

Thank you to everyone who joined us for Toast To Life! - our wonderful guests, generous sponsors, dedicated honorary committee, hardworking volunteers, incredible staff and auction and bakery donors. It meant so much to us to have you all there! We are grateful for everyone's support and for helping us continue our mission of serving the local breast cancer community.

And once again, Congratulations to the Honorees!

The Founder's Award - Eileen Howe Bird

The Heart & Soul Award - Alice Dunican

The You're an Angel Award - Cristine Reynolds

Photos

Welcome New Board Member Rachel Crisafulli

Rachel joined the To Life! Board of Directors this spring and is a breast cancer survivor.

Rachel has been with Fenimore Asset Management since 2017, where her work includes marketing and supporting initiatives that strengthen Fenimore's connection with investors and the community. Before joining Fenimore, Rachel spent seven years in sales & marketing at Ayco. She earned her bachelor's degree in Business Administration & Marketing from Le Moyne College in Syracuse, NY.

Diagnosed with breast cancer in her early 30s while caring for an infant, Rachel is passionate about supporting young survivors. She also volunteers with Night Out for You, a local organization that gives adults undergoing cancer treatment a few hours to reconnect with themselves beyond their diagnosis. Rachel lives in Saratoga Springs, NY with her husband and son.

BOARD MEMBERS

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



Yankees vs. Orioles Sept 25-28

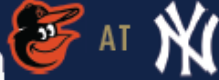
Purchase a ticket through the link below
and the New York Yankees will donate \$10 to To Life!

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




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


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


SEP
27
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

[PURCHASE TICKETS](#)

May Support Groups

Positively Living - no meeting in May. Next meeting June 2 at 6:30 pm.

Mastectomy Support Group - Wednesday, May 13 at 6:00 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, May 19 at 4:30 pm

Saratoga Hospital - Tuesday, May 19 at 5:30 pm

MetaThrivers - Wednesday, May 20 at 7:00 pm

St. Mary's Hospital Amsterdam - IN PERSON - Wednesday, May 27 at 4:30 pm

Newly Diagnosed and In Treatment - Thursday, May 28 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

Farewell to Judy Rosch

After years of steady presence and gentle guidance, we extend our heartfelt thanks and farewell to Judy Rosch, who has facilitated the Positively Living Support Group for the past three years.

Beyond her leadership of the group, Judy has spent more than a decade providing Energy Healing to survivors and thrivers. Her work has touched countless lives, offering comfort, strength, and hope

during some of their most challenging moments. The compassion and care she has shared have made a lasting impact helping individuals not only heal, but feel truly seen and supported.

Judy, thank you for the time, heart, and healing energy you have given so generously. Your impact will be felt for years to come, and you will always be a cherished part of this community.

May 12 is National Women's Check-Up Day

We know, life gets busy, but taking time to schedule regular check-ups and health screenings is one of the most important ways to stay in tune with your body. It's one of the simplest ways to protect your long-term health, catching potential issues early, often before you notice symptoms. Take a moment to check in with yourself, make that appointment, and encourage the women in your life to do the same. Your health is worth it.

HIGHLIGHTS FOR UPCOMING PROGRAMS

Programs closing out soon! Please register ASAP.



Breast Cancer Support and Education

To Life! Mahjong Club

Open For New Players!

Are you seeking a fun night out and you enjoy board games? Would you like to learn the art of Mahjong? Then join us!

Thursday, May 7th 6:00-8:00PM
1 Penny Lane, Latham at the Hope Club

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




REGISTER

To Life! Yoga Led by Cheryl



SUNDAYS, BI-WEEKLY, 5:30PM BETHLEHEM YMCA

Drop in for any or all of the following dates!

May 17

Questions? Email Tasha at tashamarie@tolife.org



DROP IN - NO NEED TO REGISTER



TO LIFE! BOOK CLUB

Read this book by May 12th!



Book Discussion,
6:00-8:00 PM
In Person.
1 Penny Lane Latham

What Fresh Hell by Lucy Vine is a hilarious and relatable novel about the chaos of being a maid of honor, following protagonist Lilah Fox as she navigates a disastrous hen party and the overwhelming task of planning her best friend's wedding.



Scan the QR code to register

REGISTER

EQUINE THERAPY

HEALING THROUGH THE LOVE OF HORSES



Wednesday May 27, 1:00-3:00PM
and
Saturday June 14, 1:00-3:00PM

STEP
(SARATOGA THERAPEUTIC EQUESTRIAN PROGRAM), GLENVILLE NY

EMAIL TASHAMARIE@TOLIFE.ORG
FOR THE LINK TO REGISTER

REGISTER



Breast Cancer Support and Education



Join To Life! for a half day of creativity and sound bath.

Saturday May 16th
2:30-7:30 PM
Creative Jam, Lake George NY
Dinner included.

You will create a Wooden Barn Quilt Design like these shown here.



Scan the QR code to register or email
tashamarie@tolife.org for a link to join.

REGISTER

MONTHLY CALENDAR



SAVE THE DATE

09

MONTH

16

DAY

26

YEAR

BEAT THE ODDS
HEALTH EDUCATION SYMPOSIUM

SARATOGA SPRINGS, NEW YORK

Stay tuned! Dates for The Pink Ball & I Pink I Can 5K

will be announced very soon! 💕

**NYC and Boston
destinations from
the Capital Region**



**20% off
for To Life!
Clients**

The Flutter Express offers a round-trip service every Tuesday and Thursday from the Capital Region to NYC and Boston via a comfortable 56-passenger motor coach bus with several amenities including onboard bathroom and complimentary snacks, bottled water, and comfort kits. The drop-off location is conveniently near top medical centers, including Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, and other key healthcare destinations!

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www.theflutterexpress.com/tolife**



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