

FLORENCE AND JOSEPH APPLEMAN
EDUCATIONAL BOOKLET SERIES

From the Practical to the Spiritual

Caring for Loved Ones Living with Advanced Cancer



SHARSHERET®

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From the Practical to the Spiritual

Caring for Loved Ones Living with Advanced Cancer

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GET TO KNOW SHARSHERET

Sharsheret supports Jewish women and families facing breast cancer and ovarian cancer at every stage — before, during, and after diagnosis.

Our name, Sharsheret, means “chain” in Hebrew and represents the strong, nurturing connections we build to support Jewish women and their families at every stage of breast cancer and ovarian cancer. We help women and families connect to our community in the way that feels most comfortable, taking into consideration their stage of life, diagnosis, or treatment, as well as their connection to Judaism. We also provide educational resources and programs for women and families to improve their quality of life.

We understand that young Jewish women have unique concerns when

it comes to breast cancer and ovarian cancer, and we are the only organization that specializes in serving them. Our programs are easy to access.

Sharsheret is wherever you are.

Sharsheret is a growing community of women and families. Together, we are creating a chain of strong links that reaches across the country so that no woman or family of Jewish descent needs to face the challenges of breast cancer or ovarian cancer alone.

Visit **www.sharsheret.org** or call us at **866.474.2774** to participate in our programs and to become a link in the Sharsheret chain. All inquiries are confidential and answered by qualified staff who can help. Callers who choose to are welcome to remain anonymous.

OUR PROGRAMS

The Link Program®

- **Peer Support Network**, connecting women newly diagnosed or at high risk of developing breast cancer or ovarian cancer one-on-one with others who share similar diagnoses and experiences
- **Margot Rosenberg Pulitzer and Sheri Rosenberg Embrace™ Program**, supporting women living with advanced breast cancer or recurrent ovarian cancer
Dedicated in memory of Margot Rosenberg Pulitzer and Sheri Rosenberg by The Margot Rosenberg Pulitzer Foundation
- **Genetics for Life®**, addressing hereditary breast cancer and ovarian cancer
- **Busy Box®**, for parents facing breast cancer or ovarian cancer while raising children or teens
- **The Bella Chachky Diamond and Sylvia Diamond Geller Best Face Forward Program®**, addressing the cosmetic side effects of treatment
- **The Florence & Laurence Spungen Family Foundation Family Focus® Program**, providing resources and support for caregivers and family members
- **Ovarian Cancer Program**, tailored resources and support for young Jewish women and families facing ovarian cancer
- **Sharsheret Supports™**, developing local support groups and programs
- **Thriving Again®**, providing individualized support, education, and survivorship plans for young breast cancer survivors

Education and Outreach Programs

- **Health Care Symposia**, on issues unique to younger women and Jewish women facing breast cancer and ovarian cancer
- **Beatrice Milberg Campus Program**, outreach and education to students on campus
Dedicated in memory of Beatrice Milberg, dedicated by Sherry & Neil Cohen
- **Florence and Joseph Appleman Educational Booklet Series**, culturally relevant publications for Jewish women, their families, and health care professionals
In honor of Florence and Joseph Appleman, dedicated by Karen & Mottie Guttmann, Tammy & Dr. David J. Katz, Shari & Nathan J. Lindenbaum, Aviva & Dr. Yitzzy Jacobowitz

INTRODUCTION

Hearing that a loved one is diagnosed with metastatic breast cancer or recurrent ovarian cancer may catapult you to immediately thinking about worst case scenarios. At Sharsheret, we receive many inquiries from family and friends asking how they can best support their loved one. *From the Practical to the Spiritual* provides you with practical tips, testimonials, culturally relevant spiritual guidance, and references to traditional Jewish prayers and meditations for those living with advanced breast or ovarian cancer.

This vital educational resource is critical for women living with advanced cancer and their families; spiritual leaders; healthcare professionals; and Jewish day schools and religious schools with students who have mothers living with metastatic breast cancer or advanced ovarian cancer. Through *From the Practical to the Spiritual*, we offer comfort and spiritual support from the perspective of Jewish tradition during a most challenging time, improving quality of life for those living with advanced breast or ovarian cancer and alleviating the loneliness and isolation associated with this chronic illness.

When a loved one is diagnosed with advanced breast or ovarian

cancer, anxiety provoking images of abrupt illness and death may fill your thoughts. But, this is not necessarily an accurate portrayal of an advanced cancer journey. There may be a woman in your community, friend group, or even family, who is living with metastatic breast cancer or advanced ovarian cancer and you may not know it. This is because when a woman is first diagnosed, she may feel relatively healthy, other than having a stage IV diagnosis. She may be on treatments that have few cosmetic side effects, and she is likely living her life dating, working, vacationing, and caring for her family.

Metastatic breast cancer and recurrent ovarian cancer are chronic illnesses that, to date, have no cure. Although the diseases are progressive, the goal is to stabilize or stop the cancer from growing for longer periods of time. Typically, a woman may respond to treatment and remain on that medication until there is new activity of cancer growth. At that point, her medical team will switch treatments hoping to stabilize the cancer until there is new activity, which will result in a new treatment intervention. And this is the journey. There are more and more new cancer treatments that are enabling women to keep cancer under control for months or years after the initial diagnosis. Researchers from around the world are working tirelessly to understand advanced cancer with the goal of slowing the progression,

improving quality of life, and one day, hopefully, finding a cure.

Women are successfully living side by side with their metastatic breast cancer and advanced ovarian cancer diagnosis. As one woman shared:

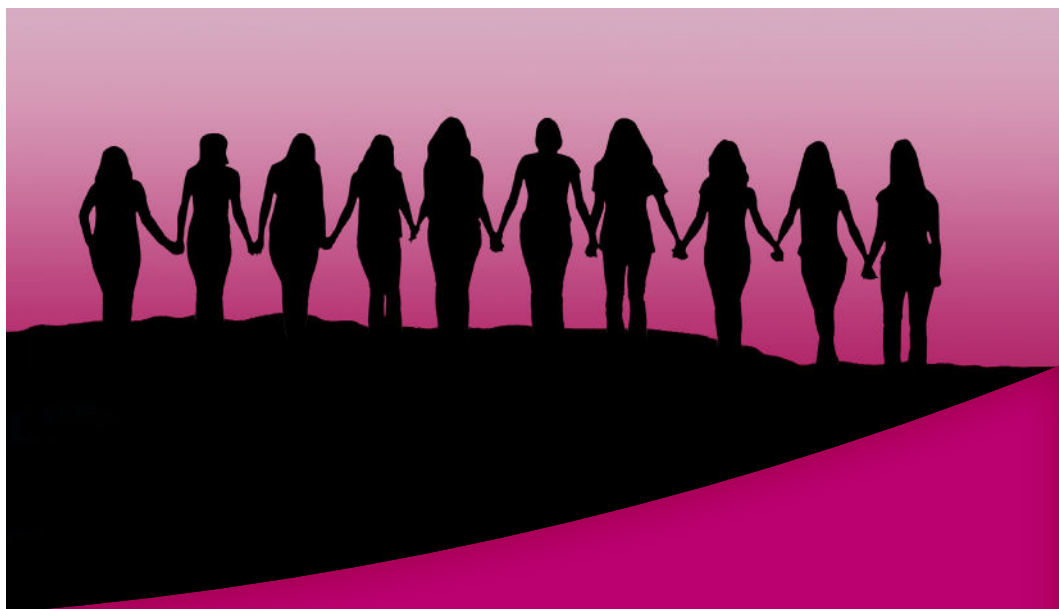
“Since my original diagnosis of stage II breast cancer, I was always waiting for the other shoe to drop. Well, that shoe has dropped and I now have metastatic breast cancer. I am focusing on enjoying life walking barefoot on the beach.”

