fox

Linda has served for over two years as a resource volunteer at *To Life!* in our Delmar office. Linda has been a part of *To Life!* since she began attending monthly support groups during her own breast cancer journey. As a 17-year survivor, the sharing of information, camaraderie and genuine care and compassion continues to have a profound effect. Linda eagerly engages with visitors and callers to the office ensuring the right connection with them.



Community Advocate Award

Presented to **James and Megan Morrell**, who have made it their business to get involved with community organizations, including *To Life!* for the past three years, Destination Kia has championed the month of October for breast cancer awareness. Pictured below: Megan and James Morrell upon receipt of their award with Mara.



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 Women of Reformed Judaism

Mission

To educate our community about breast cancer detection, treatments and related health matters and to provide support services for breast cancer patients, caregivers, family and friends.

2016 Fundraising Events:

- **18th Annual Gala** - May 3rd
Honoring the Women in Our Lives
 Franklin Plaza, Troy
- **12th Annual Pink Ball** -
 October 21st
 Hall of Springs, Saratoga Springs

2016 Grants

- Soroptmists of Saratoga County
- NENY Susan G. Komen
- NYS Department of Health

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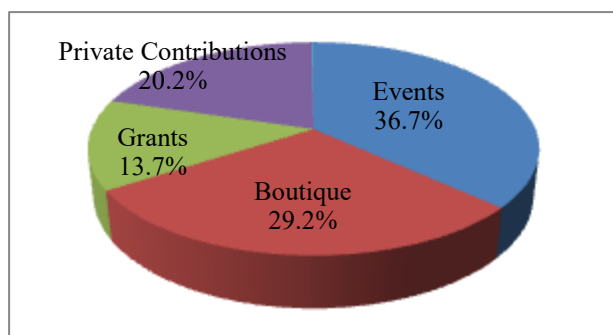
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Attorney General Registration: *To Life!* is a IRC (501)(c)(3) tax exempt organization. Pursuant to New York State Executive Law Article 7-A, a copy of this report is filed with the New York State Attorney General's Charities Bureau, 120 Broadway, New York, NY 10271.



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