



AUGUST NEWSLETTER

The Positive Impact of Coordinated Care



Since opening our onsite support location at the AMC Breast Center in December, we've already seen the powerful impact of our partnership with Albany Med.

Last week's town hall with Dr. Dennis McKenna, Charles Day, and Dr. Lynn Choi highlighted our shared commitment to patient-centered care. To Life! founder Mara Ginsberg reflected on the importance of clinical collaboration, while Dana Pleskovic and Karen Fortsch shared how patients are benefiting from the coordinated support.

The event brought together clinical teams, support staff, patients, and board members—and wouldn't have happened without the incredible effort of Chris Diamantopoulos. Thank you, Chris, for pulling it all together!

As Dr. McKenna said, this partnership is true synergy. We're proud to keep building it—together.

NATIONAL WELLNESS MONTH

August is National Wellness Month, a time to prioritize self-care, healthy habits, and your overall well-being. For cancer survivors and thrivers, this month is an opportunity to focus on you! Physically, emotionally, and mentally.

Here are some tips:

- **Nourish your body** with balanced meals that support immune health.
- **Stay active** with gentle exercise like walking, yoga, or swimming.
- **Prioritize rest**—quality sleep helps your body and mind recover.
- **Practice mindfulness** through meditation or journaling to reduce stress.
- **Stay connected** with support groups, friends, or counselors to nurture emotional wellness.

Celebrate your resilience this month by taking intentional steps toward lasting wellness.

AUGUST SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - IN PERSON - August 12 at 5:30 pm - at ACS Hope Club (see flyer below)

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

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

MetaThrivers - Wednesday, August 20 at 6:30 pm

Saratoga Body Positivity - Thursday, August 21 at 5:30 pm

Newly Diagnosed and In Treatment - Thursday, August 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](#)



AUGUST PROGRAMS

August 3 and 17- 5:30 pm - Yoga at Bethlehem YMCA drop in

August 11 - 5:45 pm - 7:00 pm Soul Care Circle

August 12 - 5:30 pm - Decoupage Craft at ACS Hope Club

August 13 - 6:00 pm - Book Club 'Friendship Cake' by Lynne Hinton

SNEAK PEEK AT SEPTEMBER

September 8 - 5:45 pm - 7:00 pm Soul Care Circle

September 11 - 6:00 pm - Lymphedema Support Group

September 14 and 28 - 5:30 pm - Yoga at Bethlehem YMCA drop in

September 17 - 6:00 pm - Mediterranean Cooking Class

Sept. 23 - 6:00 pm - Book Club 'Where Would You Like Your Nipple?'

By Mackenzie Crowne

Bra-Vo! A 'Fitting' Event for All Women - Coming in September.
Date TBD.

All programs are free of charge to survivors, thrivers, their caregivers and family members.

If you have questions about any of our programs or would like to register, please reach out to Tasha at TashaMarie@tolife.org or call 518-439-5975.

[PROGRAM DETAILS](#)

Decoupage Event

Join our next Positively Living support group to make this fun and relaxing summer project!

Tuesday, August 12 at 5:30PM
Hope Club, 1 Penny Lane, Latham



NOTE- Bring a self painted or light colored clay pot with you. All other supplies will be provided.

RSVP to eileenhbird@gmail.com

All survivors welcome!

THE TOWN OF WATERFORD PRESENTS
DRAGON BOAT FESTIVAL



Saturday, August 2, 2025 10 AM
Registration begins at 8 AM



PRESENTING SPONSOR



NET PROCEEDS TO BENEFIT



Use the QR code to register or visit town.waterford.ny.us for more information.



Hurst Harbor Center | Waterford, NY

AUGUST 2 - 10:00 am - DRAGON BOAT FESTIVAL

Hurst Harbor Center, Waterford

JOIN US for a thrilling day of races, community, and celebration on the water!! This event also helps shine a light on the strength and resilience of local survivors and thrivers.

We're excited to share that To Life! has been selected as the beneficiary of this year's festival! Thank you Town of Waterford and Broadview Federal Credit Union.

Come cheer on the teams, stop by our table and help spread awareness. Together, we're making a difference—one paddle stroke at a time.

