



BEYOND PINK

CONNECTION IS A PART OF HEALING

July is Social Wellness Month and we are highlighting the importance of relationships, community, and personal connections in our lives. For breast cancer survivors, the journey doesn't end when treatment does and having a strong circle of support can play an important role in a person's emotional well-being and quality of life.

Everyone's survivorship experience is different however if you are seeking ways to strengthen your support network consider these ideas:

- **Join a breast cancer support group** to connect with others who understand your experiences.
- **Reconnect with friends and family** by scheduling regular phone calls, visits, or shared activities.
- **Share your story when you feel ready** - your experiences may help inspire and support others.
- **Build new connections** through community events, survivor programs, volunteer opportunities, or wellness activities.
- **Ask for support when you need it** and allow loved ones to be part of your journey.
- **Set healthy boundaries** with relationships that may feel draining or stressful.
- **Prioritize meaningful time with others** through activities that bring joy, laughter, and connection.
- **Offer support to others**- helping someone else can also strengthen your own sense of purpose and belonging.

Since 1998, To Life! has been offering support groups, wellness activities, mentor and mentee programs, and other resources that provide the services or social connections you may be looking for. Take the next step and join our community - we're here for you.

New Roles, Bigger Impact

A message from Allison Burton-Chase, Executive Director

We are excited to share some changes within our To Life! team.

Moving forward, Jamie Brown will focus exclusively on Development and Tasha Ostapczuk is stepping into the role of Program and Event Coordinator. In this expanded role, Tasha will become the point person for planning all To Life! events. These changes align our team more closely with how most nonprofits are run, which is a nice step forward for our organization.

Please join me in congratulating both Jamie and Tasha on the growth of their roles!



💖 Big News!

Announcing the 2026 Pink Ball Honorary Chair

Kelly Klopfer, Principal of Kelly Klopfer Consulting

"As someone who has witnessed the impact of breast cancer within my own family, this opportunity feels especially meaningful.. I'm honored to serve as Honorary Chair of the Pink Ball and to help shine a light on the incredible support, compassion, and hope that To Life! provides to individuals affected throughout our community." Kelly Klopfer

MALE BREAST CANCER

About 1 in 100 breast cancer diagnoses are in men, according to CDC.



Tyler Mane at the "Deadpool & Wolverine" New York City premiere in 2024. Instagram: @tylermane / Getty Images File

By [Doha Madani](#)

Retired wrestler Tyler Mane, known for his role in the "X-Men" franchise, revealed this week that he had been diagnosed with breast cancer.

[READ MORE HERE](#)

Photo: Getty Images

Our Chemo Care Kit supply has run low, and

we need your help!

We're looking for corporate engagement teams, community groups, clubs, and other organizations to lead a Chemo Care Kit collection and assembly drive. It's a meaningful way to give back while providing comfort and encouragement to individuals undergoing treatment. If your group is interested in taking this on, we'd love to work with you. Reach out today and we'll help you get started. Email SAbbuhL@tolife.org.

July Support Groups

Positively Living - Tuesday, July 7 at 6:30 pm

Mastectomy Support Group - Wednesday, July 8 at 6:00 pm

MetaThrivers - Wednesday, July 15 at 7:00 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, July 21 at 4:30 pm

Saratoga Hospital - Tuesday, July 21 at 5:30 pm

St. Mary's Hospital Amsterdam - IN PERSON - Wednesday, July 22 at 4:30 pm

Newly Diagnosed and In Treatment - Thursday, July 23 at 6:00 pm

Young Survival Coalition - Active on Facebook and with meet ups (YSC)

Bilingual Support - one-on-one support and peer mentoring

Peer-To-Peer Mentoring - tap into the To Life! survivor network

SUPPORT GROUP DETAILS

Upcoming Programs

To register for any of our programs,
email tashamarie@tolife.org

JULY 7 Mahjong Club- 6:00 PM

JULY 12 Hike (Baker To Moreau) 9:00 AM

JULY 12 Yoga in Delmar- 4:00 PM

JULY 14 Smoothie Making Class 5:00 PM

JULY 20 Book Club Discussion-6:00 PM

JULY 21 Beading Class- 5:30 PM

JULY 28 Mahjong Club- 6:00 PM

STAY TUNED AS WE ADD MORE!

MONTHLY CALENDAR



Greek Dance & Exercise Class at St. Sophia's

Come Join the FUN!

