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## Hello, March!

As we welcome the month of March and the promise of longer days and the first color from early-bloomers, we recognize the strength, resilience, and hope that define our community.

**March is National Nutrition Month**, a reminder of the powerful role good nutrition plays in overall health and healing. For breast cancer survivors, balanced, nourishing meals can support recovery, boost energy, strengthen the immune system, and promote long-term wellness. Embracing nutrient-rich ingredients and foods can make a meaningful difference - helping survivors feel stronger and more empowered each day.

At To Life!, every month is an opportunity to stand beside those facing breast cancer - offering support, education, and compassion when it's needed most. This month we are sharing resources that can help you nourish your body to support yourself through treatment and survivorship. ❤️

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March is National Nutrition Month\*

## THE POWER OF NUTRITION

The foods we choose each day impact our energy, focus, mood, and overall health.

You don't need a major diet overhaul to see benefits. Small, consistent changes can make a big difference.



01

### BUILD A BALANCED PLATE

Fill half your plate with fruits and vegetables, one quarter with lean protein, and one quarter with whole grains. Add healthy fats like nuts, seeds, or olive oil for heart and brain health.



02

### STAY HYDRATED

Water supports digestion, energy, and mental clarity. Keep a water bottle nearby and limit sugary drinks.

03



### ADD MORE COLOR

Eating a variety of colorful foods helps ensure you're getting a wide range of vitamins and minerals. Aim for at least three different colors at each meal.

04



### FUEL WITH COMPLEX CARBS

Choose snacks that combine protein and fiber – like yogurt and berries or veggies with hummus – to avoid afternoon energy crashes.

THIS MONTH, CHALLENGE YOURSELF TO MAKE ONE SMALL NUTRITION CHANGE.

HEALTHY HABITS START WITH SIMPLE STEPS — AND THE POWER IS ON YOUR PLATE!

SOURCE: <https://www.eatright.org/national-nutrition-month>

WILLIS TOWERS WATSON

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## Nutrition Resources

With ongoing cancer research, survivorship is steadily increasing enabling survivors to live longer, healthier, and more fulfilling lives. Here are some helpful resources:

[Nutrition Guidelines During Cancer](#)

[Recipe Collection - Cook For Your Life - Fred Hutch Cancer Research](#)

[Why are Cruciferous Vegetables so Good For You? - Cleveland Clinic](#)

[Recommended Nutrition Websites](#)

[5 Heart Healthy Food Swaps - Johns Hopkins Medicine](#)

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**To Life!**  
Spring Health Conference

To Life!®  
Breast Cancer Support and Education

**The Biology of Cancer and the  
Practical Practices That Promote Healing**

**Presented By**  **ALBANY MED  
Health System**



Douglas Conklin, Ph.D.  
Associate Professor  
University at Albany Cancer  
Research Center



Sarah A LoBisco, ND, FMCP-M  
Doctor of Naturopathic  
Medicine  
Certified Functional Medicine  
Practitioner



Brittany Short,  
PT, DPT, CLT-LANA, OCS  
Orthopedic Physical/  
Lymphatic Therapist  
Albany Med Health Systems  
Glens Falls Hospital

**SPECIAL POWER HOUR TALKS INCLUDE-**  
The Power of Connection with Dana Pleskovic, MSW  
The Power of Nutrients with Fatima Horne, MS  
The Power of Sleep with Cheryl Syta, NP  
The Power of Movement with John Hogan, BS, CCFT

**March 27, 9:00-4:00**  
**Hilton Garden Inn, Clifton Park, NY**

*Scan the QR code  
to register. Questions?  
email [tashamarie@tolife.org](mailto:tashamarie@tolife.org)*



[REGISTER](#)

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## Welcome Tom Casaregola, Board Member

We are thrilled to welcome Tom Casaregola to our Board of Directors. His expertise, passion, and commitment will be invaluable as we continue to advance our mission and create meaningful impact. We look forward to the insights and contributions he will bring to the organization.

[Learn More About Tom](#)

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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

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**ANNOUNCING!**  
**A new support group for  
women facing and  
experiencing a mastectomy.**

Together, we will navigate the anxiety  
and identity shifts of pre and post  
mastectomy life, moving toward  
acceptance at your own pace.

**You are not alone in this journey.**

**First meeting- Wednesday, March 11  
6:00 PM via ZOOM!**

**Contact Dana Pleskovic to join  
or with any questions:  
[dpleskovic@tolife.org](mailto:dpleskovic@tolife.org)/814-244-2409**

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## March Support Groups

**Positively Living** - IN PERSON - Tuesday, March 3 at 6:30 pm - Hope Club, Latham - Limited spots. Contact Eileen for openings - [EileenHBird@gmail.com](mailto:EileenHBird@gmail.com)

**Mastectomy Support Group** - **NEW** - Wednesday, March 11 - 6:00 pm

**Amsterdam at NYOH Cancer Center** - IN PERSON - Tuesday, March 17 at 4:30 pm

**Saratoga Hospital** - Tuesday, March 17 at 5:30 pm

**MetaThrivers** - Wednesday, March 18 at 7:00 pm

**St. Mary's Hospital Amsterdam - IN PERSON Wednesday, March 25 at 4:30 pm**

**Newly Diagnosed and In Treatment** - Thursday, March 26 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

#### *Upcoming Programs*

**MARCH 1** Yoga-Delmar-5:30PM

**MARCH 10** WixNStix Candle Event-6:00PM

**MARCH 11** Meet The Author Night 6:30PM

**MARCH 13** Mahjong Game Night-6:30PM

**MARCH 15** Yoga-Delmar-5:30PM

**MARCH 27** Spring Health Conference-All Day

**MARCH 29** Yoga-Delmar-5:30PM

**APRIL 9** Mahjong Game Night-6:30PM

**APRIL 11** Cooking with Annie- 10:00AM

**APRIL 19** Photoshoot and Makeovers- 1:00PM

**APRIL 22** Nature Walk-Wilton-5:00PM

**STAY TUNED FOR HIKING, POTTERY,  
EQUINE THERAPY, CRAFTS AND MORE!**

## CALENDAR and PROGRAM DETAILS

### MEET VICKI CHASE



## Volunteer Spotlight

#### How did you get connected to To Life!?

While working in the state legislature, I met Cindy Shenker, Counsel to the Assembly Majority who I looked up to as a mentor. She was very involved with To Life! and she inspired me to get involved. Wanting to support women facing breast cancer and give back to the community, I began volunteering and have now been involved for nearly 20 years, helping with events like The Pink Ball, A Toast to Life, and I Pink I Can! 5K.

#### What motivates you to give back and volunteer?

What motivates me most is the endless and vast need in our community for help. The women affected by breast cancer are courageous and tough and need every ounce of fight we can give them. The staff and the volunteers at To Life! are so dedicated to this cause, they never give up and never give in. It truly inspires and motivates me to keep helping out.

#### What is your favorite part of volunteering?

My favorite part of volunteering is knowing I'm making a difference, even in small ways. Seeing the appreciation on participants' faces makes it all worthwhile. This past year, I helped To Life! launch the Capital District's only breast cancer 5K run/walk fundraiser. It was a major success and meaningful accomplishment.

#### What advice would you give someone considering volunteering for the first time?

My advice is simple: make the call. To Life! is a wonderful place to give back, and any amount of time or effort can truly make a difference for those facing breast cancer.

**What do you like to do in your spare time?** I stay healthy by staying active. I love to cycle and ski and get out on the pickleball courts!



**WD** WARREN & DENYSE  
MACKEY  
FOUNDATION

# Heart of Hope

**February 1<sup>st</sup> - April 18<sup>th</sup>**

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](http://tolife.org)**  
**To Life!**  
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  
Center

**Contact Us**  
518-439-5975  
[info@tolife.org](mailto:info@tolife.org)

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**Thank you to our Premier Partners:**

