



Beyond Pink

CANCERVERSARY

For cancer survivors, a cancerversary marks an important milestone in a deeply personal journey. For some, it marks the date of diagnosis; for others, it commemorates the completion of treatment or another important milestone. However one may look at it, it provides an opportunity to reflect on the challenges that have been faced and the resilience shown along the way. Recognizing these milestones helps honor those living with and beyond cancer while raising awareness of the lasting impact a cancer diagnosis has on individuals and their families.

Some common ways people recognize a cancerversary:

- Spending time with family and friends who supported them throughout treatment.
 - Reflecting on their journey through journaling or personal prayer or meditation.
 - Sharing their story to encourage others facing a cancer diagnosis.
 - Thanking caregivers, loved ones, or members of their healthcare team with a note or visit.
 - Creating a new tradition, such as taking a special trip, enjoying a favorite meal, planting a tree or flowers, or purchasing a meaningful keepsake.
 - Lighting a candle or taking a quiet moment to remember those who have lost their lives to cancer.
 - Simply appreciating the milestone and the opportunity to look ahead with hope.
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My Breast Cancer Story by Lori-ann Cunningham

Every breast cancer journey is unique, but each story has the power to inspire, comfort, and remind someone that they are not alone. We're honored to share a personal breast cancer story from Lori-ann. We hope it offers hope, strength, and connection to anyone walking a similar path.

If you have a breast cancer story you'd like to share we would be honored to hear from you. Your experience could make a meaningful difference in someone else's life. Please contact Dana at dpleskovic@tolife.org to learn more. Together, we can continue to build a community of support, understanding, and hope. 💖

Read Story

I PINK I CAN!



5K RACE/WALK

FAMILY FUN • FOOD TRUCKS • KIDS ACTIVITIES • MUSIC

EARLY BIRD
\$35
KIDS ARE FREE!

PRESENTED BY



Complimentary beverage for each runner courtesy of Druthers Brewery

This family-friendly event will bring together competitive runners, casual walkers, and passionate supporters in a vibrant celebration of strength, survivorship, and breast cancer awareness.

Not interested in walking or running, but still want to be part of the fun?

Come cheer on the participants, enjoy the festivities, and show your support for an important cause.

Sunday, October 4
Registration at 8:00 am
Start at 9:00 am

Mohawk Harbor
Schenectady



Register using QR code or go to:
<https://zippy-reg.com/register/ipinkican>

Proceeds to benefit



Breast Cancer Support
and Education

REGISTER HERE

We are thrilled to announce the 2026 Pink Ball honorees!

[Broadview Federal Credit Union](#) will receive our Advancing the Mission Award in recognition of its support of To Life! in ways that extend far beyond traditional philanthropy, helping to strengthen the foundation of our organization and allowing us to grow, innovate, and better serve our community.

Kelly A. Dennin, MD, FACS, will receive our Extra Mile Award for going above and beyond to advance care, inspire hope, and empower those affected by breast cancer.

We hope you will join us in celebrating them on October 23 at Glen Sanders Mansion!



The Pink Ball

OUR 2026 HONOREES



Broadview Federal Credit Union

**ADVANCING THE
MISSION AWARD**



Kelly A. Dennin, MD, FACS

EXTRA MILE AWARD

OCTOBER 23, 2026 • GLEN SANDERS MANSION

TICKETS



August will bring us our 2nd Annual Summer Lake Retreat on Silver Bay, Lake George. We are so excited to be able to provide this healing and relaxing, connective retreat to individuals who are currently navigating a diagnosis or who have thrived through one.

If you missed this year's opportunity, keep your eyes open for retreat 2027!

UPCOMING PROGRAMS

Recharge Your Soul



To Life! Yoga for Breast Cancer Survivors and Thrivers

sponsored by Lift and Breathe,
taught by Meredith Holmquist

SUNDAY DROP IN YOGA CLASSES
4:00 PM

Mark your calendar for the following Sundays-
AUGUST 9 & 23
2 Normanskill Blvd Ste 200, Delmar



To Life! Mahjong Club

Would you like to learn the art of Mahjong?
Then join us!

