



An Important Message from Your Sharsheret Team

"I was just starting to heal from breast cancer surgery when the pandemic began. My Sharsheret social worker took the time to call and offer help. From the Best Face Forward kit and pillow, to the Busy Box care package of toys for my son, and other helpful resources, Sharsheret has been there for me in so many ways".

– K. Farley, South Carolina

As COVID-19 affects us all across the country, we are here to help you navigate these most challenging times. Sharsheret, "chain" in Hebrew, is a community of support, information, and resources that links us all together, so that no one needs to face breast or ovarian cancer alone. Now more than ever, our social workers and national programs continue to be here to serve as resources for you.

To help navigate the unfolding situation, we are now offering a series of free virtual events to keep you updated and informed on current medical news, available financial resources, and self-care initiatives (some tips to get started included below!). Feel free to explore, share, and reach out to us at clinicalstaff@sharsheret.org or 866.474.2774 with any questions or concerns you may have along the way. We're all in this together.

Sending you all our best,
Your Sharsheret Team

Tips for Self-Care:

- Try to create a routine to parts of your day like you usually would, even if that routine now looks different.
- Do your best to get 10 minutes of sunshine a day - it's all you need to get your daily dose of vitamin Ds!
- Find an online exercise, dance, or yoga class - get moving!
- Zoom meetings, FaceTimes, or conference calls with friends and family can help to increase feelings of connectedness.
- Make yourself a spa day: use cucumbers, lotion, or buy a new nail polish color.
- Breathe...take a moment and breathe. Turn that deep breath into a healing moment, and breathe.
- Take on a new hobby or project that you have wanted to do but previously put off.
- Allow yourself to have "carefree," "thinking-free," enjoyable time watching a show or movie that makes you happy or allows you to just relax.

The Jewish Breast & Ovarian Cancer Community

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