



JULY NEWSLETTER

New Board Members



We are proud to announce the appointment of two exceptional individuals to the Board of Directors of To Life!. Each brings a wealth of experience, passion, and commitment to our mission of supporting those affected by breast cancer in the Capital Region.

Jennifer Massey, SPHR, SHRM-SCP, EA-CSTM - brings over 30 years of executive experience as an entrepreneur, innovator, and strategic visionary. She holds a Business Management degree from the Rochester Institute of Technology, multiple HR certifications, and is a certified Employee Assistance Coaching Specialist, DiSC facilitator, and Mental Health First Aid provider.



Tara O'Keefe-a breast cancer survivor who brings valuable insight into the health and mental wellbeing of individuals in the Capital Region. Tara is currently the liaison for treatment teams at the NYS Office of Mental Health Forensic Department.

We are thrilled to have them join our leadership team and look forward to the impact their guidance and expertise will bring to our organization and the breast cancer community.

[MEET THE BOARD](#)

The Pink Ball - October 24, 2025

🦋 ⚡ Big News! ⚡ 🦋

We're thrilled to announce **Gina Tronco** as the **Honorary Chair of The Pink Ball**.
As a breast cancer thriver, Gina brings a powerful voice and deep personal connection to our mission. We are so excited for her to lead the way for this event.

And a huge round of applause for our incredible honorees:

✿ **Dr. Arsyl De Jesus of New York Oncology Hematology — recipient of The Game Changer Award.**

This award is given to an individual who is redefining what's possible in cancer care.

✿ **Francesca LoPorto-Brandow of The Flutter Express - recipient of The Trailblazer Award.**

This award is given to someone who leads and doesn't follow paths - they create them.

[DETAILS AND TICKETS](#)

JULY SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - No meeting in July. Next meeting August 12 at 5:30 pm at Hope Club.

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, July 15 at 4:30 pm

Saratoga Hospital - Tuesday, July 15 at 5:30 pm

MetaThrivers - Wednesday, July 16 at 6:30 pm

Saratoga Body Positivity - Thursday, July 17 at 5:30 pm

Newly Diagnosed and In Treatment - Thursday, July 24 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](#)



JULY PROGRAMS

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

Yoga at Bethlehem YMCA - July 6 and 20 - 5:00 pm - drop in

Nature Walk in Wilton - July 9 - 4:00 pm

Soul Care Circle - July 14 - 5:45 pm - 7:00 pm

Equine Therapy - 2 Sessions - July 19 from 6-8pm or July 25 from 1-3pm

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](#)

BEAT THE ODDS **REGISTRATION IS OPEN**

Join us for an enlightening and empowering conference designed for the breast cancer community, as we explore the evolving world of genetics and its profound impact on breast cancer risk, diagnosis, and treatment. Our Beat The Odds symposium brings together leading experts to demystify how genetic knowledge has changed over time — and how it continues to shape personalized care and prevention strategies today.

TO LIFE! BEAT THE ODDS



Breast Cancer Support and Education

27th Annual Educational Forum

Presented By Fenimore Asset Management

Genetics: Then and Now

Tuesday, August 5, 2025

8:30AM-1:00PM

Holiday Inn, Broadway, Saratoga Springs



Cynthia Shenker Memorial Presenter
Dr. Karen Tedesco
New York Oncology Hematology



Jenna LeBlanc, MS CT
Albany College of Pharmacy
and Health Sciences



Deborah McGuinness, PhD
Rensselaer Polytechnic Institute



FENIMORE
ASSET MANAGEMENT

Manager of the **FAM FUNDS**

This is a free conference
open to breast cancer
survivors, medical staff
and students, family
and caregivers.

[REGISTER](#)



THANK YOU to **Patterson Pest Control Inc.** and their generous owners Rob and Tim for donating a beautiful picnic table to our organization. Your kindness and support mean the world to us! This thoughtful gift will be much used and truly loved by our staff—offering a peaceful place to recharge, connect, and continue the important work we do in supporting our community of breast cancer survivors. ♥



THANK YOU to the amazing group of sewists from **Log Cabin Fabrics** who lovingly created and donated this collection of comfort pillows for our community of women undergoing breast surgery and treatment. Your time, talent, and compassion mean the world to us—and even more to the women who will feel the warmth and care in every stitch.



THANK YOU to **Maureen Buckley at MBellish Boutique** for hosting a fundraiser last month and selecting To Life! to be your charity of choice!



THANK YOU to the **Mohawk River Ladies Golf Club** for including us in their golf fundraiser, and we couldn't be more grateful for being selected as their charity of choice. It was a wonderful day to be on the greens! 🏌️



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!

[More info and tickets](#)

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

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

- Players feast & awards ceremony after tournament at Village Pizzeria, 2727 Route 29, Middle Grove
- Proceeds benefit To Life!

[More info and tickets](#)



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

To Life! is thrilled to announce our inaugural **I Pink I Can! Family Walk/Run for Hope**—a fun, family-friendly event bringing our community together to raise awareness and show support for local breast cancer survivors. Whether you walk, run, or cheer from the sidelines, you'll be making a meaningful impact while enjoying a morning full of energy, connection, and purpose. Let's lace up, step out, and move together toward a future filled with strength, support, and hope!

Registration information to come!

Volunteer Spotlight

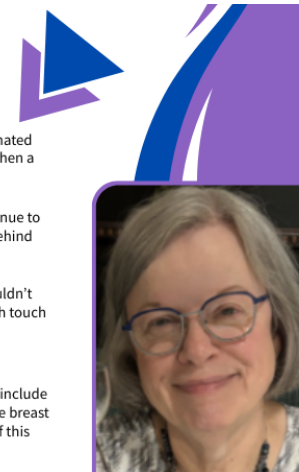
In 2019 I retired from To Life! as Director of Education. In that capacity I facilitated support groups, promoted breast health awareness, and coordinated education programs - including the Women's Health Conference and Beat the Odds. Probably my favorite thing was being "someone to talk to" when a person called or stopped by needing that.

Once I retired, I didn't want to walk away from To Life! and the wonderful community there. I still wanted to be of service. With Debra Nozik, I continue to facilitate the MetaThriver's support group. I also design publications, write letters and articles, and serve on event committees - usually working behind the scenes.

A lot has happened since 2019. During Covid, To Life! remained open but the in-person, walk-in aspects went away. Watching from a distance, I couldn't imagine being unable to sit with someone face to face. I had loved those meetings that ended with a hug and I used to joke that To Life! was a "high touch organization." It seemed impossible, but everyone persevered and kept To Life! going. Now, I'm happy that in-person gatherings have returned. Communicating remotely is still an option, but sitting together at conferences is back, as are hugs.

I treasure the wonderful people I have met through To Life!, especially amazing staff, volunteers and breast cancer survivors. That circle widens to include outside volunteers, practitioners, clinicians, and related providers. I never imagined such a joyful community growing from a dreaded situation like breast cancer. It may be that people who have faced their worst fears become uniquely appreciative of everyday life. I feel uniquely fortunate to be part of this community, both professionally and personally.

MARTHA MCCORMICK



TRAVEL IN COMFORT WITH THE FLUTTER EXPRESS
Wednesdays starting in July!!

The Flutter Express



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](#)

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

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410 Kenwood Avenue
Delmar, NY 12054

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Saratoga, NY 12866

1700 Riverfront Center
Amsterdam, NY 12010

Dedicated Onsite
Support Albany Medical
Center Breast Health
Center

Contact Us

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Thank you to our Premier Sponsors!