[Details and More Info](#)



AUGUST 5 - TOAST TO THE TATA'S - Wine Tasting Fundraiser
hosted by Village Pizzeria & Ristorante - 2727 Route 29, Middle Grove

- Entertainment, Silent & Live Auction, Wine Pull & More
- Special Guest Joe Carr
- Proceeds benefit To Life! Thank you Sandy and Village Pizzeria!

[More info and tickets](#)



SEPTEMBER 20 - CROSSFIT SPUR PRESENTS:

FIGHT LIKE A GIRL 2025

A fundraising competition to benefit ToLife!

THIS IS NOT A CROSSFIT WORKOUT. Participants from any fitness background or experience are welcome to participate. There will be no Olympic weightlifting, gymnastics or CrossFit specific exercises in the workout.

70% of all proceeds from this event go to To Life! Thank you CrossFit Spur!

[More info and registration](#)

TEE-OFF FORE TATA'S
ANNUAL CHARITY GOLF TOURNAMENT

SAT SEP13 2025

HALES MILLS COUNTRY CLUB
JOHNSTOWN, NY

\$125/GOLFER
\$500/FOURSOME

INCLUDES: 18 HOLES OF GOLF, CART & LUNCH
REGISTRATION 8AM - SHOTGUN START 9AM

FOLLOWED BY PLAYERS FEAST & AWARDS CEREMONY
AT VILLAGE PIZZERIA 2727 ROUTE 29 MIDDLE GROVE, NY
(518) 882-9431 - WWW.VILLAGEPIZZERIA.COM
FOR ENTRY & SPONSORSHIP INFO EMAIL
WINEANDDINEON29@GMAIL.COM

SEPTEMBER 13 - TEE-OFF FORE TATA'S - Golf Tournament hosted by Village Pizzeria & Ristorante - taking place at Hales Mills Country Club, Johnstown

- 18 holes of golf, cart & lunch
- Players feast & awards ceremony after tournament at Village Pizzeria, 2727 Route 29, Middle Grove
- Proceeds benefit To Life! Thank you Sandy and Village Pizzeria!

[More info and tickets](#)

I PINK I CAN!
Family-friendly 5K walk/run

Proceeds to benefit

To Life!
Breast Cancer Support and Education

SAVE THE DATE
**October 11
2025**

Location:
**Pitney Meadows
Community Farm**
223 West Avenue, Saratoga Springs



REGISTRATION IS OPEN

To Life!
Breast Cancer Support and Education

Godfrey Financial Associates, Inc. presents

The Pink Ball

Proceeds benefit the support, outreach, and educational programs of To Life!

OCTOBER
24
2025
6 - 10 PM

GLEN SANDERS
MANSION

DETAILS AND TICKETS

Welcome Soohyun!

Soohyun is a recent graduate from Albany College of Pharmacy and Health Sciences who was a student of Executive Director, Allison Burton-Chase.



She is currently a volunteering intern at To Life! to gain more experience in women's health. She is an active advocate for healthcare accessibility, equity, and protection of women's rights.

Soohyun is helping with a range of administrative functions from day-to-day tasks such as answering phones and scheduling appointments to providing assistance with education and fundraising events.

We are thrilled to have Soohyun as part of the To Life! organization!



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](#)



Silver Bay Thrivers Retreat

A Heartfelt Thank You!

Everyone at To Life! would like to extend our deepest gratitude to those who made our recent summer retreat experience possible.

To **Kathleen Godfrey** – thank you for your unwavering devotion and generous support of To Life! and our breast cancer retreat. Your care, presence, and commitment truly helped shape a nurturing and healing space for all who attended.

To **Kevin and the team at Ribbon Café in Ballston Spa** – we are so grateful for the delicious meal you provided. Your generosity brought warmth and nourishment to our community, and we are thankful for your support.

And most importantly, to **all of our retreat attendees** – thank you for honoring yourselves by showing up. Whether you're newly diagnosed, in treatment, or beyond, your courage to take time for self-care is powerful and inspiring. It was a privilege to share this space with each of you.

This retreat was a time of connection, renewal, and strength. We are filled with gratitude and hope and were deeply inspired by all of you!
Thank you, thank you!



LIVESTRONG® AT THE YMCA

**A free program for cancer survivors
to improve fitness and quality of life
at the Greene County YMCA
Starting September 16, for 12 weeks**

For more information, please call 518.731.7529



Breast Cancer Support and Education

Visit Us - tolife.org

Contact Us

518-439-5975



info@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