



Sharsheret®

Sharsheret Awarded New York State Innovation in Breast Cancer Research Award

Sharsheret was recently named a 2005 recipient of the New York State Innovation in Breast Cancer Early Detection and Research Award. The annual award was presented by the New York State Breast Cancer Detection and Education Advisory Council to the President of Sharsheret's Board of Directors, Amy Mines Tadelis.

More than 100 guests attended the award reception in Albany, New York. "This New York State Award is an important acknowledgement of Sharsheret's impact in the cancer community," said President of Sharsheret's Board of Directors, Amy Mines Tadelis. "We are proud to be recognized for our accomplishments, and look forward to enhancing our programs in the years ahead."

"The women of New York are very fortunate to have organizations like yours who are so dedicated to reducing the burden of breast cancer in our state," wrote Bradley Hutton, Director of the State's Cancer Services Program. "On



Guthrie S. Birkhead, Director of the Center for Community Health of the New York State Department of Health, presents award to Amy Mines Tadelis, President of Sharsheret's Board of Directors.

behalf of the New York State Department of Health, I thank you for your leadership and dedication in the fight against breast cancer."

Sharsheret Presents Two National Breast Cancer Symposia

Hundreds of men and women participated in Sharsheret's national medical symposia this year. Medical experts addressed patients, family members, and health care professionals at "Surviving Young: Life After Breast Cancer" and at "Hormones and Breast Cancer: Through Treatment and Beyond," both presented at major medical centers in New York City. Hundreds more across the country viewed national webcasts of these events on Sharsheret's website, www.sharsheret.org.

Survivorship

Many of the women who have called Sharsheret for support at the earliest stages of diagnosis have reached out again for support at the conclusion of active treatment. Sharsheret's Spring 2005 symposium "Surviving Young: Life After Breast Cancer" addressed questions and concerns, including "What form of continued breast cancer screening is recommended for young women who have already been diagnosed with

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A Message From the Executive Director

Strengthening Our Roots



Dear Friends:

This October, in time for Breast Cancer Awareness Month, Sharsheret moved to its official headquarters in Teaneck, New Jersey. The relocation marked a significant milestone in our growth. We are now able to welcome callers, family members, and friends to meet our dedicated staff and outstanding volunteers, and to witness firsthand the incredible programs and services we offer Jewish women facing breast cancer nationwide.

Now settled in our new home, Sharsheret is strengthening its roots in the community. In this issue, you will read about breast health education programs, outreach events, and medical roundtables we are coordinating locally, efforts that have been recognized with grants and awards from the states of New York and New Jersey.

You will also read about the ways in which Sharsheret is strengthening its national presence as a vital organization for Jewish women facing breast cancer. We are coordinating national medical symposia, distributing culturally-sensitive booklets across the country, and sharing the results of our unique initiatives at conferences nationwide. We remain committed to ensuring that all of Sharsheret's programs and services are accessible at the national level.

Sharsheret's roots are strengthened by the women and men across the country who give their time and their talents to ensure that we can meet the growing needs of the women we serve. With your support, we have launched three critical programs this year: Embrace, for young women living with advanced breast cancer, Family Focus, for family members and caregivers, and the Sharsheret Forum, an online community for Jewish women facing breast cancer and their loved ones.

As we celebrate the fourth anniversary of Sharsheret's founding, we look forward to meeting the needs as yet unmet, with programs for single women facing breast cancer and community-based initiatives to establish local support groups for Jewish women and their loved ones. It is an exciting time for all of us at Sharsheret. Firmly rooted, we are poised for meaningful growth in the years ahead.

Very truly yours,

A handwritten signature in black ink that reads "Rochelle Shoretz". The signature is written in a cursive, flowing style.

