



JANUARY 2023

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



Breast Cancer Education  
and Support

Annual  
*Women's*  
Health Conference Series  
2022/23

Register Today!



**Breast Cancer Information Today, Treatment Decisions for Tomorrow.**

The final presentation in our series, offering the latest on treatment and trends in breast cancer.

Presenters and content are presented so as to be informative to an audience including: cancer survivors and thrivers, healthcare professionals, caregivers and friends interested in hearing from expert professionals in the area of women's health. Presented virtually via Zoom.

The final program  
in our series.



**How to Read Your Breast Pathology Report**

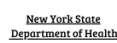
**Tuesday, January 10, 2023**  
**9:00 AM - 10AM**

**Dr. Sandra Shin, Professor and Chair,**  
**Department of Pathology and Laboratory Medicine**  
**Albany Medical Center**



As an expert in the field of breast pathology, Dr. Sandra Shin will speak about reading a breast pathology report. The pathology report is an important tool for breast cancer patients to gain insight about their diagnosis and treatment options.

Register by scanning the QR code with your phone or click the button below.



410 Kenwood Avenue Delmar, NY 12054 ~ 518-439-5975  
110 Spring Street, Saratoga Springs, NY 12866 ~ 518-587-3820  
[www.tolife.org](http://www.tolife.org)

**REGISTER FOR CONFERENCE TODAY!**



## *January Support Groups*

*Support Groups Meet Virtually Via Zoom*

**Newly Diagnosed and In Treatment Support Group**

Thursday, January 26 at 6:00 pm

Please email [info@tolife.org](mailto:info@tolife.org) to connect with this group.

**Bilingual Support Group**

Tuesday, January 10 at 6:30 pm.

Please email Carmen Rodriguez at [crodriguez@tolife.org](mailto:crodriguez@tolife.org) to connect with this group.

**Positively Living Support Group**

Tuesday, January 3 at 6:00 pm.

Email Eileen Bird at [ebird@tolife.org](mailto:ebird@tolife.org) to connect with this group.

**Saratoga Support Group**

Tuesday, January 17 at 5:30 pm.

Please contact Jean Malone at [jmalone@saratogahospital.org](mailto:jmalone@saratogahospital.org) to connect with this group.

**MetaThriver Support Group**

Wednesday, January 18 at 6:30 pm.

Contact Martha McCormick at [mmccormick1600@gmail.com](mailto: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](mailto: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.



## Yoga for Breast Cancer Survivors & Thrivers

**Tuesdays in January: 3rd, 17th and 31st - 7:30 pm**

*IN PERSON AND VIRTUAL*

Open to all breast cancer survivors and  
all yoga levels.



**In person at: Jai Yoga School and Wellness Studio  
5 Vista Boulevard, Slingerlands  
(please arrive 15 minutes early to sign in)**

**FREE  
SIGN UP  
TODAY!**

**Certified Instructor: Cheryl Barrell**



**REGISTRATION REQUIRED.  
FOR QUESTIONS AND SIGN UP CALL  
518-439-5975 OR EMAIL  
INFO@TOLIFE.ORG**

**As always check with your medical team before starting a new fitness program.**

### 9 Benefits of Yoga for Cancer Survivors

1. Yoga lowers stress and eases symptoms of depression and anxiety.
2. Yoga combats fatigue and boosts energy levels.
3. Yoga improves immune system function.
4. Yoga relieves pain.
5. Yoga increases mindfulness and mental focus.
6. Yoga improves sleep.
7. Yoga may slow progression of cancer.
8. Yoga improves flexibility and balance.
9. Yoga can help build community.



### TO LIFE! BOUTIQUES

**Your partner in your breast cancer journey**

Looking for solutions for uneven breast after lumpectomy, radiation & reconstruction?

A breast shaper or form may be exactly what you need.

Make an appointment today with one of To Life!'s certified fitters.



*Call for an appointment today - 518-439-5975*

**[Shop the Online Store](#)**

# Jumpstart 2023! Reach for the Stars!

**The Dietitians' Corner**  
Patty Wukitsch, MS, RD, CDN  
Fran Weiss, MS, RD, CDN

**There's no time like the present to start healthy eating resolutions.  
Reach your goals by reaching for the stars (Guiding Stars that is!) and your Hannaford dietitian.**

It comes as no surprise that a diet low in saturated fats and rich in fruits and veggies are part of an overall heart-healthy diet, but studies also highlight the strong link to breast cancer reduction. To reduce the risk of breast cancer and breast cancer recurrence, the National Institute of Health recommends including foods rich in antioxidants such as found in fruits, vegetables, olive oil, and tea, reporting that at least five servings of fruits and vegetables daily appear to be protective. The American Institute for Cancer Research agrees saying that although there is no one known superfood, "your best bet is to follow an eating plan that's filled with many nutritious foods, including vegetables, fruits, whole grains, fish, beans, nuts, seeds, and dairy." Our USDA MyPlate recommendations encourage the same!

