



NEWS FROM SHARSHERET

APRIL 2023



SURVIVOR SPOTLIGHT MADELINE BENJAMIN

[READ MORE](#)

"I'm a Triple Negative Breast Cancer SURVIVOR and one of the 1 in 40 Ashkenazi Jews who carries the Breast Cancer (BRCA) gene mutation. I am so grateful for organizations like Sharsheret that provide resources not only around a cancer diagnosis, but also around the genetics involved. I will utilize their customized resources even more as my daughter grows up and I have to tackle this topic with her at the age-appropriate time – to ensure she is safe and has a plan." [Read more](#) from Madeline.

In Florida For Passover? Join Us In Aventura!

TEAM SHARSHERET

SHARSHERET
The Jewish Breast & Ovarian Cancer Community

SUNDAY, APRIL 9, 2023

STEP UP FOR SHARSHERET

MADE POSSIBLE WITH GENEROUS SUPPORT FROM

MERCK

IN PARTNERSHIP WITH

LASKO
GETAWAYS

JW MARRIOTT TURNBERRY RESORT AND SPA
19999 WEST COUNTRY CLUB DRIVE, AVENTURA, FL 33180

Sunday, April 9

Start anytime between 8:30-10:00am

Walk or run the Aventura Circle (3 mile loop course)

Cost: \$36/person. Children under 16 are free.

Includes limited edition t-shirt and access to Lasko Tea Room for post-event kosher for Passover refreshments and snacks.

Contact [Michelle Mavorah](#) for more information.

Sharsheret's education and outreach events are made possible with generous support from [Merck](#).

Register Today!

Save The Dates: Illinois Benefit And Tristate Benefits Summer Barbecues

SHARSHERET

CHAMPIONS, COMMUNITY AND COMEDY AN EVENING IN SUPPORT OF SHARSHERET

MAY 10, 2023 • 7:30PM
CHICAGO BOTANIC GARDENS

2023 CHAMPIONS COMEDIAN

VANESSA & ARTHUR
EHRlich

ALIZA & ARI
STEINBERG

JOEL
CHASNOFF

Thank you to our Coast to Coast Sponsors (in formation):
Barbara and Fred Kort Foundation, [Merck](#), [ImmunoGen](#), and [GE HealthCare](#)

Contact [Eve Kleinerman](#) for more information.

Register Today



TRISTATE BENEFITS

SUMMER BARBECUES
IN LAWRENCE & ENGLEWOOD

LAWRENCE, NEW YORK

WEDNESDAY, JULY 19, 2023 | 6:30 PM

LAWRENCE YACHT AND COUNTRY CLUB

Woman of Valor Award



CINDY
MERRILL

*Lisa Altman Tribute
Service Award*



MELISSA
PELCOVITZ

ENGLEWOOD, NEW JERSEY

THURSDAY, JULY 20, 2023 | 6:30 PM

CONGREGATION AHAVATH TORAH

Recognizing



JORDANNA
NADRITCH

Maimonides Award



DR. MARK
SULTAN

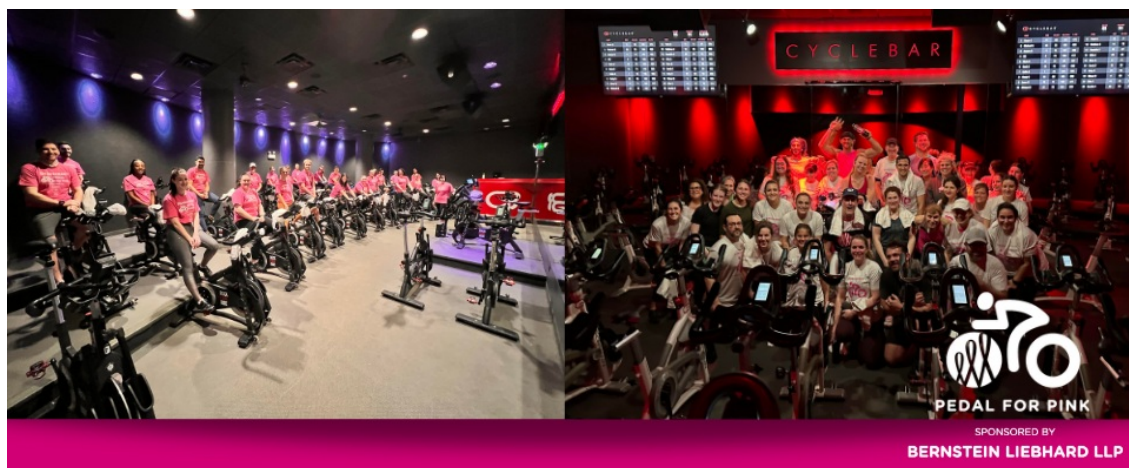


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Contact [Yaffa Leah Field](#) for more information.

Register Today

Coordinate A Pedal For Pink Spin Event In Your Community



On Sunday, March 19, and Sunday, March 26, local Sharsheret communities gathered at CycleBar locations in Chicago, IL, and in Culver City, CA, to Pedal for Pink and support Sharsheret.

Pedal for Pink events focus on health and wellness in addition to raising awareness about breast cancer, ovarian cancer and cancer genetics. They can be held anywhere — in a gym, studio space, JCC, etc.

Contact [Ellen Kleinhaus](#) for more information.

Thank you to our sponsors:
[Bernstein Liebhard LLP](#) and [Merck](#)



What You Should Know About Sleep and Cancer

SONIA ANCOLI-ISRAEL, PHD
UCSD School of Medicine

Experiencing sleep problems during and after treatment? New research suggests that increased bright light exposure helps fatigue, sleep, depression and biological rhythms. This non-invasive treatment has the potential for improving quality of life in cancer patients and implementation can be as simple as 30 minutes of outdoor time every morning, according to the expert from our recent webinar "Sleep, Fatigue and Circadian Rhythms in Cancer: Their Effect on Quality of Life."

[Watch Webinar](#)

[Read Transcript](#)

[View Slide Show](#)

Thank you to our sponsors: [Gilead](#), [Merck](#) and the Cooperative Agreement DP19-1906 from the [Centers for Disease Control and Prevention](#).

Register today for our next webinar with Dr. Ancoli-Israel on April 19 at 2:30 pm EDT:
Insomnia: Causes, Consequences and Cures

[Register Here](#)

Sharsheret Featured In JTA



BY ERIC BERGER

Pink Day helps save and support cancer patients

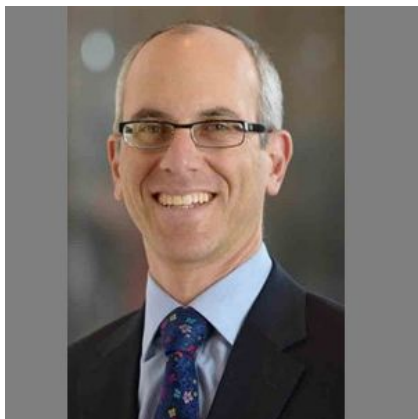
When Rachel Wojnilower was an undergraduate at American University in Washington, D.C., she did all kinds of activities with her Jewish sorority, Alpha Epsilon Phi. Now 36, Wojnilower has let most of them fade from memory.

But in retrospect, one in particular stands out. That's because about five years after graduating, Wojnilower got married and underwent genetic testing along with her

[Read Complete Article](#)

For more information about the Beatrice Milberg *Sharsheret on Campus* program, the *YAD: Young ADult Caring Corner* program dedicated by Joy and Michael Goldsmith and Family, or *My Second Backpack: How to Best Support Your Friends in Meaningful Ways*, Sharsheret's educational video and discussion guide sponsored by Sherry Helfand Wiener, please contact [Ellen Kleinhaus](#).

Introducing New Members Of Sharsheret's Medical Advisory Board



Welcome Dr. Robert Sidlow
Chief of General Internal Medicine,
Memorial Sloan Kettering Cancer Center

Dr. Robert Sidlow is an experienced, board-certified internal medicine specialist and is also certified in cancer genomic risk assessment.



Welcome Dr. Eli Avisar
Surgical Oncology Specialist,
University of Miami Health System

Dr. Eli Avisar has over 33 years of experience in the medical field and specializes in cancer surgery with a focus on breast cancer.

[Read More](#)



**Young,
Empowered
& Strong**

**Research Opportunity for
Young Women Survivors
of Breast Cancer**

Research Study For Young Breast Cancer Survivors From Our Partner

The purpose of this Columbia University research study is to test if a web-based app can improve the quality of life and symptoms of young survivors after breast cancer treatment.

The YES app provides tailored information about how to cope with symptoms, side effects, and other concerns of young breast cancer survivors.

**If you are interested in participating or
would like more information, call 212-342-5162.**

[Join Study](#)



Sharsheret's 2023 Impact Report has started hitting homes across the country!

[Read Online](#)

This newsletter is brought to you with support from



Holy Name is a leading health system in New Jersey, providing world-class care through a

unique combination of medical expertise, innovative technology, and humanity at the heart of every interaction. Since our founding in 1925, our faith-based mission has remained steadfast - to help our community and each person we serve achieve the highest level of health through prevention, education and treatment. We provide nationally-recognized, award-winning inpatient, outpatient and wellness services through Holy Name Medical Center, a comprehensive 361-bed acute care hospital; Holy Name Physicians, a network of nearly 400 primary and specialty care experts; Villa Marie Claire, a home-like residential hospice center in Saddle River, NJ; HNH Fitness, a state-of-the-art health and fitness center in Oradell, NJ; the Sister Claire Tynan School of Nursing, a highly competitive institution dedicated to training the next generation of nursing professionals in Englewood Cliffs, NJ; Hôpital Sacré Coeur, a 200-bed Hospital in Milot, Haiti; as well as a wide range of services brought directly to patients through home care and telemedicine and hospital-at-home programs.

Sharsheret is a national not for profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. Sharsheret does not endorse or promote any specific medication, treatment, product, or service, and makes no guarantees regarding the effectiveness of the product discussed herein. The information provided herein is not a substitute for professional medical advice or treatment. You should always seek the advice of your physician or other qualified health provider.

[CLICK HERE TO DONATE NOW](#)

April 2023 | Sharsheret | 866 474 2774 | info@sharsheret.org | www.sharsheret.org

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