Instead of focusing on the next date of treatment or scan, many women are remembering to live the lives that they are fighting for. It’s not always easy. There is an emotional roller coaster that women experience, feeling fear, anxiety, anger, or sadness one moment, and joy, happiness, and hope the next.

As the disease progresses, you may see a woman’s health deteriorate and hear about more serious side effects from treatment, and her experience facing end of life issues. It’s important to remember that women will continue to experience a full range of emotions.

You may see a shift in her physical, emotional, and spiritual needs. Many women living with advanced cancer report that it is not helpful watching others struggle to “say the right thing.” What seems most important is to hear “No matter what, I’m here with you.”

It’s important to remember that how a woman lived her life before diagnosis is often how she will ride the cancer journey. As you continue to support your loved one, **Sharsheret is here to support you every step of the way.**



HOW YOU CAN HELP: PRACTICAL TIPS

“It was uncomfortable to accept help from friends and family, but ultimately it was very important. I had the opportunity to feel the love and support that comes from the community. And, I knew that no matter how I was feeling, there would always be someone to take care of me and my family. I was not alone, and knowing that was a very powerful feeling.”

— Amy, diagnosed with metastatic breast cancer at age 43, PA

Many women find it difficult to ask for help. Women tend to think of themselves as the ones who take care of others. As part of a community that values making the world a better place (*tikkun olam*) and giving to others (*tzedakah*), asking for or accepting help can often be difficult. Understanding that friends and family members feel empowered when they are helpful to a loved one can often make their offers of assistance easier to accept. That being said, whether a woman feels healthy and is working, dating, or taking care of family, or her health is declining, she may also want to feel that she's contributing to the relationship even in the midst of her illness. If your loved one wants to be of assistance to you, or lend a listening ear about other events in your life, accept it. It is always meaningful to be able to be a contributing partner in a relationship.

Every day, Sharsheret fields questions from family members and friends about how to best support the woman they love while she is living with advanced breast or ovarian cancer. Here are some helpful tips based on wisdom from the women of Sharsheret.

At Diagnosis

Follow her lead. Let your loved one share the information she chooses to share in the

way that is most comfortable for her. It is not necessary to ask her a lot of medical questions. What is important is being a good listener. Listening is a caring gesture that shows you support her.

Validate her feelings. The woman you love may be experiencing a range of emotions. Whether she is scared, sad, empowered, or grateful, it's important to validate her feelings. While it's tempting to share stories about other people with cancer or offer “pep talks,” remember that this is her experience and she should set the emotional tone at any given time.

Let her make the decisions. When your family member or friend is diagnosed with cancer, she may feel like circumstances are out of her control. In the areas where she can maintain control, let her do so. Remember that each of us handles challenging situations differently. Some people want to learn as much information as they can about their illness, while others would rather just be told the minimum of what they need to know to get through the experience. Whichever approach your loved one takes, it is the right one for her. You may not agree with her surgical or treatment decisions, but they are hers to make. Let her decide which household

or family responsibilities she is willing to delegate. You can gently offer suggestions or help her think things through out loud, but in the end, support the decisions she makes.

Create your own support system. Although the woman you love is the one diagnosed with cancer, her journey will have a tremendous impact on you. It's important to develop your own support system, with a friend, colleague, Rabbi, or mental health professional. As a caregiver, friend, or family member, you can also contact Sharsheret at 866.474.2774 to speak with a staff member about support and resources for yourself. Remember, by taking good care of yourself, you will be better able to support the woman you love.

Help her share updates. It can be both physically and emotionally draining to share updates with friends and family. You can help the woman you love set up an online sharing system. Websites allow her to post updates she wants to share with friends and family, so she will not have to talk with each person individually. Sites to consider include www.caringbridge.org and www.mylifeline.org.

During Surgery or Treatment

Be clear about what you can offer. It's tempting to ask the woman you love what you can do to be helpful. Recognize that she may not know what she needs, or she may ask for assistance you are unable to provide. It may be more helpful to offer her a list of ways that you can help. Here are some suggestions:

- Keep her company at home, at the hospital, or during treatment
- Drive her to treatment or to the hospital when needed
- Accompany her and take notes at doctor appointments
- Organize her medical and/or insurance information, estate planning and legal documents
- Offer to research additional treatment and support options
- Organize or participate in a prayer group
- Purchase clothing that may help her feel more comfortable
- Provide her with magazines, DVDs, or other distractions
- Arrange a break for her spouse, partner, or primary caregiver
- Arrange a cleaning service for her home
- Arrange for or provide meals
- Shop for groceries
- Help with laundry
- Carpool her children
- Help her children with homework
- Take her children to an activity
- Encourage her to reach out to Sharsheret for support



Keep in touch. Treatment or recovery from treatment can continue for any length of time. Remember to reach out and stay in touch with the woman you love. Check in with her to tell her you care and that you are still thinking of her. A quick note, e-mail, or phone message saying “I’m thinking of you” will lift her spirits and help her continue to feel supported. Let her know that it’s okay if she does not return your e-mails or phone calls.

Life beyond cancer. The woman you love may not want to feel like a cancer patient 24/7. It’s okay to share the happenings in your life, updates about your family, what’s happening in the community, or the plot of a favorite book or television show, enabling her to have cancer-free zones. She may be seeking to experience life beyond cancer when engaged in her daily activities and routines. Allow her to take the lead and avoid overwhelming her with questions about her illness or treatment. Remember that her family members may also want to experience life beyond cancer and are

not a conduit for information about how their loved one is coping. It is particularly important to remember this with children. You might see them at school and around the community, and they, too, may need to have cancer-free zones.

The journey continues. The woman you love is living with advanced breast cancer or recurrent ovarian cancer as a chronic illness, so her feelings and experiences may fluctuate as she is in and out of hospital care. Feelings may waver while in hospice considering end-of-life concerns. It’s important to follow her lead and, as always, be a good and compassionate listener.

Regularly review these helpful hints and continue the meaningful and caring support that you have been offering throughout her experience. Remember to pace yourself, use your own support system, and delegate responsibilities when necessary.



CONNECTING THROUGH SPIRITUALITY

“Throughout my sister’s journey with recurrent ovarian cancer, I found myself asking: How can our family and community support her? How might we garner the strength to face what lies ahead? In grappling with these questions, I discovered that spirituality helped carry my community through.” – Rachel, CA

Amidst the emotional roller coaster of cancer, prayer and spirituality can offer women, their family members, and their loved ones a sense of purpose and healing. It is important that not only are the spiritual and cultural needs of the woman affected by advanced cancer being addressed, but also the needs of her loved ones and caregivers.

Spirituality can be a way that many individuals find meaning, hope, comfort, and inner peace in their lives. Many people find spirituality and a sense of healing through religion. Some find it through meditation, art, or nature. Others find it in their values and principles. Spirituality can give a sense of purpose and connection for both women who are diagnosed with advanced breast or ovarian cancer, and for the family and friends supporting them.

Positive feelings, comfort, and strength gained from spirituality can contribute to a sense of well-being. Your spiritual health and cultural connection may help you cope with the stress and emotions of your loved one’s diagnosis.

Whatever your religious path or denomination, a loved one’s advanced breast or ovarian cancer diagnosis may prompt you to ask life’s ultimate questions. The nature of this emotional and spiritual journey is fluid. Finding meaning in this journey can mean embracing the range of emotions you experience and accepting that there will be times when you feel more or

less connected spiritually. Whether or not you’ve previously had a spiritual connection to Jewish tradition for meaning and guidance, you may find that it now has increased meaning.

Like Rachel, many individuals have found it helpful to integrate spirituality, Jewish/ethnic tradition, and culture into their lives as they cope with the emotional impact of a loved one’s diagnosis. For some, the recitation of Psalms (*Tehillim*) has been a source of comfort. Others find meaning, comfort, and a sense of connection by participating in healing services or having communities create their own customized rituals for a woman affected by an advanced breast or ovarian cancer diagnosis, either when their loved one is newly diagnosed, or when their loved one’s illness has progressed and they are coping with end-of-life issues. Many women living with advanced breast or ovarian cancer find support in knowing that their community is rallying around them, whatever stage they might be, in reciting Psalms, and being an ongoing support to both women and their families. It can be beneficial and healing for the community at large as well as providing a shared purpose.

There are also Jewish organizations that can help you find meaningful ways to integrate spirituality, culture, or Jewish tradition into supporting your loved one’s

journey through advanced breast or ovarian cancer, in a way that is comfortable for you and your community. Some find comfort in speaking to a rabbi, hospital chaplain, or communal leader for spiritual guidance and support. Additionally, at Sharsheret we understand that advanced breast and ovarian cancer are diseases that affect the entire Jewish family and community. Let our program for women facing advanced breast or ovarian cancer help support your loved one. Speak with a member of Sharsheret's support team so we can connect you with resources to meet your spiritual and cultural needs.

Psalms/Tehillim Group

The book of Psalms is an ancient text or set of liturgy. People of all backgrounds may recite Psalms for a variety of reasons, one of which is when a loved one is diagnosed with a serious illness. Some people find that through reciting Psalms, both the individual who is sick as well as those reciting Psalms can find strength to face life's challenges and feel inspired by prayer. Psalms can be a powerful and uniting experience for everyone involved.

There are a number of ways that you can participate in reciting Psalms. Some people say Psalms individually in the privacy of their own home, while others prefer to recite Psalms together with other members of the community. In some large communities, e-mails are sent or phone calls are made to see who would want to participate community-wide. Other times, communities decide to create Psalms groups that meet in people's homes or synagogues. This is often called a Psalms/*Tehillim* Group. Psalms are available in English and other languages so that people of all backgrounds can participate and find strength together. Some Psalms

commonly associated with illness and healing includes chapters 20, 30, 121, 130, and 142. Each individual and community should decide which Psalms, and customs resonate best for them.

Reading of the Psalms together as part of a group can often provide the members with a sense of togetherness and purpose in supporting their loved one.

Here are some tips to consider when creating your own Psalms/*Tehillim* group:

- Designate a coordinator of the group. Some people find strength and meaning in being the coordinator. If you do not want to be the point person yourself, speak with your rabbi or spiritual leader to find someone who will coordinate and run your Psalms/*Tehillim* Group.
- The coordinator can reach out to the community and see who is able to participate in the Psalms/*Tehillim* Group at the scheduled time.
- Individual Psalm books can be ordered or downloaded online, or purchased at your local Judaica shop. The coordinator can order one set of books or pamphlets, and the individual books in the set are then distributed amongst the participants in the group.
- While Psalms can be recited in a number of different ways, some communities have the opening Psalm read out loud by one participant while everyone follows along. Following the opening prayer, each participant reads their books at their own pace until all pamphlets are finished. Once everyone reads their assigned piece, one participant can read the closing prayer. During the closing prayer, the reader will stop at a certain point

(which is indicated in the prayer) and recite the names of people who you are praying for out loud.

name, you can consult with a rabbi or spiritual leader for how to recite the Psalm for her.

- When reciting Psalms, Hebrew names are a person's first name followed by their mother's name (e.g.: Leah Bat Sarah). If you don't know your loved one's Hebrew
- When creating or leading a group, speak with your rabbi, hospital chaplain or religious leader to help create a format that you are comfortable with and for guidelines for your personal situation.

Psalm 121

שִׁיר לַמַּעֲלוֹת:	Shiyr lamma`aloth
אֲשָׁא עֵינַי, אֶל-הַהָרִים מֵאֵין, יְבֹא עֶזְרִי	'esâ' `ëynay 'el-hehâriym mê'ayin yâbho' `ezriy
עֶזְרִי, מֵעַתָּה עַד, שְׁמַיִם וָאָרֶץ	'ezriy mê'im Hashem `osêh shâmayim vâ'ârets
אֶל-יְתֵן לַמוֹת רָגְלִי, אֶל-יְנוּם, שְׁמֶרְךָ	'al-yittên lammoth raghleka 'al-yânûm shomerekha
הִנֵּה לֹא-יָנוּם, וְלֹא יִישָׁן שְׁמֶרְךָ, יִשְׂרָאֵל	hinnêh lo'-yânûm velo' yiyshân shomêr yisrâ'el
ה' שְׁמֶרְךָ; ה' צִדְקָה, עַל-יַד יְמִינְךָ	Hashem shomerekha Hashem tsillekha 'al-yadh yemiynekha
יוֹמָם, הַשֶּׁמֶשׁ לֹא-יִכְבֶּה; וַיְרַח בַּלַּיְלָה	yomâm hashemesh lo'-yakkekâh veyârêach ballâyelâh
ה' יִשְׁמְרֶךָ מִכָּל-רָע: יִשְׁמֹר, אֶת-נַפְשְׁךָ	Hashem yishmârekha mikkol-râ' yishmor' eth-naphshekha
ה', יִשְׁמֹר-צִדְקָתְךָ וּבֹאֲךָ מֵעַתָּה, וְעַד-עוֹלָם	Hashem yishmâr-tsê'thkha ubho'ekha mê'attâhve`adh-'olâm

A Song of Ascents. I shall raise my eyes to the mountains, from where will my help come?

My help is from the Lord, the Maker of heaven and earth.

He will not allow your foot to falter; Your Guardian will not slumber.

Behold the Guardian of Israel will neither slumber nor sleep.

The Lord is your Guardian; the Lord is your shadow; [He is] by your right hand.

By day, the sun will not smite you, nor will the moon at night.

The Lord will guard you from all evil; He will guard your soul.

The Lord will guard your going out and your coming in from now and to eternity.

Meditation & Yoga

While some people connect to Judaism and to spirituality through traditional prayer, many find connection through other practices, such as meditation and yoga. It is said that Jewish contemplative techniques can help develop compassion and wisdom, and that cultivating this meditative state can lead to an expanded perception of the world and the possibility of feeling divine presence or intervention in our day to day. Jewish meditation has long been part of Jewish tradition and practice. There are a number of biblical references of meditation, as well as Jewish mystics who connected and practiced Judaism through meditation. Kabbalah, a branch of mystical tradition, features all kinds of meditative practices based on each individual's goals or preferences. In Jewish prayer, many strive to have a sense of *kavanah*, which can be defined as strong intention or meditative focus. For many, meditation can be a powerful, calming, and healing practice, using deep breathing techniques or visualization. Imagining Hebrew letters, focusing on an object or candle while breathing deeply, inhaling and then exhaling prayers and healing words are all examples of visualization.

There is no right or wrong way to meditate. However you choose to meditate, meditation can decrease anxiety, and provide emotional healing and a sense of peace. When seeking a method of prayer for healing and connection, for both yourself and your loved one, meditation can help you

feel centered when you otherwise feel surrounded by chaos, and send positive vibes, thoughts, and prayers for healing of the body, heart, and spirit.

Others may be more inclined to connect spiritually through yoga. Strengthening the body while relaxing the mind helps to cultivate awareness and keep a quieter mind. Developing a connection to your spiritual side through yoga helps you strike and hold a pose despite the obstacles or other circumstances around you. Meditation and yoga are not inherently religious practices, but they can give a heightened sense of spirituality, and for those who choose to, can be done in conjunction with other prayer. There are many ways to participate in yoga. Some might decide to participate in a yoga class at their gym, while others prefer a yoga class hosted by their local Jewish community center or synagogue. Some may also prefer to do yoga individually from the comfort of their own home. There is an endless supply of books, DVDs and online programs available to help guide you through yoga.

Whether you prefer to connect to spirituality through meditation and yoga, Psalms, or something completely different, there is not a right or wrong way of engaging with spirituality. Connecting to spirituality is a personal endeavor, and it is important to find a path that is right for you.

PERSONAL STORIES

We Need You Now More Than Ever - Ilene, age 49, living with stage IV breast cancer

Looking at my breast cancer journey, I have learned that what I need and what others may think I need can vary so greatly. I know my friends and loved ones want to support me, and sometimes feel that they need to walk on eggshells in fear of “doing the wrong thing.” The biggest lesson I have learned, and want to share with others, is the value of just being yourself. Show us you love us, and please do not feel you need to walk on eggshells. Just be yourself.

What women with advanced cancer are often seeking is understanding from friends and family. Understanding that there are days when we may not feel great; physically and/or mentally. Sometimes we just want to escape from answering questions about how we are feeling or what’s happening with our cancer. We want the opportunity to just be ourselves. In many ways, we are still the same person as we were before the diagnosis, wanting to talk about our kids, dating, work, pop culture, or anything else that interested us. We just hope that you don’t dwell on the cancer and you also don’t forget about it, and that you don’t forget about us.

What is most helpful to me, is to always listen to me. I mean really listen. I know that having someone you love facing a metastatic breast cancer diagnosis can be emotionally difficult, and it may be helpful to seek your own support to manage your feelings. I want to make sure that you also seek the support you need, in addition to supporting me. I know that you may feel

helpless and try to be supportive by offering me medical advice. Please know and understand that my oncologist and the rest of my medical team and I have a plan. That plan is to keep me healthy and keep me alive. I just want you to be there, and to feel your support.

Since I am still relatively young, I am navigating my work life, my married life, my life as a mother, my life as a friend and my life as a cancer patient. I appreciate the offers of dinners, play dates and sleepovers. I am not always an asker of help. If you want to bring me a meal, just tell me you’re cooking pasta and bring it over. If you want to let me take a nap, just tell me to drop off my daughter at 1 pm on Saturday. Make the plan. A concrete plan. I am always grateful for this help and support.

“In many ways, we are still the same person as we were before the diagnosis...”

What I need isn’t necessarily what everyone needs or wants. It isn’t a one size fits all. We are all human. We all appreciate that text or call to say “Hello, I am thinking about you.” Don’t get mad when we forget something, between the navigation of our new normal and the medication we may have unintentionally forgotten.

We need you now more than ever. We are so grateful to have you in our lives. Just continue to be there, and continue to be real.

Rewriting the Golden Rule - Deborah, best friend

It turns out that if your best friend is a woman living with metastatic breast cancer, you have to step up and learn on the job. There's not a lot of good news immediately associated with this diagnosis, but here's a little gem: I screwed up a lot, so you don't have to. Here are a few standout tips I can offer anyway.

Throughout life the golden rule of "do unto others as you would have them do unto you" is held up as the gold standard for how to make and keep friends. When it comes to supporting a friend with cancer, it's time to tweak that way of thinking.

Forget the golden rule. Forget what you would want. This isn't about you. This is about her.

If you can't straight out ask your buddy what they feel comfortable with (yes to jokes, no to the compassionate head tilt and meaningful eye contact), pay close attention to how she reacts to your efforts, take note and respond accordingly.

You'll make mistakes. Learn. Apologize as needed. Move on.

Be there for the heavy moments when they come up (being there, not saying the right thing, is 95% of your job), but also be yourself. You can bet that people probably treat your friend like cancer is now the most interesting thing about her. You know better. Don't forget that.

Act normally. She probably still wants to hear about a fight with your sister or the latest on the co-worker who always tries to steal your thunder or any other mundane problem in your life. You're not competing with cancer.

Make sure you have an outlet to process your feelings about her cancer separate from your friend. Her mother is not the right person to share your grief with. Find a friend or a therapist - preferably someone with some distance from the situation.

"Being present and an active listener (listening just as deeply to what she does say, as to what she doesn't) is really the bulk of your job."

Talking, laughing about nothing and everything and making the most of all the moments in between?

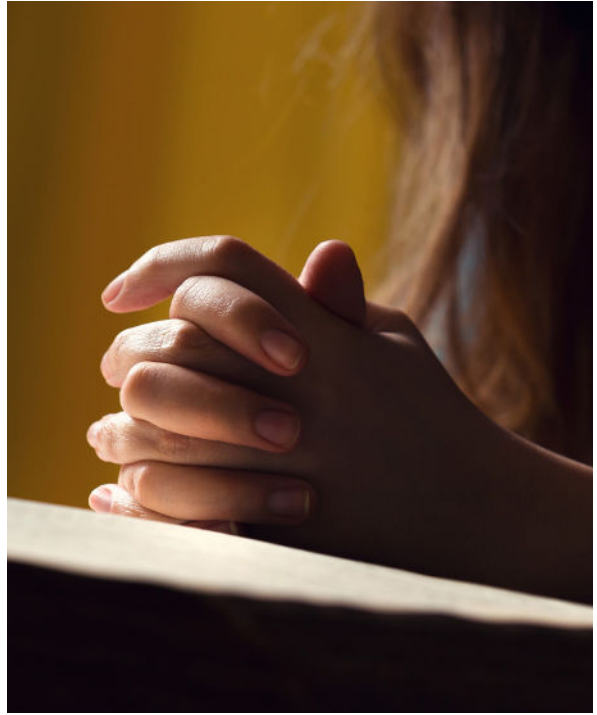
That's just great friendship.



Finding Hope, Comfort, And Support - Lizzy, sister

When my sister, Margot, told me she had breast cancer, I was shocked and numb. The fear of not knowing what to expect or what to think overwhelmed me. Margot's spirit was positive and she tried to make everyone around her comfortable, even though she was not comfortable physically and emotionally. I have to admit, I numbed myself out hoping that this would all go away. I just did what I "needed" to do - carpools, errands, volunteering, and being available whenever anyone needed me to do something for them. I was there. I did not realize at the time that these were just rote things to help me get through everything.

It was not until our community came together in honor of Margot to do something very special that I started "feeling" what was going on. It was right after Rosh HaShanah that year that her cancer had spread and it felt devastating. Some very special women at our shul came together and started saying *Tehillim* (Psalms) after prayer every Shabbat morning. The feeling of so many people being together saying *Tehillim* for her felt comforting. It felt consoling because the power of numbers was so meaningful to me. I did not feel alone. It allowed me to be with people that were praying for the same thing, and I felt supported.



The beauty of this group continues today and the women come together to say *Tehillim* for anyone in need. Margot's memory continues every Shabbat and I feel like she continues to give to so many people in our community in a special way.

"The feeling of so many people being together saying Tehillim for her felt comforting...I did not feel alone."

When my sister Sheri was diagnosed, it was shocking! We had been through

this before and feared the unknown or, in some way, the known. Staying positive and living life was the best I could do, until I remembered that I had felt comfort knowing that the *Tehillim* group was there for Sheri, my extended family and me. This group never went away. It gave me a way to remember to feel and know I was not alone in praying for her health and comfort.

Both sisters' deaths were hard on me for so many reasons. I was in different places when they were each diagnosed and found ways to deal with watching them fight for their lives.

Everyone finds his or her own ways to find, hope, comfort, and support. There is no one "thing" that fills all

these needs, but for me it was/ continues to be our synagogue's women's *Tehillim* group on Shabbat. Margot may have been the reason it started, but it is still there today for everyone in need. It brings women together to feel support, encouragement, and hope for anyone and everyone they love. Margot and Sheri may physically be gone, but they are still giving in their own way to many people through this group.

HOW CAN SHARSHERET HELP ME AS A CAREGIVER?

If your loved one has been diagnosed with advanced breast or ovarian cancer, we can help.

- Call our helpline of skilled, trained one-on-one professionals for resources and guidance.
- Let us help you create your own support system, so you can better support your loved one.
- Refer your loved one to our program supporting women living with advanced breast cancer or recurrent ovarian cancer.
- Keep informed by experts in the cancer community on our national teleconferences and webinars.
- We offer the transcripts of Sharsheret's helpful symposia online at www.sharsheret.org, covering topics such as "Navigating The Complicated World of Advanced Breast and Ovarian Cancer." Check our website for the continually updated list of relevant

transcript topics. If you do not have access to the internet, you can call our office to request copies and learn about other relevant transcripts available to you.

For more information about Sharsheret's programs, please contact us toll-free at **866.474.2774** or at info@sharsheret.org. Sharsheret's programs are free and are open to all women and men. All inquiries are confidential.

**Remember, wherever you are,
Sharsheret is, and we will be there
for you every step of the way.**



RESOURCE DIRECTORY

Cancer Genetics

American College of Medical Genetics and Genomics

301.718.9603
www.acmg.net

American Society of Human Genetics

866.HUM.GENE
www.ashg.org

Basser Center for BRCA-Education and Outreach

215.662.2748
www.basser.org

BFOR BRCA Founder Outreach Study

www.bforstudy.com

Bright Pink

312.787.4412
www.brightpink.org

Center for Disease Control and Prevention

[www.cdc.gov/genomics/disease/
breast_ovarian_cancer/index/htm](http://www.cdc.gov/genomics/disease/breast_ovarian_cancer/index/htm)

FORCE: Facing Our risk of Cancer Empowered

866.288. RISK
www.facingourrisk.org

Genetic Alliance

202.966.5557
www.geneticalliance.org

Genetics For Life (A Sharsheret Program)

866.474.2774
www.sharsheret.org

National Society of Genetic Counselors

312.321.6834
www.nsgc.org

NCI Cancer Genetics Services Directory

800.4.CANCER
[www.cancer.gov/cancertopics/genetics/
directory](http://www.cancer.gov/cancertopics/genetics/directory)

Norton and Elaine Sarnoff Center for Jewish Genetics

312.357.4718
www.jewishgenetics.org

Right Action for Women

www.rightactionforwomen.org/assistance

Breast Cancer Organizations

Are You Dense?

www.areyoudense.org

beBRCAware

www.bebrcaaware.com/

Breast360.org

www.breast360.org

Breastcancer.org

610.642.6550
www.breastcancer.org

Breasthealth.org

www.breasthealth.org

Breast Cancer in Focus:

Breast Cancer in Men

www.lbbc.org/infocusmen

Breast Cancer Research Foundation

866.FIND.A.CURE
www.bcrfcure.org

Dense Breast-Info: An Education Coalition

www.densebreast-info.org

Dr. Susan Love Research Foundation

310.828.0060
www.dsrlf.org

Living Beyond Breast Cancer

855.807.6386

888.753.5222 (Helpline)

www.lbbsc.org**Male Breast Cancer Coalition**www.malebreastcancercoalition.org**National Breast Cancer Coalition**

800.622.2838

www.Breastcancerdeadline2020.org**National Breast Cancer Foundation**www.nationalbreastcancer.org**SHARE: Self-Help for Women
with Breast or Ovarian Cancer**

866.ASK.SHARE

www.sharecancersupport.org**Susan G. Komen Breast Cancer
Foundation**

877.456.6636

www.komen.org**Tiger Lily Foundation**

888.580.6253

www.tigerlilyfoundation.org**Triple Negative Breast Cancer
Foundation**

877.880.TNBC

www.tnbcfoundation.org**Triple Step Toward the Cure**

877.880.8622

www.triplestep toward thecure.org**United Breast Cancer Foundation**

877.UBC.4CURE

www.ubcf.org**Young Survival Coalition**

877.972.1011

www.youngsurvival.org**Ovarian Cancer Organizations****Camp Mak-A-Dream-Adult Retreats**

406.549.5987

www.campdream.org**Foundation for Women's Cancer**

312.578.1439

800.444.4441 (Hotline)

www.foundationforwomenscancer.org**HERA Ovarian Cancer Foundation**

970.948.7360

www.herafoundation.org**National Ovarian Cancer Coalition**

888.OVARIAN

www.ovarian.org**Ovarian Cancer Research Alliance**

202.331.1332

866.399.6262

www.ocrahope.org**Roswell Park Familial Ovarian Cancer
Registry**

800.682.7426

www.ovariancancer.com**Sandy Rollman Ovarian Cancer
Foundation**

610.446.2272

www.sandyovarian.org**SHARE: Self Help for Women with
Breast or Ovarian Cancer**

866.ASK.SHARE

www.sharecancersupport.org

Young Women Facing Breast Cancer

Stupid Cancer

877.735.4673

www.stupidcancer.org

Ulman Foundation

888.393.FUND

Ulmanfoundation.org

Young Survival Coalition

877.YSC.1011

www.youngsurvival.org

Survivorship

2Unstoppable

www.2unstoppable.org

American Cancer Society Survivors Network

800.227.2345

www.csn.cancer.org/

Breastcancer.org

610.642.6550

www.breastcancer.org

LIVESTRONG Foundation

855.220.7777

www.livestrong.org

Living Beyond Breast Cancer

888.753.5222 (Survivor's Helpline)

www.lbbsc.org

National Coalition for Cancer Survivorship

877.NCCS.YES

www.canceradvocacy.org

Survivor.net

www.survivornet.com

Thriving Again (A Sharsheret Program)

866.474.2774

www.sharsheret.org

Young Survival Coalition

877.YSC.1011

www.youngsurvival.org

Jewish Organizations Addressing Cancer and Health-Related Issues

Bikur Cholim, Partners in Health

845.425.7877

www.bikurcholim.org

Chai4ever

646.519.2190

www.chai4ever.org

Chai Lifeline

877.CHA1.LIFE

www.chailifeline.org

Hadassah

888.303.3640

www.hadassah.org

Network of Jewish Human Service

Agencies

201.977.2400

www.networkjhhsa.org

Nishmat: Women's Health and Halacha

877.963.8938

www.yoatzot.org/home/

The Jewish Board

844.ONE.CALL

www.jewishboard.org

Cancer Organizations

American Cancer Society

800.ACS.2345

www.cancer.org

American Psychosocial Oncology Society Helpline

866.276.7443

www.apos-society.org

Cancer101

646.638.2202

www.cancer101.org

CancerCare

800.813.HOPE

www.cancercare.org

Cancer Hope Network

877.HOPE.NET
800.552.4366 (Helpline)
www.cancerhopenetwork.org

Cancer.Net

888.651.3038
www.cancer.net/

Cancer Support Community

888.793.9355
www.cancersupportcommunity.org

Imerman Angels

866.IMERMAN
www.imermanangels.org

National Cancer Institute

800.4.CANCER
www.cancer.gov

Patient Resource

800.497.7530
www.patientresource.com

LGBTQ Community**Center Link, The Community of LGBT Centers**

954.765.6024
www.lgbtcenters.org

National LGBT Cancer Network

212.675.2633
www.cancer-network.org

Family, Friends and Caregivers**American Cancer Society: Road to Recovery**

800.227.2345
www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Busy Box (A Sharsheret Program)

866.474.2774
www.sharsheret.org

Camp Kesem

253.736.3821
www.campkesem.org

Family Focus (A Sharsheret Program)

866.474.2774
www.sharsheret.org

Fighting Pretty

www.fightingpretty.org

Gilda's Club New York City

212.647.9700
www.gildasclubnyc.org

Kids Konnected

949.484.9092
www.kidskonnected.org

Lotsa Helping Hands

www.lotsahelpinghands.org

Men Against Breast Cancer

866.547.MABC
www.menagainstbreastcancer.org

Mommy has Breast Cancer

877.386.7322
www.mommyhasbreastcancer.org

Mothers Supporting Daughters with Breast Cancer

410.778.1982
www.mothersdaughters.org/

SHARE Dedicated Experienced Support for Women Facing Breast or Ovarian Cancer

844.ASK.SHARE
www.sharecancersupport.org

Sister to Sister

718.338.2943
www.sistertosisternetwork.org

Spungen Family Focus Program (A Sharsheret Program)

866.474.2774
www.sharsheret.org

Take Them a Meal

800.951.7715
www.takethemameal.com

Telling Kids About Cancer

www.tellingkidsaboutcancer.com/

The Breathing Butterfly

www.elfenworks.org/butterfly/

Wonders & Worries, We will, Together

512.329.5757

www.wondersandworries.org

Fertility, Pregnancy, and Nursing**Alliance for Fertility Preservation**

www.allianceforfertilitypreservation.org

A T.I.M.E (Torah Infertility Medium of Exchange)

718.437.7110

www.atime.org

Bonei Olam

718.252.1212

www.boneiolam.org

Hasidah

415.323.3226

www.hasidah.org/

Hope for Two- The Pregnant with Cancer Network

800.743.4471

www.hopefortwo.org

Livestrong Fertility

855.220.7779

www.livestrong.org/we-can-help/

livestrong-fertility

Oncofertility Consortium- Northwestern University

312.503.2504

www.savemyfertility.org

Path2Parenthood

888.917.3777

www.path2parenthood.org

Puah

708.336.0603

www.puahonline.org

Reprotech

www.reprotech.com/

Resolve, The National Infertility Association

703.556.7172

www.resolve.org

Will2Love

www.will2love.com

Yesh Tikva

www.yeshtikva.org

Travel**Air BnB**

877.793.0498

www.cancersupportcommunity.org/

airbnb

Angel Flight NE

877.AIR.LIFE

www.angelflightne.org/

Corporate Angel Network

914.328.1313

www.corpangelnetwork.org

Joe's House

877.563.7468

www.joeshouse.org

Patient AirLift Services

www.palservices.org

Transportation to Medical Care Referral Site

800.296.1217

www.patienttravel.org

Financial Assistance

1 Cancer Source

508.630.2242

www.cancerisource.org

A Silver Lining Foundation

312.345.1322

www.asilverliningfoundation.org

All4One Alliance

508.630.2242

www.all4onealliance.org

Cancer in the Family Relief Fund

www.cancerfamilyrelieffund.org

Cancer Financial Assistance Coalition

www.cancerfac.org

Financial Wellness Tool Kit (A Sharsheret Resource)

866.474.2774

www.sharsheret.org

Genevieve's Helping Hands Charity

516.500.3702

www.genshelpinghands.org

HealthWell Foundation

800.675.8416

www.healthwellfoundation.org

Hill-Burton Free and Reduced-Cost Health Care

800.638.0742

www.hrsa.gov/get-health-care/affordable/hill-burton/index.html

Impact One

623.738.6794

www.impactone.pink

My Hope Chest

www.myhopechest.org

National Association of Free & Charitable Clinics

703.647.7427

www.nafcclinics.org

Patient Advocate Foundation

800.532.5274

www.patientadvocate.org/explore-our-resources/breast-cancer-resource-directory/

Patient Resource LLC

913.725.1600

www.patientresource.com/financial_resources.aspx

Patient Services, Inc.

800.366.7741

www.patientservicesinc.org

PAN Foundation

866.316.7263

www.panfoundation.org

Rofeh Cholim Cancer Society

708.722.2002

www.rccscancer.org/

The Assistance Fund

855.845.3663

www.taftcares.org/

The Breast Cancer Charities of America

936.231.8460

www.thebreastcancercharities.org/help-now-fund

The Pink Fund

877.234.7465

www.pinkfund.org/

The SAMFund

617.938.3484

www.thesamfund.org

United Breast Cancer Foundation

877.UBC.4CURE

www.ubcf.org

Zichron Shlome Refuah Fund

718.GET.WELL

www.zsrf.org

Holistic, Complementary, and Integrative Medicine**American Academy of Medical Acupuncture**

301.379.8261

www.medicalacupuncture.org

American Association of Acupuncture and Oriental Medicine

www.aaaomonline.org

Foundation for Alternative and Integrative Medicine

www.faim.org

Holistic Primary Care: News for Health and Healing
www.holisticprimarycare.net

National Acupuncture Foundation
www.nationalacupuncturefoundation.org

National Center for Complementary and Integrative Health
www.nccih.nih.gov

National Center for Homeopathy
www.homeopathycenter.org

Office of Cancer Complementary and Alternative Medicine
www.cam.cancer.gov/

Oncology Nutrition
www.oncologynutrition.org

The Annie Appleseed Project
www.annieappleseedproject.org

Health Insurance
#Coverage4All
www.coverage4all.info/

Benefits.gov
800.333.4636
www.benefits.gov

Breast Cancer: Covered or Not
800.215.7494
www.pabreastcancer.org/uploads/userfiles/files/pdfs/insurance-guidebook.pdf

Cancer Insurance Checklist
www.cancerinsurancechecklist.org

Center for Patients Partnerships
608.890.0321
www.patientpartnerships.org

Financial Wellness Tool Kit (A Sharsheret Resource)
866.474.2774
www.sharsheret.org

HealthCare.gov
www.healthcare.gov

Triage Cancer-How to Pick a Health Insurance Plan Video
www.triagecancer.org/animatedvideos

Cancer and Careers
Cancer and Careers
www.cancerandcareers.org

Physician Referral Service
ECHO National Jewish Institute for Health
845.425.9750
718.859.9800

Ezra L'Marpe Center
718.435.9788
www.ezra-lemarpe.org/en/

Medstar Health
718.787.1800
www.sbhonline.org/division/medstar/

Relief
718.431.9501
www.reliefhelp.org

Managing Cosmetic Side Effects
Best Face Forward (A Sharsheret Program)
866.474.2774
www.sharsheret.org

Breastcancer.org, Managing Other Side Effects of Radiation
610.642.6550
www.breastcancer.org/treatment/radiation/side_effects

Chemocessories
www.chemocessories.org/

Understanding and Managing Chemotherapy Side Effects
800.813.HOPE
www.cancercare.org/publications/24-understanding_and_managing_chemotherapy_side_effects

Facing the Mirror

312.420.5610

www.facingthemirror.org**Girl on the Go-Private in
home wig consultations**

800.355.6076

www.girlonthego.biz**Hair to Stay**www.hairtostay.org**Knitted Knockers**www.knittedknockers.org**Lolly's Locks**

240.428.1985

www.lollyslocks.org**Look Good Feel Better**

800.395.LOOK

www.lookgoodfeelbetter.org**Shop Well with You**

800.799.6790

www.shopwellwithyou.org**"TLC" Tender Loving Care, American
Cancer Society**

800.850.9445

www.tlccatalog.org**Technology Based Resources****Caring Bridge**

651.789.2300

www.caringbridge.org**Cancer Support Community**

888.793.9355

www.mylifeline.org**Helpful Bikur Cholim Links**www.jewishboard.org/resources/helpful-bikur-cholim-links/**Meal Train**www.mealtrain.com**Navigating Cancer**

800.925.4456

www.navigatingcancer.com**Think About Your Life**

818.695.4334

www.thinkaboutyourlife.org**Clinical Trials****About Clinical Trials**www.learnaboutclinicaltrials.org**American Cancer Society**www.cancer.org**BreastCancerTrials.org**www.breastcancertrials.org**Basser Center for BRCA**www.basser.org**CancerCare**www.cancercare.org**Central Watch**www.centerwatch.com**Clinical Trials and Me**www.clinicaltrialsandme.com**Dr. Susan Love Research Foundation**www.drSusanLoveResearch.org**eCancerTrials**www.ecancertrials.com**Emerging Med**