Rochelle L. Shoretz
Executive Director

Rochelle L. Shoretz, Esq.
Executive Director

Elana Silber
Program Director

Shera Dubitsky, M.Ed., M.A.
Link Program Coordinator

Ellen Kleinhaus, Ed.M., M.A.
Program Coordinator

Rebecca Schwartz
Administrator

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Gail Propp

Sharsheret Publishes New Booklet Series for Women Facing Breast Cancer

Sharsheret has published and distributed 40,000 new booklets entitled “Facing Breast Cancer as a Jewish Woman” with support from the Susan G. Komen Breast Cancer Foundation. This booklet is the third publication in Sharsheret’s booklet series, the only culturally-sensitive resource available to Jewish women and families facing breast cancer nationwide. “Facing Breast Cancer as a Jewish Woman” addresses important topics for Jewish women of all affiliations including spirituality, Jewish holidays, community support, marriage, Mikvah, parenting through breast cancer, fertility, and pregnancy. The booklet also explores the concerns of working women and single Jewish women facing breast cancer.



“Demand for a publication focused on the concerns of Jewish women facing breast cancer has been high,” said Sharsheret Program Director Elana Silber. The initial publications in Sharsheret’s booklet series, “Facing Breast Cancer as an Orthodox Jewish Woman” and “Breast Cancer Genetics and the Jewish Woman,” have already required second printings with more than 10,000 copies distributed nationwide.

Help Sharsheret raise awareness by distributing “Facing Breast Cancer as a Jewish Woman” booklets to colleagues, friends, and health care professionals. Call toll-free (866) 474-2774 to order your free booklets.

Our Voices

The first time I spoke to Michele, I knew I had made the right decision by calling Sharsheret and requesting a Link. She had been in almost the identical situation a year before, and had made the difficult decision to have prophylactic surgery. We became acquainted and agreed to talk again soon.

Michele has become a dear friend. She calls me at least once a week just to say hi. The most amazing thing happened when my husband, children, and I visited New York City a couple of weeks ago. When I saw Michele, I felt like I had known her all my life. We hugged and I knew at that moment that I had made a very special friend. We could have talked all day about anything and everything. Before saying goodbye, she handed me an envelope. She said that it was not a present and that she wanted me to open it later.

After a very exhausting day of running around New York City, I sat down in my hotel room and opened the envelope. Michele’s note read as follows:

*“Dear Judy,
The enclosed box is a gift of sorts.
The necklace itself, I give to you on loan.
It was given to me by my father (who is no longer alive) on the day of my wedding.
He assured me that it would bring me good luck. Since the time I received it, I have loaned it to people I feel close to that are faced with a challenge. They return it to me when they are secured. The gift, therefore, is my most heartfelt wish that your surgery goes smoothly and as painlessly as possible. How appropriate it is that the necklace is actually a chain – a sharsheret – which is how our friendship began...”*



Sharsheret Links, Judy Ludin (left) and Michele Friedman.

How Sharsheret Can Help

In response to the needs of the young women we serve, Sharsheret has launched three core programs:

The Link Program, a peer support network connecting young women newly diagnosed or at high risk of developing breast cancer with others who share similar diagnoses and experiences.

Education and Outreach Programs, including health care symposia addressing the concerns of young women facing breast cancer. Recent events addressed the subjects of breast cancer and fertility, breast cancer genetics, and survivorship. Transcripts of all symposia are available on Sharsheret’s website, www.sharsheret.org.

Quality of Life Programs, including the *Busy Box* for young parents facing breast cancer, *Best Face Forward* to address the cosmetic side effects of treatment, and *Embrace*, a support program for women living with advanced breast cancer.

For more information about Sharsheret programs, call toll-free (866) 474-2774.

My friendship with Michele is so unique. The day I called Sharsheret to request a Link (thanks to my sister’s suggestion), my expectations were that I would speak to someone who would share her experience with me, and that one conversation would be it. Instead, I have been blessed with the gift of a loving friend – someone who, based on her own experience, is concerned and empathetic. The added bonus is that we really like each other. This “Link” is going to be strong and everlasting.

This article was written by Judy Ludin, the Executive for Public Relations and Communications at Menorah Manor, a nursing and rehabilitation center in St. Petersburg, Florida. Judy is married to Eric, an attorney, and has two sons, Joshua and Jacob.

