



BEYOND PINK

Hello February!

As we step into a new month, we're embracing a season centered on connection, compassion, and a little extra love - values that truly reflect this community. February invites us to celebrate **Valentine's Day** in all its forms, from self-love to the meaningful bonds that connect us. It is also **Heart Health Month**, a reminder of the importance of caring for our hearts, especially for those impacted by breast cancer. Additionally, February is **Black History Month**, a time to honor the strength, resilience, voices, and contributions of black survivors and thrivers, advocates, and caregivers who continue to shape awareness and improve care.

Thank you for being part of our incredible community. ♡

Heart Health

During Heart Health Month, we shine a light on the importance of cardiovascular care—especially for breast cancer survivors, whose heart health deserves awareness, monitoring, and lifelong support. Important areas to keep in mind:

1. Know the heart-related effects of your treatment

Some common breast cancer therapies can impact heart health. Knowing your treatment history helps guide heart screening later on.

2. Stay on top of cardiac screening

Survivors should talk with their healthcare provider about baseline and follow-up echocardiograms or heart imaging and get regular checks of blood pressure, cholesterol, and blood sugar. Early detection makes a difference.

3. Pay attention to subtle symptoms

Heart problems don't always look dramatic. Survivors should call their medical provider for symptoms such as: unusual fatigue, shortness of breath, chest discomfort, swelling in the legs or ankles or heart palpitations or dizziness.

4. Prioritize movement—safely

Regular physical activity can - strengthen the heart, reduce fatigue, improve mood and energy, lower recurrence and cardiovascular risk. Always check with your healthcare provider before starting a new exercise routine.

5. Support heart health through nutrition

Heart-healthy eating benefits overall survivorship. Focus on: vegetables, whole grains, lean proteins and fruit. Limit processed foods, excess sodium, and added sugars. Choose healthy fats like olive oil, nuts, and fatty fish.

6. Manage stress and emotional health

The emotional toll of cancer doesn't end when treatment does. Chronic stress can strain the heart, so practices like: mindfulness or meditation, counseling or support groups, adequate sleep and rest are not "extras"—they're part of heart care.

Survivors benefit when **oncology and primary care (or cardiology)** communicate about ones treatment and survivorship care. Individuals may want to ask about **cardio-oncology clinics**, which specialize in protecting heart health before, during, and after cancer treatment.

Related articles:

[Cancer Survivors and Cardiovascular Disease](#)

[Exercise and Breast Cancer](#)

[Diet and Nutrition](#)



FEBRUARY IS BLACK HISTORY MONTH

Black History Month is a time to honor the strength, resilience, and contributions of black individuals whose impact continues to shape our communities - including in healthcare and cancer advocacy. It's important to recognize the disparities that exist in breast cancer outcomes and recommit to education, access, and care. We are committed to providing breast cancer resources to anyone affected by breast cancer in the Capital Region.

[READ MORE](#)

What's Your Love Language?

Love comes in many forms beyond chocolates and roses, and it extends far beyond its traditional meaning. It can be found in simple acts of appreciation for family, friends, coworkers, and the broader community. So we asked everyone at To Life! **"What's Your Love Language?"** and here is how some responded:

Jamie - Acts of Service
Dana - Words of Affirmation - "Words are so powerful."
Gina - Acts of Service and Words of Affirmation
Diane - I show love through making and sharing food
Tasha - Words of Affirmation
Sue - Culinary creations and sharing food
Want to learn more? Here's a favorite staff book read:
[Discover Your Love Language](#)

February Support Groups

Positively Living - Tuesday, February 3 at 6:30 pm
Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, February 17 at 4:30 pm
Saratoga Hospital - Tuesday, February 17 at 5:30 pm
MetaThrivers - Wednesday, February 18 at 7:00 pm
Saratoga Body Positivity - Thursday, February 19 at 5:30 pm
Newly Diagnosed and In Treatment - Thursday, February 26 at 6:00 pm
St. Mary's Hospital Amsterdam - IN PERSON Wednesday, February 25 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



Join To Life! for an inspiring celebration as we raise a glass to honor those who provide unwavering support and essential services to individuals affected by breast cancer in the Greater Capital Region.

This year To Life! will be honoring the following individuals:

The Founder's Award - Eileen Howe Bird

The Heart and Soul Award - Alice Dunican

The You're an Angel Award - Cristine Reynolds

TICKETS

PROGRAMS



HEART CENTERED

Wellness Event
 Saturday, 2/14, 9:30-12:30
 1 Penny Lane, Latham

Join To Life! for a morning of meditation, mindfulness, sound healing and reiki. Expert practioners will lead you on a path to healing, lending practical steps you can take with you. This program is free to breast cancer survivors and their support systems.

Scan the QR code to register



Questions? email tashamarie@tolife.org



To Life! Mahjong Club

Open For New Players!