Wed.'s at 6:30pm

Summer Session June 3 - July 29

\$7 per week

NO Experience or RSVP required

Dance & Donate for:



Breast Cancer Support and Education

Over \$6000 donated locally since 2024

Weekly Class at:

**St Sophia Greek Orthodox Church Hall
440 Whitehall Road, Albany, NY**

Join our mailing list



PLEASE NOTE: due to the extreme heat expected today, July 1, OPA-cize has been cancelled.

Classes will resume on Wednesday, July 8.

THE TOWN OF WATERFORD PRESENTS DRAGON BOAT FESTIVAL 2026



Saturday, August 1st | 10 AM
Hurst Harbor Center | Waterford, NY

Presenting Sponsor



Net proceeds benefit To Life!



Breast Cancer Support and Education

Additional Sponsorship Opportunities Available

Learn how to become a part of this successful event

Visit: townofwaterfordny.gov





TOAST TO THE TATA'S
Wine Tasting Fundraiser
TUESDAY AUGUST 4



Toast to the Tata's
www.villageapparel.com



To Life!



Flutter Club, Inc.
together with purpose

Entertainment - Silent Auction - Live Auction
Wine Pull - Appetizers - Vendors & More!
WITH SPECIAL GUEST
Joe Carr



BUY TICKETS



SAVE THE DATE

09

MONTH

16

DAY

26

YEAR

BEAT THE ODDS HEALTH EDUCATION SYMPOSIUM

SARATOGA SPRINGS, NEW YORK

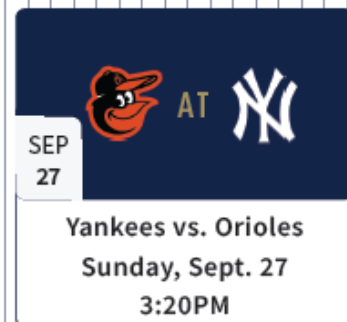
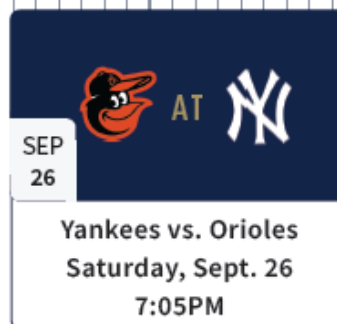
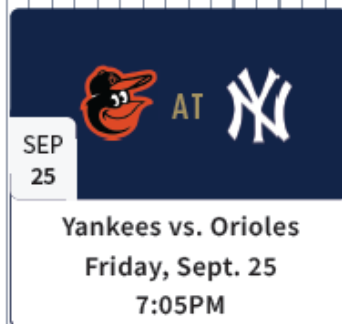
**See the New York Yankees
and support To Life!**



Yankees vs. Orioles Sept 25-28

Purchase a ticket through the link below
and the New York Yankees will donate \$10 to To Life!

Plus, each ticket includes a New York Yankees Breast Cancer Awareness Hat!



Get your tickets today!
Use code: TOLIFE



gofevo.com/group/Breastcancer51



Breast Cancer Support and Education

Delmar | Saratoga | Amsterdam | Albany

tolife.org | 518-439-5975

PURCHASE TICKETS



NYC and Boston Services:
Tuesday, Wednesday &
Thursday

The Flutter Express



Transportation with Purpose

[f@theflutterexpress](https://www.facebook.com/theflutterexpress) theflutterexpress.com



20% off for To Life Clients

www.theflutterexpress.com/tolife

The Flutter Express provides comfortable, round-trip transportation from the Capital Region to New York City and Boston for people of all ages traveling for healthcare, along with caregivers, companions, and family members.

Convenient pick-up locations in East Greenbush, Albany, Catskill/Hudson with drop-offs at Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, Hospital for Special Surgery, Dana-Farber Cancer Institute, Brigham & Women's, Boston Children's and more.

Each ride includes complimentary snacks, bottled water, and a Flutter Kit to help make travel more comfortable & stress-free.



Visit Us -
tolife.org
To Life!
410 Kenwood
Avenue
Delmar, NY 12054

Contact Us
518-439-5975
info@tolife.org

Follow us



110 Spring Street
Saratoga, NY 12866

1700 Riverfront
Center
Amsterdam, NY
12010

Albany Medical
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Support and
Pre/Post Surgical
Care

Thank you to our Premier Partners:

