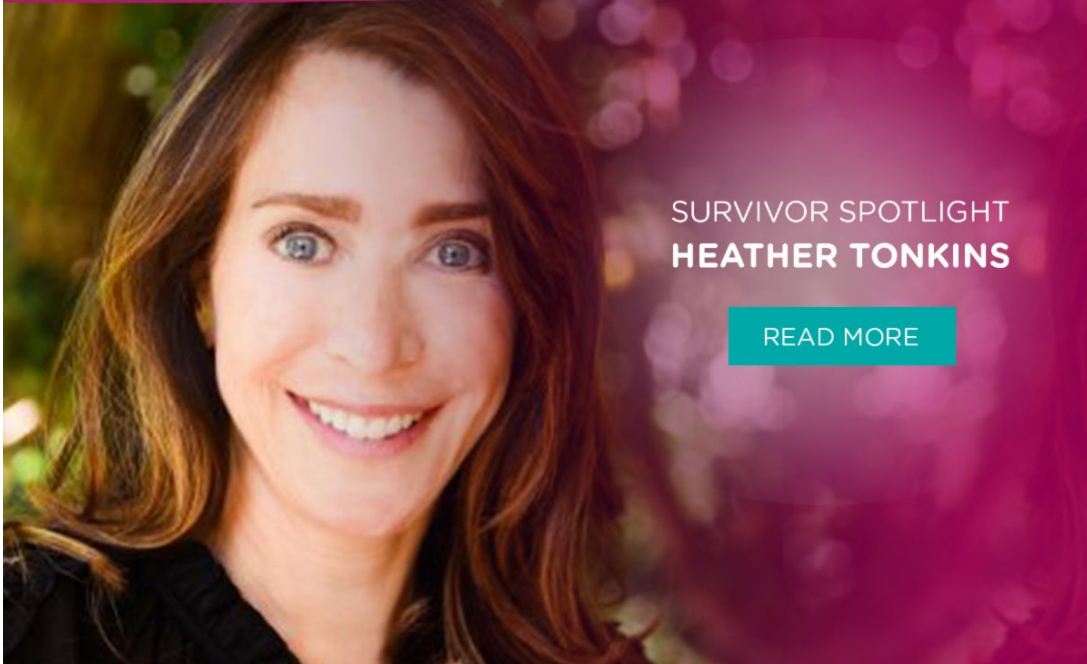




NEWS FROM SHARSHERET

FEBRUARY 2023

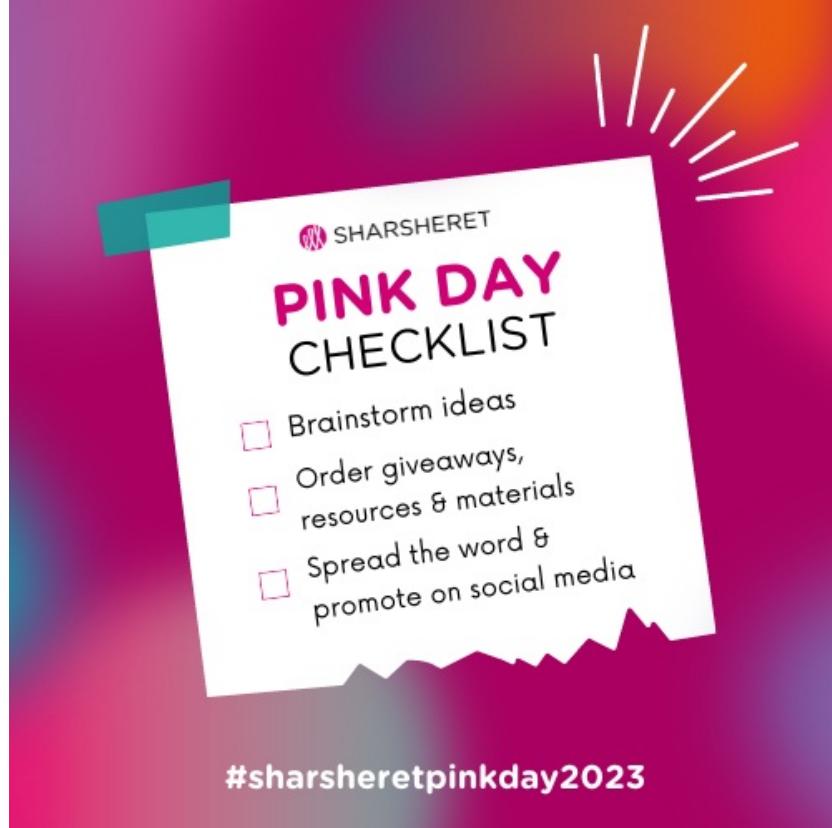


SURVIVOR SPOTLIGHT
HEATHER TONKINS

[READ MORE](#)

"When you first receive a breast cancer diagnosis, there are so many decisions to make. The blur of the diagnosis, frantic phone calls with family and friends, doctor appointments, scheduling procedures, and more, prepares you for the initial stages of battle." [Read more](#) from Heather.

Pink Day Is Two Weeks Away! Are You Ready?



Students on campuses nationwide, companies, organizations and volunteers will be joining together for **Sharsheret Pink Day**. This is a great opportunity to raise awareness about breast cancer and ovarian cancer.

Together, through education and empowerment, we can save lives.

Four easy steps:

1. Decide how you want to mark Pink Day - some ideas include facilitating a pink challah bake, fundraiser or wellness activity. You can also host a Sharsheret speaker.
2. Send an email or post on social media and tag [@sharsheret on Facebook](#) and [@sharsheretofficial on Instagram](#) to let your community know to wear pink on **February 15th**.
3. [Sign up](#) for Sharsheret's Pink Day and request Sharsheret resources and social media toolkit.
4. Follow Sharsheret on [Instagram](#) for updates and use **#sharsheretpinkday2023**.

[Learn More](#)


Register for the Zentangle workshop happening on Pink Day!

Zentangle is an easy-to-learn, fun way to create beautiful works of art using structured patterns on a small paper format, called tiles.

This workshop is designed to promote relaxation and creativity.

No art background needed.

[Register Here](#)



WITH
KATHY
SHAPIRO

**PINK
DAY**
SHARSHERET 2023

ZENTANGLE

February 15th | 8:30pm EST/5:30pm PST

THE FIRST 50 REGISTRANTS WILL RECEIVE
A ZENTANGLE TILES SKETCHBOOK

Purchase Your Purim Cards Today!



PURCHASE YOUR PURIM CARDS TODAY!
Shipped Free Or Available At Sharsheret's Teaneck Office

In lieu of Mishloach Manot, order Sharsheret Purim print cards or e-cards to share the holiday with loved ones, near and far.

Every Sharsheret Purim card helps support Jewish women and families facing breast cancer and ovarian cancer nationwide.

Place your order today!

Packs of 12 cards are available for \$48 with free shipping if ordered before Wednesday, February 22nd.

E-cards are available for \$3 each and may be ordered and sent via email at any time.

[Order Your Purim Cards Today!](#)

Virtual Programming In February

FREE VIRTUAL HEALTHY COOKING DEMO

UKRAINIAN CUISINE

WITH

SONYA SANFORD

@sonyamichellesanford



Thursday, February 9 | 8pm EST / 5pm PST



Supported by



Join Sharsheret in the Kitchen with Pacific Northwest Chef Sonya Sanford, a specialist in Ukrainian and Soviet food, as she shows us a few modern twists on some traditional dishes. This program is part of the “Sharsheret in the Kitchen” series, which brings nutritious kosher meal options to help empower all of us at risk for breast and ovarian cancer to make healthier dietary choices.

For more information, contact [Jessica Jablon](#).

Thank you to our generous sponsors: [Cedars Sinai](#), the Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, and in partnership with [Woman to Woman](#).

[Register Here](#)

Looking for an opportunity to pay it forward?



PEER SUPPORT TRAINING WEBINAR

Wednesday, February 22, 2023
8 pm EST/5 pm PST



Whether you have already enjoyed the rewarding experience of serving as a peer supporter, are still waiting for your first Sharsheret match or are considering becoming a peer supporter, please join us on **Wednesday, February 22nd at 8pm EST/5pm PST** for our **Peer Support Training Webinar**.

Our webinar will offer guidelines for serving as a peer supporter, information about how we connect women to learn more about health care professionals they are considering for their treatment team, resources to share with other women facing cancer and a role play simulation.

Additionally, the webinar will offer training on more meaningful ways to get involved in Sharsheret's educational outreach initiatives ranging from social media advocacy to hosting a home event.

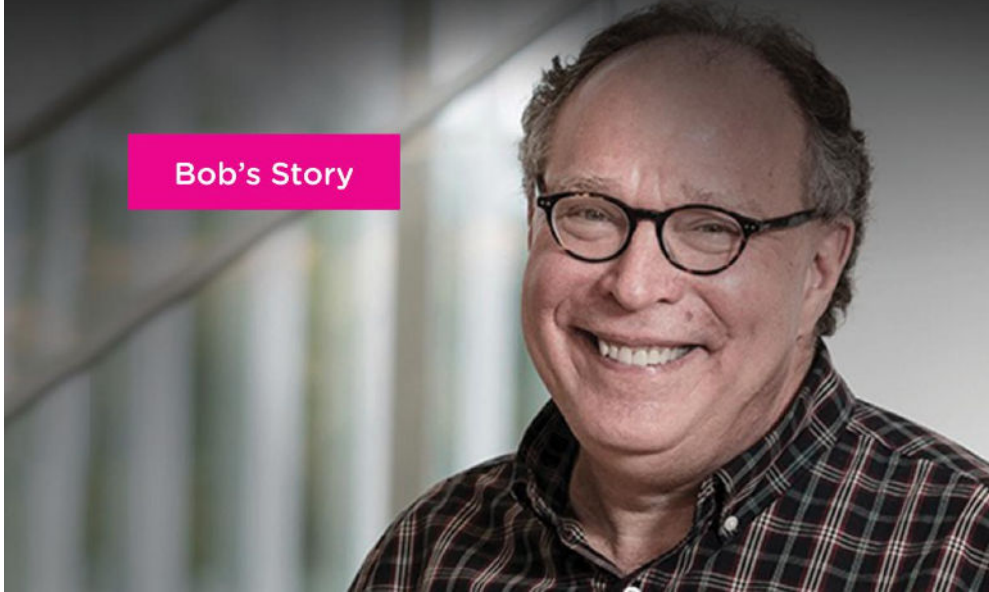
This webinar is sponsored by: [Genentech](#) and the Cooperative Agreement DP 19-1906 from the Centers for Disease Control and Prevention.

[Register Here](#)

HEREDITARY CANCER AND MEN: CHEK2 Mutation



Bob's Story



Genetic testing was not widely available when Bob was diagnosed with male breast cancer.

"I assumed for more than 20 years I had a BRCA2 mutation."

It wasn't until Bob was diagnosed with prostate cancer in his mid 60's that he discovered he was a CHEK2 carrier.

CHEK2 carriers have an increased risk for breast, prostate and colon cancer.

"I learned about Sharsheret many years ago and have spoken to their genetic counselor. Having an organization focused on these issues has been very helpful and also very supportive."

To learn more about hereditary cancer and men visit [sharsheret.org/men](https://www.sharsheret.org/men). To set up a call with Sharsheret's Genetic Counselor, [click here](#).

The Hereditary Cancer Series is brought to you with generous support from Max & Anna Baran, Ben & Sarah Baran and the Milton Endowment Fund of the Jewish Community Foundation of Los Angeles.

[Watch Here](#)

New Job Opportunities!



**WE'RE
HIRING!**



Sharsheret is growing all across the country!

Open Positions:

[California Outreach Coordinator](#)

[Development Associate](#)

[Florida Outreach Coordinator](#)

[Marketing Strategy Manager](#)

[Midwest Social Worker](#)

[Social Media Associate](#)

Send your resume and cover letter to resumes@sharsheret.org.

SUMMER INTERNSHIP APPLY TODAY!



Looking for a meaningful internship opportunity this summer?

Sharsheret, a fast-paced, national, breast cancer organization supporting Jewish women and families facing breast cancer and ovarian cancer, is looking for bright and hardworking college and graduate school students for multiple full-time summer internship positions. Interns will work remotely with the possibility of in-person work at Sharsheret's national headquarters in Teaneck, NJ.

These internships are made possible with support from the Stephanie Sussman and Ann Nadrich Memorial Fund, and the Sema Heller-Netivot Shalom Scholarship Fund.

[Apply Here!](#)

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.

[CLICK HERE TO DONATE NOW](#)

Like many organizations around the country, we have experienced some USPS delays and disruptions. Therefore, we want to be sure that you have our correct mailing address:

Sharsheret, 1086 Teaneck Rd., Suite 2G, Teaneck, NJ 07666

As always, if you would like to make a gift, the most reliable option is through our [website](#). We are also happy to help facilitate an electronic transfer ([email us](#) for assistance).

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

STAY CONNECTED



Sharsheret | 10 East 40th Street, 28th Floor, New York, NY 10016

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Sent by info@sharsheret.org