877.601.8601

www.app.emergingmed.com/emed/home**FORCE - Facing Our Risk of Cancer**

Empowered

www.facingourrisk.org**Massive Bio**

844.627.7246

www.massivebio.com/**MBC Alliance**www.mbcalliance.org/metastatic-trial-search-expands

National Cancer Institute
800.4.CANCER
www.cancer.gov/clinicaltrials

National Institute of Health
www.clinicaltrials.gov

Search Clinical trials
877.MED.HERO
www.searchclinicaltrials.org

Susan G. Komen Breast Cancer Foundation
800.IM.AWARE
ww5.komen.org

Advanced Breast Cancer
ACOR (Association of Online Cancer Resources)
listserv.acor.org

Embrace (A Sharsheret Program)
866.474.2774
www.sharsheret.org

Expert Tips Shared with Women Living with Advanced Cancer
www.sharsheret.org/resource/read-expert-tips-shared-with-women-living-with-advanced-cancer/

Living Beyond Breast Cancer
610.645.4567
www.lbbsc.org

Margot Rosenberg Pulitzer and Sheri Rosenberg Embrace Program (A Sharsheret Program)
866.474.2774
www.sharsheret.org

MBC Connect
www.mbcconnect.org

Metastatic Breast Cancer Information and Support
www.bcmets.org

Metastatic Trial Search
www.bcmets.org/

Online Resources for People Living with Advanced Breast Cancer
www.advancedbreastcancercommunity.org

Sharsheret Embrace Community- A Private Facebook Group
866.474.2774
www.sharsheret.org

Recurrent Ovarian Cancer
Margot Rosenberg Pulitzer and Sheri Rosenberg Embrace Program (A Sharsheret Program)
866.474.2774
www.sharsheret.org

Sharsheret Embrace Community- A Private Facebook Group
866.474.2774
www.sharsheret.org

Jewish Organizations Addressing Spirituality
Aneinu: International Tehillim Organization
516.239.6083
917.575.8719
www.aneinu.com

Institute for Jewish Spirituality
646.461.6499
www.jewishspirituality.org

Mayyim Hayyim Living Waters Community Mikkveh and Paula Brody & Family Education Center
617.244.1836
www.mayyimhayyim.org

Ritualwell
215.576.0800
www.ritualwell.org

Shira Ruskay Center
212.632.4608
www.jewishboard.org/about-us/programs-services/jewish-community-services/shira-ruskay-center/

Personal Health Journals

CaringBridge

www.caringbridge.org

MyLifeLine

www.mylifeline.org

Creating Living Legacies

Caring Bridge

www.caringbridge.org/

Memories Live

646.245.1698

www.memorieslive.org

Safe Beyond

800.844.0515

www.safebeyond.com

Thru My Eyes

914.725.1836

www.thrumyeyes.org

Breast Cancer Organizations in Israel

Beit Natan

011.972.2.644.6052

www.beitnatan.org

Bracha

011.972.72.233.2974

www.bracha.org.il

Israel Cancer Association

011.972.3.572.1616

www.cancer.org.il

Lemonade Fund: Emergency Financial Relief for Israeli Women Recently Diagnosed with Breast Cancer

www.lemonadefund.org

One in Nine

011.972.3.602.1717

www.onein9.org.il

Stop Cancer

www.stop-cancer.co.il/

Tishkofet-Ma'agan

011.972.2.631.0803

www.lifesdoor.org

Legal Assistance

Cancer Legal Resource Center

866.THE.CLRC

213.736.1455

www.disabilityrightslegalcenter.org/

cancer-legal-resource-center

Law Help

www.lawhelp.org

Lawyer Referral Service

[www.americanbar.org/groups/legal_](http://www.americanbar.org/groups/legal_services/)
[services/](http://www.americanbar.org/groups/legal_services/)

National Cancer Legal Services Network

www.NCLSN.org

Patient Advocate Foundation

800.532.5274

www.patientadvocate.org

Lymphedema

Academy of Oncologic Physical Therapy

800.999.APTA

www.oncologypt.org

National Lymphedema Network

800.541.3259

www.lymphnet.org

“What Every Woman With Breast Cancer Should Know” (An American Cancer Society Publication)

800.ACS.2345

www.citeseerx.ist.psu.edu/viewdoc/download?doi=10.11.432.2496&rep=rep1&type=pdf

Male Breast Cancer

American Cancer Society

www.cancer.org/cancer/breast-cancer-in-men/about/what-is-breast-cancer-in-men.html

Breastcancer.org

www.breastcancer.org/symptoms/types/male_bc

Komen

ww5.komen.org/BreastCancer/BreastCancerinMen.html

Living Beyond Breast Cancer

www.lbbc.org/man-diagnosed-breast-cancer

Male Breast Cancer Coalition

www.malebreastcancercoalition.org

Men Against Breast Cancer

www.menagainstbreastcancer.org/information-for-male-breast-cancer/

National Cancer Institute

www.cancer.gov/types/breast/patient/male-breast-treatment-pdq

Prescription Assistance

MedicineAssistanceTool.org

888.477.2669

www.medicineassistancetool.org

NeedyMeds

www.needymeds.org

Patient Advocate Foundation

Co-Pay Relief Program

866.512.3861

www.copays.org

RxAssist

www.rxassist.org

Rx Outreach

888.796.1234

www.rxoutreach.org

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Please visit Sharsheret's website at www.sharsheret.org for a continually updated online resource directory.

The information contained in this booklet is intended to provide broad knowledge and available resources and should not be construed as professional advice or an endorsement of any health care professional, organization, or program mentioned in the Resource Directory. All medical information should be discussed with a health care professional. To the extent permissible under applicable laws, Sharsheret disclaims responsibility for any injury and/or damage to persons or property as a result of any actual or alleged infringement of intellectual property or other proprietary or privacy rights, or from use or operation of any ideas, instructions, procedures, products or methods contained in the material therein.

BOOKLETS AVAILABLE IN THIS SERIES

Your Jewish Genes:
Hereditary Breast Cancer
and Ovarian Cancer

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Facing Breast Cancer as
a Jewish Woman

.....

Facing Cancer as a Frum Woman

.....

Facing Ovarian Cancer as
a Jewish Woman

.....

Breast Cancer and the Ritual Bath:
A Guide for Mikvah Attendants

.....

Thriving Again*: For Young
Jewish Breast Cancer Survivors

.....

Our Voices: Inspiring Words from
the Women of Sharsheret

.....

From the Practical to the Spiritual:
Caring for Loved Ones Living with
Advanced Cancer

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For information about this booklet
and other Sharsheret publications,
E-mail: info@sharsheret.org
Call Toll-Free: 866.474.2774