Reaching Out

Through the Education and Outreach Program, Sharsheret organizes and collaborates in the presentation of symposia addressing the needs of Jewish women and young women facing breast cancer. In an effort to educate the public about the unique concerns of the women served by Sharsheret, representatives have attended conferences, participated in programs, and distributed informational material at events of interest to the Jewish community and breast cancer community.

Presentations and Collaborations

- Week of Healthy Living
Jewish Family Service of Tidewater, VA
- Surviving Young: Life After Breast Cancer
Weill Medical College of Cornell University, NY
- Sephardic Bikur Holim Women's Health Luncheon
Brooklyn, NY
- Bikur Cholim Bnos Chayil of Flatbush
Brooklyn, NY
- The Susan G. Komen Breast Cancer Foundation National Conference
Washington, D.C.
- Hometown Heroes
Teaneck, NJ
- Cancer and the Jewish Woman
Cherry Hill, NJ
- Pearls of Appreciation Conference for Mikvah Attendants and Rebbetzins
New York, NY
- Philadelphia Affiliate of the Susan G. Komen Breast Cancer Foundation Luncheon
Philadelphia, PA
- Hormones and Breast Cancer: Through Treatment and Beyond
Mount Sinai Medical Center, NY
- United Jewish Communities
2005 General Assembly
Toronto, Canada
- Breast Cancer: Educating the Jewish Woman
Fair Lawn, NJ
- Breast Health Awareness and the Jewish Woman
Brooklyn, NY



Sharsheret Link Missy Stein (left) is recognized with Executive Director Rochelle Shoretz at a Philadelphia Affiliate of the Susan G. Komen Breast Cancer Foundation awards reception.



Link Program Coordinator Shera Dubitsky introduces Sharsheret at a conference for Mikvah attendants.

Interested in Bringing Sharsheret to Your Community?

Consider hosting or organizing a Sharsheret event in your home or neighborhood. Sharsheret representatives are available to speak about breast health and breast cancer in the Jewish community at conferences, lectures, fundraisers, and other community events.

To learn more, call toll-free
(866) 474-2774.

Exhibits and Events

- Jewish Federation of Rockland County's Breast Cancer Awareness Seminar, NY
- Jewish Orthodox Feminist Alliance Regional Conference, MD
- Kingsbrook Jewish Medical Center and Judges and Lawyers Breast Cancer Alert Seminar, NY
- Hillel at Kent State's Women's Expo, OH
- West Side Jewish Center Lecture, NY
- World Conference on Breast Cancer, Nova Scotia
- The Susan G. Komen Breast Cancer Foundation Education Symposium, MD
- The Jewish Women's Foundation Lecture "L'Dor V'Dor, Generation to Generation", NC
- University of Chicago Cancer Genetics Conference, IL
- Ruben Breast Cancer Lecture Series, NY
- Jewish Women and Breast Cancer: Diet, Prevention, and Complementary Approaches, MD
- Spirituality in Our Lives, Jewish Women's Conference, CA
- Women's Cancer Update 2005, NY
- Making Strides Against Breast Cancer, NY
- Jewish Board of Family and Children's Services Annual Bikur Cholim Conference, NY
- Breast Cancer Walk and Festival, CA
- Chemotherapy Foundation Symposium, NY
- Annual International Conference on Ovarian Cancer, NY
- Annual San Antonio Breast Cancer Symposium, TX
- Women in Judaism Forum, NY
- Breast Health Colloquium for Women in the Jewish Community, MD
- Women at Risk Symposium, NY

Community Connections

Outreach events held in community centers, synagogues, and private homes across the country have provided meaningful opportunities for Sharsheret to reach women in diverse communities and to raise necessary support. Heartfelt thanks to all of Sharsheret's hosts and their event committees.