Every 3rd Tuesday @ 6:00 PM
August 18
1 Penny Lane, Latham at the HopeClub
email tashamarie@tolife.org to join

Scan the QR code
or email
tashamarie@tolife.org
to register.





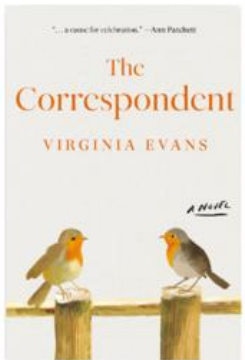
BOOK CLUB!

READ WITH US!

Through letters to various recipients, Sybil Van Antwerp examines her life and confronts a painful past, learning to find forgiveness and move forward.

WHEN
Discussion on
Wed, Sept 9
6:00 PM

WHERE
HopeClub
1 Penny Lane
Latham



For more information or to register, call or email:
Tasha Ostapczuk 518-439-5975 Ext. 106
tashamarie@tolife.org



ANNOUNCING
Healing Chakra Bracelet Class



Beading with Meaning Workshop
In this workshop you will make a natural stone crystal bracelet and learn how crystals and their energy could aid you in your healing process.

Wednesday, September 23, 2026
5:30-7:30 PM
HopeClub, 1 Penny Lane, Latham
Scan this code to register or email tashamarie@tolife.org



MONTHLY CALENDAR

To Life! In Your Neighborhood

August 1 - NYOH Community Cancer Foundation - Taking Charge of Our Tomorrows: A Breast Cancer Survivorship Program - Hudson Hall, Hudson

August 6 - Whitney Young Community Block Party & Health Fair - 920 Lark Street, Albany

August 15 - Glow Your Business - Riverfront Center Mall, Amsterdam

August 17 - Summer Health Fair - Schenectady Armory, 125 Washington Avenue, Schenectady

August 22 - Dr. Pamela J. Harper New Jerusalem Home of the Saved Church Community Block Party, 100 block of Sheridan Avenue, Albany

August Support Groups

Positively Living - Tuesday, August 4 at 6:30 pm

Mastectomy Support Group - next meeting in September

MetaThrivers - Wednesday, August 19 at 7:00 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, August 18 at 4:30 pm

Saratoga Hospital - Tuesday, August 18 at 5:30 pm

St. Mary's Hospital Amsterdam - IN PERSON - Wednesday, August 26 at 4:30 pm

Newly Diagnosed and In Treatment - Wednesday, August 26 at 6:00 pm - **DATE CHANGE**

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



TOAST TO THE TATA'S

Wlne Tasting Fundraiser

TUESDAY AUGUST 4

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

BUY TICKETS



TEE OFF FORE TATA'S

Charity Golf Tournament

SATURDAY SEPT 12

BUY TICKETS

27th Annual BEAT THE ODDS HEALTH SYMPOSIUM



Understanding Comorbidities of Breast Cancer

Join us for an informative conference exploring the comorbidities associated with breast cancer and how they can impact treatment, recovery, and long term health. Experts will discuss common physical and emotional health conditions, current research, and practical strategies to help individuals thrive throughout survivorship.



SAVE THE DATE!

Holiday Inn, South Broadway, Saratoga Springs

September 16, 2026

9:00 AM - 2:00 PM

**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!



SEP
25

 AT 

Yankees vs. Orioles
Friday, Sept. 25
7:05PM

SEP
26

 AT 

Yankees vs. Orioles
Saturday, Sept. 26
7:05PM

SEP
27

 AT 

Yankees vs. Orioles
Sunday, Sept. 27
3:20PM

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

BUY TICKETS

NYC and Boston Services:
Tuesday, Wednesday &
Thursday

The Flutter Express



Transportation with Purpose

@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.



Breast Cancer Support and Education

Visit Us - tolife.org

To Life!

410 Kenwood Avenue

Delmar, NY 12054

110 Spring Street

Saratoga, NY 12866

1700 Riverfront
Center

Amsterdam, NY 12010

Contact Us

518-439-5975

info@tolife.org

Follow us



Albany Medical
Center Breast Center -
Onsite Support and
Pre/Post Surgical Care

Thank you to our Premier Partners:

