

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



JULY 2022



BREAST CANCER: Recent Progress and Emerging Challenges



Memorial Cynthia Shenker Presenter:
Renzo Canetta, MD

Clinical Oncologist experienced in cancer research and drug development, retired from role as Vice President of global R&D for Bristol-Myers Squibb.

Sponsored by:



Register today at tolife.org
or contact us at 518-439-5975, info@tolife.org

Presents the 24th Annual



BEAT THE ODDS
A TO LIFE!
EDUCATIONAL EVENT

Thursday, August 4
9:00am - 10:30am



Registration required

This virtual program is offered
FREE of charge.

[REGISTER FOR BEAT THE ODDS](https://tolife.org)



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.

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) Frances.Weiss@hannaford.com
Patty Wukitsch, MS, RD, CDN (Delmar, Cairo, Guilderland Hannaford Supermarkets) Patricia.Wukitsch@hannaford.com

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 Predators
Saturday, 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 albanyempirena.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](#)

*Save
the
Dates!*

Toast To the TaTa's
Wine Event
Tuesday,
August 2

Beat the Odds
Educational Event
Thursday,
August 4

Fabulous Fillies at
Saratoga Race Track
Saturday,
August 6

Tee-Off to the TaTa's
Golf Tournament
Saturday,
September 17

Pink Ball
Friday,
October 21

Pink Mile
Challenge
October
*Would you consider
leading a team?
Details coming out
in July.*

Visit www.tolife.org
for details and registration information.



CANCER+
CAREERS

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 name a few.

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.



Thank you

to our community friends for donating handmade prayer shawls and raising funds on our behalf.

Roselyn





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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