- Sheera Landsman, Dina Lehon
Queens, New York
- Sirena Silber, Yael Laifer
New Rochelle, New York
- Ellen Tuchinsky, Ellen Polakoff
Great Neck, New York
- Zehava Goldenberg, Estee Eisenberger
Monsey, New York
- Jessica Kupferberg, Cheryl Ellis
La Jolla, California
- Sharon Hirt, Rifky Atkin
Edison, New Jersey
- United Jewish Communities,
General Assembly
Toronto, Canada



Scarsdale, New York (left to right): Sirena Silber, Denise Wildes, Yael Laifer.



Rochelle Shoretz introduces Sharsheret to United States Senator Joseph Lieberman (center) and Englewood Mayor Michael Wildes.



Great Neck, New York (left to right): Ellen Polakoff, Ellen Tuchinsky, Leah Rifkin.



Monsey, NY (left to right): Estee Eisenberger, Elana Silber, Zehava Goldenberg.

Below are introductory remarks delivered by Rifky Atkin, a Sharsheret Link who coordinated an outreach event in Edison, New Jersey.

"Eight and a half years ago, a woman in our town in her thirties was diagnosed with breast cancer. Like so many of us here, she had no family history of this disease and no apparent risk factors. She struggled to find someone her age to talk to, someone who could identify with what she was going through. But she found that nearly every name of any breast cancer survivor that she was hooked up with through caring family and friends had contracted this disease at a later stage in life, and were now a good bit older than she was. While it was encouraging to speak with these survivors, she couldn't help but feel that her concerns and fears were different than those experienced by the women she spoke to on the phone. That woman was me.

When my friend, Stephanie Sherman, A"H, was diagnosed soon after, the two of us decided to attend a breast cancer support group that was being held at the Cancer Institute in New Brunswick. I remember well the feeling we had as we sat in that room. Instead of making us feel reassured and encouraged, we felt isolated and alone. The two of us were younger than many women in that room by a good twenty years or so. We looked around at the others, and were envious of those women who were "lucky" enough to be grandmothers when they were diagnosed, while our children were still in elementary school.

I'm relating this to you to stress the importance of an organization

like Sharsheret. Today, 8 1/2 years after my own diagnosis, I feel privileged and grateful to be able to reach out to other Jewish newly diagnosed young women as a Link for Sharsheret. I know first-hand the reassurance that comes from speaking with a woman who has been in the same situation, and is alive and well years out. In my role as a Link, I can only hope to pass on some of that encouragement and reassurance that helped me get through the initial days of my own diagnosis and treatment. With its expanding circle of intertwining Links, Sharsheret is helping not only the newly diagnosed, but also the survivors of this disease – by allowing us to give to others the type of help we received in our own hour of need."

300 Join Team Sharsheret, 7th Largest Race Team

More than 300 women, men, and children joined Team Sharsheret at the Susan G. Komen Breast Cancer Foundation Race for the Cure in New York City this September. Their participation was a meaningful contribution to Sharsheret and helped raise awareness about the issues facing the young women of Sharsheret. Team Sharsheret was the seventh largest team at the Race and raised over \$14,000 for the Komen Foundation.

“Race for the Cure is one of very few

opportunities for Sharsheret to meet the women that we serve,” said Executive Director Rochelle Shoretz. “It is inspiring to see what can grow from a few passionate women – hundreds of people excited about being in Central Park and running with our team.”

This year, Team Sharsheret was sponsored by the following companies and organizations, who have joined Sharsheret in the fight against breast cancer: Campmor, Inc., Cohen

and Company, LLC., Geller and Company, Glatt Express, Med-Pat Inc., Perry Chemical Corporation, Propane Power Corporation, Sisterhood of Congregation Kehilath Jeshurun, Stern College for Women, Surgical Monitoring Associates, Inc., Abeles & Heymann, Giftquest!, JH Darbie & Company, Leasco, Mount Sinai School of Medicine/Department of Medicine, Pediatric Occupational Therapy Services, and Ramaz Upper School.



Above and below: Team Sharsheret participates in New York's Race for the Cure in Central Park.



Join Team Sharsheret in Your Community

Celebrate a special occasion, honor a survivor, or remember a loved one by participating in a local race or walk.

To learn more about organizing Team Sharsheret for an event in your community, call Sharsheret toll-free (866) 474-2774.

More Than 500 Celebrate at Annual Benefit Luncheon

More than 500 guests celebrated life and loved ones at Sharsheret's Annual Benefit Luncheon in May 2005. The Honorable Loretta Weinberg and the Honorable Gordon M. Johnson of New Jersey presented certificates to the honorees. Guest of Honor Dr. Karin Katz, a founding member of Sharsheret's Board of Directors from New York City, is a breast cancer survivor and radiologist specializing exclusively in breast cancer imaging. She recognized the importance of this event and thanked all those who attended. "Implicit in the efforts of [Benefit Chairs] Audrey Lookstein, Nikki Sausen, and all who helped to make this

brunch possible, and implicit in the presence of each of you here today, is your sensitivity to how precious the chain, the Sharsheret is, how critical each and every link. Your belief that 'our desire to share is more potent than our desire to be alone,' is almost palpable." Sharsheret also recognized the valuable contributions of Mrs. Dena Feigenbaum, a dedicated Sharsheret volunteer, who received the Lisa Altman Volunteer Tribute Award. In addition, the Luncheon featured a silent auction, video presentation, and an introduction of new Sharsheret programs supporting Jewish women facing breast cancer nationwide.



Guest of Honor and Sharsheret board member Dr. Karin Katz (right) and inaugural recipient of the Lisa Altman Volunteer Tribute Award Mrs. Dena Feigenbaum.



More than 500 women and men celebrated life and loved ones at Sharsheret's Annual Benefit Luncheon.



Benefit Chair Nikki Sausen (left) welcomes Guest of Honor Dr. Karin Katz, Executive Director Rochelle Shoretz, and Co-Chair Audrey Lookstein.

Save the Date!

Join us as we pay tribute to **Reva Borgen, Guest of Honor, and Sharon Herenstein, Lisa Altman Volunteer Tribute Award Recipient**, at Sharsheret's Annual Benefit Luncheon **Sunday, May 7, 2006** at the Sheraton Meadowlands Hotel, East Rutherford, New Jersey.

For more information and sponsorship opportunities, please call toll-free (866) 474-2274.

Sharsheret Collaborates to Present Teleconference Addressing Diversity in Breast Cancer Care

This winter, Sharsheret co-presented a free national teleconference with the Young Survival Coalition, an international, non-profit network of young breast cancer survivors. "How Does Breast Cancer Affect Young Women of Diverse Backgrounds?" educated participants about the issues and concerns of often underserved populations facing breast cancer, the cultural disparities in breast cancer treatment, and strategies for health care professionals and patients to address these disparities. The

teleconference highlighted the unique concerns of Jewish, African American, Asian American, and Latina women facing breast cancer. Speakers included Dr. Freya Schnabel (Columbia Presbyterian Medical Center), Dr. Jenny Romero (Ralph Lauren Center for Cancer Care and Prevention), Dr. Olufunmilayo Olopade (University of Chicago Medical Center), Anita Broccolino (Mautner Project), and young women from diverse backgrounds who have been affected by breast cancer. "Sharsheret was excited to

partner with the Young Survival Coalition to address the critical concerns of young women facing breast cancer," said Executive Director Rochelle Shoretz. "This teleconference brought together women and health care professionals of diverse backgrounds to share their perspectives on treatment, survivorship, and breast cancer care."

To view a written transcript of the teleconference, visit www.sharsheret.org and click on Events and Transcripts.

Sharsheret Presents Two National Breast Cancer Symposia *(continued from cover)*

breast cancer?" "How do I cope with the fear that cancer will strike again?" "What is the most effective way to stay on top of emerging cancer research?" "What nutrition and exercise guidelines are available after treatment?" The symposium was presented at the Weill Medical College of Cornell University. Speakers included Dr. Ruth Oratz (Rose Medical Center), Dr. Thomas Kolb (Private Practice), Dr. Kutluk Oktay (The Center for Reproductive Medicine and Infertility), and Linda Roberts, LCSW (Memorial Sloan-Kettering Cancer Center).