## What are Guiding Stars? How do they fit into NIH, AICR, and USDA recommendations?

Guiding Stars is a navigational tool, backed by evidenced based science and created by a team of nutrition science and public health experts, that makes selecting and shopping for healthy foods as easy as 1 2 3! Foods are rated from zero to three stars earning stars based on the vitamins, minerals, omega 3 fats, fiber, and whole grains they contain. In general Guiding Stars are lost when too much saturated fats, trans fats, sodium, added sugars, and/or artificial colors are added. The foods recommended by the NIH, AICR, and USDA all have Guiding Stars options! The goal is to make most of your food choices star worthy by selecting foods that earn Guiding Stars. It is almost as if the Guiding Stars system was created to support our immune system and reduce cancer risk! For the unique algorithms for beverages, protein foods, fats, and oils, be sure to visit [guidingstars.com](http://guidingstars.com)

## Where are Guiding Stars located?

The Guiding Stars earned for every food will be listed on the shelf tags next to the price (see example pictured below) at every Hannaford supermarket and are also printed on Hannaford brand products. This makes selecting healthy foods a breeze! Another fun way to check the Guiding Stars status of any food is to insert the name of your food (any brand) in the search bar when visiting the [guidingstars.com](http://guidingstars.com) website. The number of Guiding Stars your food earns or does not earn will pop up with the reasons why! The Guiding Stars website also includes interesting nutrition articles and a wonderful assortment of Guiding Stars rated recipes from appetizers to desserts to beverages and everything in between! Visiting [hannaford.com/guidingstars](http://hannaford.com/guidingstars) is likewise a wonderful tool!

Favorite recipes can be adapted in healthy ways: the majority of each dessert plate with fruit, decrease sugar and fat in recipes, use spices and herbs to decrease sodium and sugar content, and remember portion control.

## Here's to a happy and healthy 2023!

Our dietitian team is here to help. Please feel free to reach out any time with any nutrition and food question... not to mention Guiding Stars coupons!

### Here's to a Happy Healthy 2023

Fran Weiss, MS RD, CDN  
[frances.weiss@hannaford.com](mailto:frances.weiss@hannaford.com)

Patty Wukitsch, MS RD, CDN  
[patricia.wukitsch@hannaford.com](mailto:patricia.wukitsch@hannaford.com)

**Hannaford**  
Dietitian Program

### Guiding Stars Simplifies Healthier Eating

Guiding Stars helps you easily choose foods and recipes with the most nutrients, and track nutrition labels on your part team. The result? Easier shopping on store and online. Think of Guiding Stars as your partner in helping you meet your dietary goals.

Guiding Stars uses a patented algorithm developed by independent nutrition science and public health experts to evaluate the nutritional quality of foods and beverages found on supermarket shelves.

**How can Guiding Stars help you?**  
Guiding Stars algorithms help you find foods and beverages that align with your nutrition goals.

The primary algorithm helps you find foods and drinks with more of the nutrients you're looking for and less of what you're trying to avoid or limit. When you choose foods with one, two or three Guiding Stars, you'll consume:

1-3 STARS	4-5 STARS	6-7 STARS	8-9 STARS
• Vitamins • Fiber • Added Sugars • Artificial Colors	• Saturated Fat • Sodium • Added Sugars • Cholesterol	• Saturated Fat • Sodium • Added Sugars • Cholesterol	• Saturated Fat • Sodium • Added Sugars • Cholesterol

If you and others are on your shopping list, including nutrients and fat-based ingredients like trans fats and added sugars, use Guiding Stars to make your shopping list. Foods with one, two or three Guiding Stars have:

### simply healthy

from your Hannaford Dietitian

#### Sheet Pan Salmon with Sweet Potatoes and Oranges

Serves: 4

**Ingredients:**  
2 large salmon fillets (10-12 oz each)  
1 cup olive oil  
1/2 cup honey  
1/2 cup orange juice  
1/2 cup orange zest  
1/2 cup orange segments  
1/2 cup orange slices  
1/2 cup orange juice  
1/2 cup orange zest  
1/2 cup orange segments  
1/2 cup orange slices

**Directions:**  
1. Preheat oven to 400°F.  
2. Line a large sheet pan with parchment paper and oil. Add salmon fillets, sweet potatoes, and oranges. Drizzle with honey and orange juice. Sprinkle with orange zest and segments. Bake for 20 minutes.

