



BEYOND PINK

We're excited to share that our newsletter has a fresh new name: ***Beyond Pink***

Why the change? We wanted a name that better reflects *who we are*, *what we stand for*, and the incredible *community* behind everything we do. Beyond Pink captures the spirit of connection, resilience, and support that defines our journey together.

SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - Tuesday, September 2 at 5:30 pm

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

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

MetaThrivers - Wednesday, September 17 at 6:30 pm

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

Newly Diagnosed and In Treatment - Thursday, September 25 at 6:00 pm

NEW GROUP St. Mary's Hospital Amsterdam - IN PERSON Wednesday, September 24 - 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](#)

New Support Group – You’re Not Alone

We’re excited to announce the launch of a new partnership and **Support Group for Breast Cancer Survivors, Thrivers and Caregivers** at St. Mary's Healthcare Amsterdam.

Whether you're newly diagnosed, in treatment or years into survivorship, this group is here for **you**. Come as you are — to listen, to be heard, and to find strength in the stories of others who truly understand the journey.

Every 4th Wednesday of each month, in person, at 4:30 pm. St. Mary's Amsterdam Breast Health Center, Rao Pavilion, 4950 State Highway 30N, Amsterdam.

Call for information and to register. Carmen Rodriguez, To Life! Breast Health Educator, 518-901-6542 or Emily Valachovic, RT, (R)(M), 518-839-0563, Women's Imaging Supervisor



PROGRAMS

September 3 - 5:45 pm - 7:00 pm Soul Care Circle - Troy

September 11 - 6:00 pm - Lymphedema Support Group - Hope Club

September 12 - 6:00 pm - Learn to Crochet an Ocho - Saratoga

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

September 17 - 6:00 pm - Plant Based Cooking Made Easy - Hope Club

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

By Mackenzie Crowne

October 23 - 6:00 pm - Newly Diagnosed Support Group - Craft Night at Hope Club, Latham

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



CARE BAGS ARE AVAILABLE - 410 KENWOOD AVENUE, DELMAR

A great big THANK YOU to the Bethlehem Girl Scouts SU190 for taking the time and care to create these wonderful chemo care bags. Your kindness and generosity will bring smiles, comfort, and a whole lot of love to those who receive them in our community.

If you or someone you know would benefit from a care bag please reach out or stop by.

FREE WIG GIVEAWAY AT THE TROY FARMERS MARKET

EVERY SATURDAY IN OCTOBER!

We're excited to announce a new initiative with St. Peter's Health Partners to support those experiencing medical hair loss.

♥ **Every Saturday in October from 9am - 2pm**, we'll be at the Troy Farmers Market offering a **selection of wigs — completely free** to anyone facing hair loss due to any medical condition.

Anyone with hair loss due to a medical condition is welcome to stop by our table, try on a wig, and find something that helps you feel more like *you*.

No appointment needed — just come as you are.

We're here to help with kindness, support, and a little boost of confidence. ❤️

Please spread the word to anyone who might benefit!

LOOK HOW FAR WE'VE COME

From expanding our programs and deepening our outreach, to forging new partnerships and celebrating the personal victories of those we support, 2024 was a year of meaningful impact. None of this would be possible without the unwavering dedication of our staff, volunteers, donors, partners, and — most importantly — the individuals and families at the heart of our work.

This report offers a closer look at the progress we've made, the stories that moved us, and the goals we carry with us into the future. Thank you for being part of this journey with us.

[2024 ANNUAL REPORT](#)

Self-care isn't a luxury — it's a necessity.

Taking time to rest, recharge, and check in with yourself helps you show up as your best self in every part of your life. Whether it's a quiet moment alone, setting healthy boundaries, or doing something that brings you joy, self-care is how we remind ourselves: *I matter, too.*

Self-Care September 2025

MONDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

THURSDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

SUNDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn



ACTION FOR HAPPINESS

Happier · Kinder · Together

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](#)



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](#)

THE TOWN OF WATERFORD PRESENTS

DRAGON BOAT FESTIVAL



THANK YOU! TOWN OF WATERFORD AND DRAGON BOAT FESTIVAL

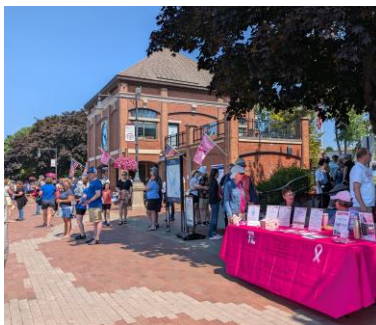
We'd like to extend our heartfelt thanks to **The Town of Waterford** for hosting The Dragon Boat Festival and for their generous donation to To Life!. It was a beautiful day filled with community spirit, strength, and support — all in honor of local breast cancer survivors and thrivers.