"Survivorship has become an important subject of recent research, as more women live longer lives beyond breast cancer treatment," said Executive Director Rochelle Shoretz. "Sharsheret's symposium addressing survivorship empowered women with critical information they can use on the new journey that begins when treatment ends." The symposium was presented in partnership with the Lance Armstrong



Dr. Gila Leiter (left) and Dr. Ruth Oratz discuss hormones and breast cancer at Mount Sinai Medical Center.

Foundation, dedicated to providing the practical information and tools cancer survivors need to live strong. The symposium was also funded by a generous grant from the UJA-Federation of New York and with support from Fertile Hope and Weill Medical College of Cornell University.

Hormones and Breast Cancer

Many of the women who have called Sharsheret for support have expressed their concern about the relationship between hormones and breast cancer. Recent studies have explored a connection between hormone replacement therapy and increased breast cancer risk. New hormonal therapies have emerged in the treatment of breast cancer. For younger women, breast cancer treatment may impact fertility and the onset of premature menopause, and the resulting hormonal side effects can be troubling. Sharsheret's Fall 2005 symposium, "Hormones and Breast Cancer: Through Treatment and Beyond," addressed the role of hormones, if any, in the cause of breast cancer, new hormonal therapies to treat breast cancer, managing the hormone-related side effects of breast cancer treatment and early menopause,

and the associated psychosocial issues for young women and Jewish women. The symposium was held at Mount Sinai Medical Center in New York City. Speakers included Dr. Ruth Oratz, Dr. Gila Leiter, and Sharsheret Link Program Coordinator Shera Dubitsky. The symposium was made possible with support from the Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation and Mount Sinai Medical Center.



Presenters at Survivorship Symposium (left to right standing): Jill Dennis, MS, OTR/L, Dr. Thomas Kolb, Dr. Ruth Oratz (seated): Lisa Goldberg, MS, RD, Linda Roberts, LCSW.

During a question and answer session with the expert panel, symposium panelists addressed the following questions:

- **When does a breast cancer patient become a breast cancer survivor?**
- **Who is the "conductor of the orchestra" of post-active treatment?**
- **What is the appropriate age for women with a family history of ovarian cancer to explore prophylactic surgery?**

To read answers to these questions and more, view the complete transcript of Sharsheret's Spring 2005 symposium. Visit www.sharsheret.org and click on Events and Transcripts.

Interactive Forum Enhances Sharsheret Website

Sharsheret has launched the Sharsheret Forum on www.sharsheret.org. The online, moderated Forum allows women facing breast cancer to post and respond to questions and concerns, and was designed to accommodate the needs of women who seek privacy in connecting with others who share their diagnosis and lifestyle. Family members and caregivers also benefit from participating in the Forum by sharing strategies with other

caregivers who are facing similar challenges and concerns.

"Facing breast cancer can be overwhelming and its grip may extend to family, community, dating, fertility, marriage, parenting, and religious life," said Program Director Elana Silber. "The Sharsheret Forum provides a culturally-sensitive space for women, their families, and friends to seek support and guidance

in addressing their concerns. The Forum is convenient and confidential, fundamental qualities of all of Sharsheret's programs and services." Forum topics include facing breast cancer as a Jewish woman, dating and relationships through cancer, living with advanced breast cancer, and breast cancer genetics.

The Sharsheret Forum was made possible with support from the Kaminer Family.

For Women Living With Advanced Breast Cancer: Embrace Launched at Sharsheret

Embrace, a Quality of Life Program recently launched at Sharsheret, was designed for women living with advanced breast cancer. This critical program addresses the specific concerns of an often underserved community of women, including treatment options, pain management, quality of life, supporting family members and friends, and feelings of emotional isolation. The Embrace program includes individual counseling sessions by phone with Sharsheret's staff counselor, as well as a telephone-based support group connecting women with health care

professionals and with each other. Resources specific to women living with advanced breast cancer are also offered to those participating in the program.

