



BEYOND PINK



DECEMBER

From Allison Burton-Chase, Executive Director

How is it already December? And this is certainly a month that feels like it flies by...blink and it will be 2026!

The holidays are often a time filled with family, friends, and joyful moments, but I want to take a moment to acknowledge that they also can be hard. And we don't always feel like that is okay to say out loud. But, feeling that way is more common than most people realize, especially for anyone who has been on a complex health journey themselves or with a loved one.

So, I am giving you permission to pause and step back a little bit if that is what you need. Trust me that people will understand; and, when you prioritize taking care of your own needs, the more refreshed and present version of you can show up to events and gatherings that you do attend. Instead of trying to hold it together, you will be able to enjoy the moments of connection, the warmth of being with people who are important to you—which is what makes this time of year special.

My wish for all of you through December and into 2026 is the ability to find balance-to remember to always take care of yourself so that you can take care of others.

Year-End and Tax-Free Giving

If you're required to take a 2025 IRA distribution, a **Qualified Charitable Distribution (QCD)** payable to To Life! is a meaningful way to fulfill that requirement while directly supporting our mission. Your gift helps ensure that local individuals and families facing breast cancer receive the education, wellness programs, and compassionate support they deserve. A Qualified Charitable Distribution fulfills your required minimum distribution requirements and is a **TAX-FREE** distribution.

Here's how to make your impact before December 31:

1. **Contact your IRA administrator** to request a Qualified Charitable Distribution **payable directly** to To Life!.
2. **Provide our information:**

To Life!

410 Kenwood Avenue
Delmar, NY 12054
Tax ID (EIN): 14-1808431

3. Ask that your gift be sent directly to To Life! by December 31, 2025, so it counts toward your 2025 RMD

SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - Tuesday, December 2 at 6:30 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, December 16 at 4:30 pm

Saratoga Hospital - Tuesday, December 16 at 5:30 pm

MetaThrivers - Wednesday, December 17 at 6:30 pm

DATE CHANGE - Newly Diagnosed and In Treatment - December 17 at 6:00 pm

Saratoga Body Positivity - Thursday, December 18 at 5:30 pm

St. Mary's Hospital Amsterdam - IN PERSON Wednesday, December 24 at 4:30 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

Tuesday December 2, 6:00PM, Latham- Podcast Night, Dr. Huberman on Lymphedema- 'Improve Your Lymphatic System for Overall Health and Appearance'.

Sunday December 7, 5:30PM, Delmar- Yoga with Cheryl, Drop in.

Monday December 8, 5:45PM, Troy- Soul Care Circle, Sound Healing

Tuesday December 16, 3:00-7:00PM, Holiday Open House, To Life! Delmar Office - ALL INVITED

Sunday December 21, 5:30PM, Delmar- Yoga with Cheryl, Drop in.

Saturday January 29, 2:00PM, Latham- Acupuncture Education with Sandy Camper

Sunday January 4, 5:30PM, Delmar- Yoga with Cheryl, Drop in.

Monday January 12, 5:45PM, Troy- Soul Care Circle, Sound Healing

Sunday January 18, 5:30PM, Delmar- Yoga with Cheryl, Drop in.

All programs are free of charge to survivors, thrivers, their caregivers and family members. For questions or registration please email Tasha at TashaMarie@tolife.org or call 518-439-5975.

Also, if you have any specific program requests or ideas or would like to lead a program please let Tasha know.

PROGRAM DETAILS





To Life! is proud to be nominated as one of the non-profits for the Times Union's Big \$100,000 Giveaway!

With your **daily vote**, we could earn a \$10,000 advertising grant — allowing us to reach more breast cancer survivors and thrivers right here in the Greater Capital Region.

Vote once a day, every day, on every device from now until December 5!

Every vote could help us:

- Reach more local individuals facing breast cancer.
- Expand access to support services, breast health education, and wellness programs.
- Make product and fitting services more accessible to those affected by breast cancer in the Greater Capital Region.

Please vote and share!

[VOTE HERE](#)



Exciting News!

We've been selected as the non-profit beneficiary for the Community Donation Kiosk at Hannaford in Delmar ~ 180 Delaware Plaza, Delmar.

All donations made at this location through the end of the year will come directly to us!

Thank you and thank you Hannaford for helping local organizations make a difference!



The Flutter Express



Transportation with Purpose

The Flutter Express offers a round-trip travel service every Tuesday, Wednesday and Thursday from the Capital Region to key medical destinations in NYC and Boston via a comfortable 56-passenger motor coach. Complimentary snacks, water and comfort kits. They make getting there safe, simple, and stress-free, empowering travelers to prioritize their health without the stress of travel. **20% off tickets for To Life! clients!**

DETAILS AND TICKETS



Breast Cancer Support and Education

Visit Us - tolife.org

Main Office:
410 Kenwood Avenue
Delmar, NY 12054

110 Spring Street
Saratoga, NY 12866

1700 Riverfront Center
Amsterdam, NY 12010

Dedicated Onsite
Support Albany Medical
Center Breast Health
Center

Contact Us

518-439-5975
info@tolife.org



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