Congratulations to Team National Grid, this year's winners — a brand-new team to the race who made an incredible debut! And a hearty congratulations and thank you to all the teams for participating and joining the fun!



Special thanks to Presenting Sponsor, Broadview Federal Credit Union, for their incredible donation and support of To Life! and to Howe Caverns and National Grid for being Supporting Sponsors.

Thank you to Team Beer Belly's for TaTa's from Waterford Beverage for separately raising funds and donating them to To Life!



THANK YOU! TOAST TO THE TATA'S FUNDRAISER

Our deepest thank you to **Sandy Foster and her amazing team at Village Pizzeria & Ristorante** for hosting the annual Toast To the TaTa's Wine Tasting Fundraiser!

Once again it was an incredibly fun and successful event with a portion of the proceeds being donated to To Life!

From the bottom of our hearts, thank you for being part of our mission. 💕

I PINK I CAN!

Family-friendly 5K walk/run

Proceeds to benefit



SAVE THE DATE

**October 11
2025**

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



REGISTRATION IS OPEN



Breast Cancer Support and Education

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

Godfrey Financial Associates, Inc. presents

The Pink Ball

OCTOBER

24

2 0 2 5

6 - 10 PM

GLEN SANDERS
MANSION

DETAILS AND TICKETS



Get ready to laugh for a powerful purpose!

October is recognized nationally as both Breast Cancer and Domestic Violence Awareness Month - a time to honor survivors, raise awareness, and support those affected by these critical issues.

Comedy for a Cause is a special evening of stand-up, storytelling, and solidarity — all to support our life-changing mission work in preventing domestic violence and empowering survivors.

Join us for a night of comedy that brings awareness to serious issues in a meaningful, uplifting way. This event raises vital funds to support YWCA NENY's domestic violence programs, shelter services, and outreach efforts across our community.

Featuring performances from **Dee Watson, Erin Harkes** and **Jaye McBride!** Hosted by **Jen McMullen!**

TICKETS

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

The Flutter Express

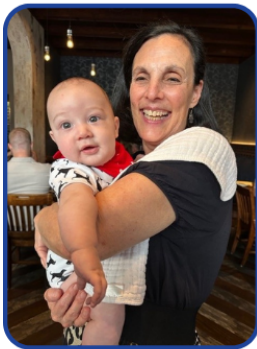


Transportation with Purpose

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](#)

Volunteer Spotlight MEET DEBRA NOZIK



I was diagnosed with Metastatic Breast Cancer in the Spring of 1999 and at my oncologist's office for an appointment. On the desk by the receptionist was a flyer for To Life! advertising the upcoming Beat the Odds. It caught my eye and I decided to give Mara Ginsberg a call to find out about the organization. That moment became a pivotal miracle moment in my life. Mara became "a human angel" and guided me to all kinds of help and support which I am sure contributed to me getting well and staying well now over 25 years since diagnosis.

To Life! became a huge part of my life and years later in 2007 I was asked if I would be willing to help facilitate Support Groups. As I am also a Clinical Social Worker, I thought this might be a great way to "pay it forward". I have been running groups for To Life! ever since and in the more recent years have had the pleasure of co-facilitating The Metathrivers group for Women with MBC, with the wonderful Martha McCormick.

I think I actually get more from volunteering than I give. It warms my heart to know we can share, care, support and learn from each other. It feels like a real "Sisterhood" because we really "get each other" in ways that no one else can understand.

I recently turned 70 years old. Everyday I wake up marveling, that I am alive, well, enjoying life to the fullest and am now the grandmother of my grandson, Jonathan born 3/24/2025. I've become a staunch believer in the saying, "believe the diagnosis, not the prognosis"!

If you are interested in paying it forward, I highly recommend volunteering in any capacity with To Life!

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



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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

Thank you to our Premier Sponsors!