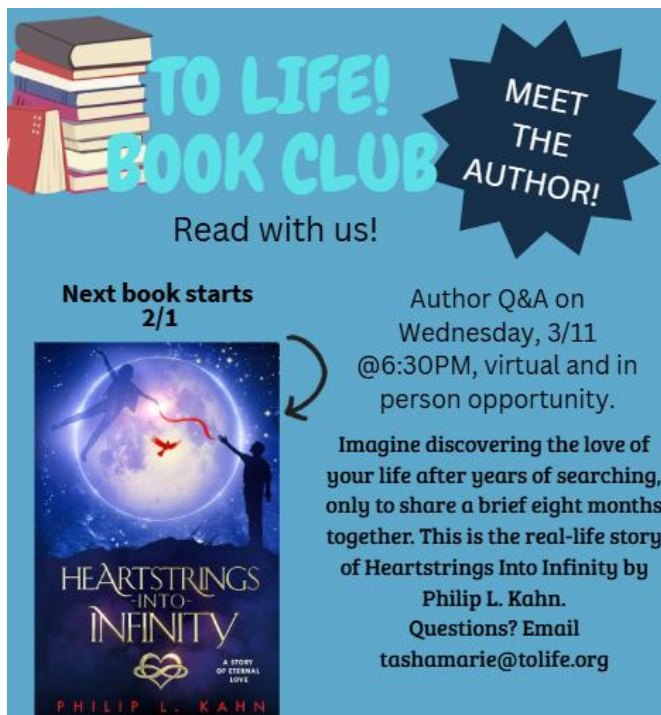
Are you seeking a fun night out and enjoy board games? Would you like to learn the art of Mahjong? Then join us!

Questions? email tashamarie@tolife.org

Thursday, Feb 12, 6:30-8:30, Panera, Latham
 Friday, Mar 13, 6:30-8:30, Panera, Clifton Park
 Thursday, Apr 9, 6:30-8:30, Panera, Latham




Thank you to our supporting sponsors:

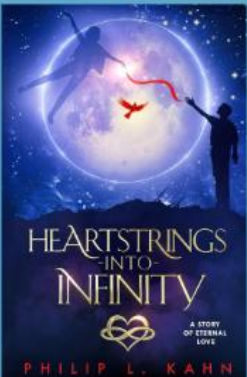


TO LIFE! BOOK CLUB

Read with us!

MEET THE AUTHOR!

Next book starts 2/1



Author Q&A on Wednesday, 3/11 @6:30PM, virtual and in person opportunity.

Imagine discovering the love of your life after years of searching, only to share a brief eight months together. This is the real-life story of Heartstrings Into Infinity by Philip L. Kahn.

Questions? Email tashamarie@tolife.org



To Life! Yoga

Led by Cheryl

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

Drop in for any or all of the following dates!

February 1 and 15; March 1, 15 and 29

Questions? Email Tasha at tashamarie@tolife.org



CALENDAR and PROGRAM DETAILS



ADOPTED NONPROFIT OF THE YEAR!

We are proud to celebrate being named the 2026 Adopted Nonprofit of the Capital Region Chamber's Women's Council.

Each year the Women's Business Council (WBC) partners with a nonprofit organization to help raise awareness about issues that are impacting our communities. The WBC also provides a platform for sharing information, making valuable connections, and accessing resources.



CONGRATULATIONS!

We are thrilled to congratulate Dr. Karen Tedesco on being named Practice President of NYOH, overseeing the new \$55 million cancer center. This is a remarkable achievement and a true testament to her leadership, vision, and unwavering commitment to advancing cancer care.

This milestone marks an exciting new chapter for NYOH and the patients and communities it serves. We look forward to the incredible impact this center will have on innovation, access, and compassionate care.



THANK YOU CLEAN GREEN HAULING AND REMOVAL!

Community connections like this make our hearts full ❤️

Our Program Manager, Tasha, met Keith, owner of Green Clean Hauling and Removal, at a fundraiser at Ribbon Cafe. After Jamie Brown shared that we were refreshing our office space, Keith immediately offered to help - giving back is core to their mission. Yesterday, they delivered a comfy couch and chair for our waiting area, creating a more welcoming space for everyone who



visits.

Huge thanks to Portier and Peter for the delivery and for sharing in that same spirit of generosity. We are so grateful for this donation!



February 1st - April 18th

In partnership with the Warren & Denyse Mackey Foundation, Albany Medical Center will be offering health screenings as part of the annual Heart of Hope wellness campaign.

- ♥ Scan the **QR code** or call **(518) 262-HOPE** and complete a brief survey to determine the appropriate screenings.
- ♥ Albany Med staff will assist in scheduling any suggested screenings for breast, lung, skin, colon, or cervical cancers.
 - ♥ Assistance is available for those without health insurance or primary care physicians.
 - ♥ If you complete a recommended cancer screening, you will receive a \$50 gift card*
*while supplies last

Scan the *QR code* or call *(518) 262-HOPE* to get started!



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

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