



THE COUNTDOWN IS ON!
Are you joining us at *A Toast to Life!?*



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

PURCHASE TICKETS AND REGISTER FOR AUCTION



Breast Cancer Support and Education

ANNOUNCING

The 2026

Silver Bay Thrivers Retreat!

**AN EXCLUSIVE LAKESIDE RETREAT FOR
THE BREAST CANCER COMMUNITY
Thursday, August 27- Sunday, August 31
Silver Bay, Lake George**

Interested guests will be added to a list,
and attendance will be determined through
a random lottery drawing to ensure fairness.
Drawing will take place the end of April.

**Limited Capacity | 3-Night Commitment Required
\$50 Deposit will be required of all guests
who win the lottery to hold your space.
It will be refunded during your retreat stay.
IF you cannot attend, the deposit will become a
donation for future programs.**



Godfrey Financial
ASSOCIATES



ALBANY MED
Health System

This retreat experience is made possible through the generosity of Godfrey Financial Associates, Inc., and Albany Med Health System, whose support reflects a deep belief in the strength and spirit of the breast cancer community.

REGISTER

Spring Health Conference - Thank you!

We extend our sincere gratitude to the outstanding presenters who generously shared their expertise and passion at our Spring Health Conference:

Douglas Conklin, Ph.D.

Associate Professor, University at Albany Cancer Research Center

Systemic Effects of Breast Cancer

Sarah A. LoBisco, ND, FMCP-M

Doctor of Naturopathic Medicine, Certified Functional Medicine Practitioner

Igniting the Vital Force: Root Cause Cancer Care Support Through Naturopathic and Functional Medicine

Brittany Short, PT, DPT, CLT-LANA, OCS

Orthopedic Physical & Lymphatic Therapist

Albany Med Health System / Glens Falls Hospital

Partner presenter: **Elisabetta (Lisa) Mallette, MSPT**

Understanding Lymphedema in Oncology

We also thank our **Special Power Hour presenters** for their inspiring and informative talks:

- **Dana Pleskovic, MSW**, *The Power of Connection*
- **Fatima Horne, MS**, *The Power of Nutrients*
- **Cheryl Syta, NP**, *The Power of Sleep*
- **John Hogan, BS, CCFT**, *The Power of Movement*

Our heartfelt appreciation also goes to the **attendees** who joined us and contributed to such a meaningful day of learning, connection, and support.

Finally, we are deeply grateful to our generous **event sponsors** whose support made this conference possible:

Albany Med Health System, New York Oncology Hematology (NYOH), AKIRA, CDPHP, and The Times Union.

Thank you for helping us create a day dedicated to education, empowerment, and community.

Notice to CDPHP Covered Members

We want to inform our community and clients of an important upcoming change. Beginning July 1, all CDPHP members will be required to obtain prior authorization for wigs and post-surgical camisoles. This update is part of CDPHP's effort to support care coordination and ensure services are covered according to plan guidelines.

If you are a CDPHP member, we encourage you to review your benefits and speak with your healthcare provider ahead of any scheduled services to understand how this requirement may affect your covered medical products. We are also here to help answer questions and support you through this transition.

April Support Groups

MetaThrivers - Wednesday, April 15 at 7:00 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, April 21 at 4:30 pm

Saratoga Hospital - Tuesday, April 21 at 5:30 pm

St. Mary's Hospital Amsterdam - IN PERSON - Wednesday, April 22 at 4:30 pm

Newly Diagnosed and In Treatment - Thursday, April 23 at 6:00 pm

Positively Living - IN PERSON - Body Art Activity and goodbye to Judy - Tuesday, April 28 at 6:00 pm - Hope Club, Latham - Limited spots. Contact Eileen to RSVP - EileenHBird@gmail.com

Mastectomy Support Group - **Next gathering will be in May**

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

A Message about Positively Living Support Group - the April 28 meeting at 6:00 pm will be the last meeting with Judy Rosch as facilitator chair. Judy will be moving on as she feels called to pursue other life and family priorities. This will mark the beginning of a new chapter for the Positively Living program. Let us assure you that To Life! is committed to continuing a monthly group focused on Living Positively.

The April 28 meeting will be a reflection on the individual and personal nature of our healing journey. Healing looks and feels different for each person. Tasha Ostapczuk, To Life! Program Manager has developed an inspirational, temporary and modifiable tattoo that she will make available for this special session. She will assist in personalizing the tattoo as requested.

Please join us and RSVP to Eileen at EileenHBird@gmail.com by April 24th so we have the appropriate supplies on hand.

Also, a Positively Living transition meeting will take place on June 8, starting at 6:00 pm. Details will be sent as we get closer to the date.



SUPPORT GROUP DETAILS