**Nutritional information (approximate):**  
Calories: 400, Total Fat: 10g, Saturated Fat: 2g, Sodium: 100mg, Total Sugar: 20g, Fiber: 5g, Protein: 20g

### simply healthy

from your Hannaford Dietitian

#### Protein Waffles

Serves: 4

**Ingredients:**  
1 cup all-purpose flour  
1/2 cup protein powder  
1/2 cup sugar  
1/2 cup milk  
1/2 cup eggs  
1/2 cup oil  
1/2 cup vanilla extract  
1/2 cup lemon juice

**Directions:**  
1. Preheat waffle maker.  
2. Mix all ingredients in a large bowl. Cook until golden brown.

**Nutritional information (approximate):**  
Calories: 200, Total Fat: 5g, Saturated Fat: 1g, Sodium: 50mg, Total Sugar: 10g, Fiber: 1g, Protein: 10g

### Start your New Year off right with Guiding Stars!

#### AVOCADO PICO DE GALLO

Serves: 4

**Ingredients:**  
1 large avocado  
1 cup tomatoes  
1 cup onions  
1 cup cilantro  
1 cup lime juice  
1 cup salt

**Directions:**  
1. Dice all ingredients. Mix in a large bowl. Serve with tortilla chips.

**QUICK BRUSCHETTA**

Serves: 4

**Ingredients:**  
1 cup tomatoes  
1 cup onions  
1 cup cilantro  
1 cup lime juice  
1 cup salt

**Directions:**  
1. Dice all ingredients. Mix in a large bowl. Serve with bread.

**Nutritional information (approximate):**  
Calories: 100, Total Fat: 2g, Saturated Fat: 0g, Sodium: 20mg, Total Sugar: 5g, Fiber: 1g, Protein: 2g

The information in the Dietitians' Corner column is meant to be informational and does not substitute for medical advice.

[Patricia.Wukitsch@hannaford.com](mailto:Patricia.Wukitsch@hannaford.com) Patty Wukitsch, MS, RD, CDN (Delmar, Cairo, Guilderlands Hannaford Supermarkets)

[Frances.Weiss@hannaford.com](mailto:Frances.Weiss@hannaford.com) Fran Weiss, MS, RD, CDN (Albany, Colonie Hannaford Supermarkets)

Check out classes at [www.hannafordnutrition.eventbrite.com](http://www.hannafordnutrition.eventbrite.com)

## Welcome New Board Member!



Kathleen Godfrey joined the To Life! Board of Directors in December 2022. Kathleen has committed herself personally and professionally to supporting and advocating for others. Kathleen is the President and CEO of Godfrey Financial, a fiduciary financial services firm specializing in strategic financial planning, investments and estate planning. Her community volunteer commitments include Rotary Club of Albany, Habitat for Humanity, Girl Scouts of Northeastern NY, St. Anne Institute, Upper Hudson Planned Parenthood, and Women Presidents Organization. She served as the Past National President for the Women in Insurance & Financial Services.

Kathleen earned her BA and MBA from SUNY-Albany. She is a breast cancer survivor, and a long time resident of the Capital Region, where she raised her family.

## ANNUAL APPEAL COMMUNITY STARTS HERE



### 2022 Annual Appeal

"My name is Carrie LaMarche and I am a breast cancer survivor. I was 43 years old when I was diagnosed.

Before my diagnosis I never feared cancer..."

Read Carrie's complete message [HERE](#).

In order for To Life! to continue its essential work of supporting local breast cancer survivors and thrivers, we need your help. Please donate to our Annual Appeal.

[DONATE](#)

### Highlights from the Blog

[Yoga Has Benefits During Chemo in Women with Breast Cancer](#)

[Tips for Exercising During and After Cancer Treatment](#)

[Body Image and Sexual Health After Breast Cancer](#)

[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](mailto:info@tolife.org).

\* Like our Facebook page.



\* Add our website to your favorites directory.



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