



REGISTER FOR BEAT THE ODDS



Support Groups Meet Virtually Via Zoom

Newly Diagnosed Support Group

Thursday, July 28 at 6:00 pm. Please email info@tolife.org to connect with this group.

Bilingual Support Group

Tuesday, July 12 at 6:30 pm.
Please email Carmen Rodriguez at crodriguez@tolife.org
to connect with this group.

Positively Living Support Group

Tuesday, July 19 at 6:00 pm.
Email Chris Breton at cbreton@tolife.org to connect with this group.

Saratoga Support Group

Tuesday, July 19 at 5:30 pm.

Please contact Jean Malone at jmalone@saratogahospital.org
to connect with this group.

MetaThriver Support Group

Wednesday, July 20 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 info@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.



July is National Blueberry Month



July, the peak of blueberry season, has been designated as National Blueberry Month. Good things sure come in small packages! Blueberries are antioxidant powerhouses, ranking the highest of all fruits! Make no mistake all fruits and vegetables are great sources of antioxidants and variety is the key to optimal nutrition, but this mighty berry tops the antioxidant list.

Blueberries and the Breast Cancer Connection

Eating blueberries has been associated with a reduced breast cancer risk. Studies point to blueberries' ability to increase the benefits of breast cancer treatment.
Studies report reduced breast cancer recurrence when blueberries are in the diet.

Blueberry Nutrition

Antioxidants Fiber Vitamin C



Blueberries are native to North America and plentiful locally in our own Northeast. Interestingly, wild blueberries (available frozen in all seasons) have even more fiber and antioxidants than their powerhouse counterparts. The wild blueberries from the state of Maine (the major grower of wild blueberries) have made blueberry pie the state's official dessert

Fun Facts

Did you know that blueberries are not blue? | Blueberries are actually purple! The white bloom over the shiny purple berry gives the appearance of a blue berry!

Native Americans treasured blueberries for treating coughs.

President Reagon requested blueberry jellybeans for his inauguration.

Blueberry plants may have been noe of the first edible fruit bearing plants discovered.

The lyrics for "Blueberry Hill", popularized by Louis Armstrong and Fats Domino, was originally turned down by a publisher who remarked that "blueberries don't grow on hills"! But yes, they do!!! Blueberry bushes grow well when planted on a sunny hillside.

So why not "grab a boost of blue" today and celebrate blueberries by the handful, in smoothies, added to yogurt parfaits, as a topping for ice cream, or by trying one of the recipes below!

* Guiding Stars is a scientific-based guidance tool that helps us navigate healthy food choices. Healthy foods earn 1, 2 or 3 Guiding Stars (good, better, and best). Blueberries earn the "best"















The information in the Dietitian's Corner columns is meant to be informational and does not substitute for medical advice.

Feel free to contact your local Hannaford Dietitian for a FREE Store Tour, a Cabot coupon and a \$2 Guiding Star Coupon.

Fran Weiss, MS, RD, CDN (Albany, Colonie Hannaford
Supermarkets) <u>Frances.Weiss@hannaford.com</u>
Patty Wukitsch, MS, RD, CDN (Delmar, Cairo, Guilderland Hannaford
Supermarkets) <u>Patricia.Wukitsch@hannaford.com</u>

Hannaford Dietitians offer FREE virtual classes on a variety of topics from Heart Health to Meal Planning and more.

Check out classes at www.Hannafordnutrition.eventbrite.com



Meet Alice the wig stylist and fitter at our Delmar office.

Alice has been with To Life! since 2019 and has been a stylist in the local community for over 30 years.

Alice says one of the most rewarding parts of her position at To Life! is giving clients an opportunity to be in control of something at a time of their life when so many things are not.

She says selecting a wig or head covering gives clients a sense of normalcy and makes them feel pretty.

Asked what she is most looking forward to this summer she said her vacation to the beach with her grandkids!

Alice ~ To Life! is so lucky to have you as part of the team! You're the best!!





Albany Empire Breast Cancer Awareness Night





Albany Empire vs Orlando PredatorsSaturday, July 16, 2022 at 7:00 pm

Join the fun as Albany Empire raises money for local breast cancer survivors and thrivers!

With every ticket purchased, a \$5 donation will be made to To Life!, a local non-profit breast cancer organization.

Purchase tickets at albanyempirenal.com



Block Party Starts at 5pm Doors Open at 6pm Kickoff at 7pm

Additional Questions? Call (518)714-2200

Ext. 101

New Products Added!

Shop The Online Store

The To Life! online store carries a full line of mastectomy bras, camisoles, sports bras, and swimsuits from top manufacturers

Amoena, Anita and Classique.

We offer a stylish collection of hats and scarves including sleep caps, beanies, chemo turbans and scarves for clients dealing with hair loss.

Shop Now





Balancing Work & Cancer

Cancer + Careers Mission is to empower and educate people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

Working after a cancer diagnosis can come with many unexpected challenges. These challenges include disclosure in the workplace, taking time off from work, or returning to work after treatment, to

This presentation will focus on ways to manage working during, or after, treatment. All sessions are free and virtual for survivors and thrivers and healthcare professionals.

Wednesday, July 6, 2022 — 1:00 PM ET/ 10:00 AM PT

Visit CancerandCareers.org for more information and to register.

Hope in the Boat - Capital Region NY



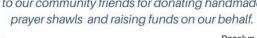
Hope in the Boat is a breast cancer survivor dragon boat team based in Cohoes, NY and Fran Bruno, one of their members will be at our July 19th meeting to share information about the health benefits of dragon boating, and also about the wonderful feeling of community that it provides.



If you have any questions or think you might want to give dragon boating a try, please call Fran Bruno at 973-985-4439 or email franbruno1017@icloud.com.



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Article Highlights:

Bone Health

Write, Talk, Laugh Repeat: One Caregivers Guide to Coping

Mindfulness Can Alter Brain's Perception of Pain In Cancer Survivors

View All Blog Posts





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.

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