Interviews with women conducted by Sharsheret revealed that general resources and support available to those living with advanced breast cancer were extremely limited. "What differentiates advanced breast cancer from the earlier stages is fear of the unknown, pervasive in many areas including treatment, prognosis, family,

and religious beliefs," said Link Program Coordinator Shera Dubitsky. "Speaking with a trained clinician will address the unique concerns instigated by the extraordinary circumstances of women living with advanced breast cancer, while participation in the support group will give women a chance to share their overlapping anxieties and their common resources."

The Embrace program was made possible with support from the Lucius N. Littauer Foundation and the State of New Jersey.

Family is Focus of New Sharsheret Program

Sharsheret recently launched Family Focus, a program to address the concerns of the Jewish family facing breast cancer. The Family Focus program includes Sharsheret's new booklet, "The Jewish Family Facing Breast Cancer," included in a packet of resource materials to guide family members and caregivers through treatment and beyond. Sharsheret also offers "Ask Sharsheret," a phone line for family members to connect with Sharsheret representatives who can address questions regarding the care of a loved one, feelings, and concerns. "Caregivers have contacted Sharsheret with questions about how they can maximize support for their spouses, sisters, and friends, when much of the breast cancer information available seems unfamiliar, overly technical, and cumbersome," said Sharsheret Program Director Elana Silber. "Sharsheret developed Family Focus to address these issues and to enhance the quality of support the women of Sharsheret receive from their families."

The Family Focus program was made possible with support from Sherry and Neil Cohen.

Summer Education Series Supported By Komen Greater New York City



Women in the Catskill Mountains participate in Sharsheret's breast health education series.

Sharsheret was recently awarded a third grant from the Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation to support outreach to Chasidic and ultra-Orthodox Jewish women. Sharsheret's Summer Education Series in the Catskill Mountains was designed to promote breast health awareness in a culturally-sensitive manner. Working closely with volunteers of the Rofeh Cholim Cancer Society, Sharsheret representatives spoke with hundreds of Hasidic women in bungalow colonies in Fallview, Monticello, and Woodbourne, New York this summer.

"The Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation is proud to support Sharsheret's vital initiatives providing culturally-appropriate breast cancer education, outreach, and support services to Jewish women," said Kavita Das, Program Director of the Komen Affiliate. "In particular, we commend its efforts to provide breast health education and support to ultra-Orthodox and Hasidic Women and to disseminate specific information about the relevance of breast cancer genetics to Jewish women."

Sema Heller-Netivot Shalom Summer Internship Launched at Sharsheret

Sharsheret welcomed its inaugural Sema Heller-Netivot Shalom Summer Intern in July 2005. This paid internship is supported by a scholarship fund established by the friends and family of Sema Heller, a New Jersey mother of two who lost her battle to breast cancer last year.

“Sharsheret has obviously struck a chord within the community and is meeting needs that other organizations are not,”

said Sam Heller, who worked closely with Sharsheret to create a meaningful program in memory of his wife.

The Sema Heller-Netivot Shalom Intern assists in programs providing support to Jewish women facing breast cancer. Applications are welcome from high school juniors and seniors, college students, and social work students, and can be e-mailed to resumes@sharsheret.org.

Family and Friends Establish Sharsheret Jewels

Family members and friends of Jewish women facing breast cancer have established Jewels in Sharsheret's national chain of programs and services. Working closely with Sharsheret's staff, loved ones have identified meaningful programs that are in need of support. Sharsheret is grateful to the following benefactors who have enhanced Sharsheret with a Jewel:

Pink Diamond

Kaminer Family – *Sharsheret Forum*

Diamond

Sherry and Neil Cohen – *Family Focus*
Charnoff and Katz Families – *Busy Box*

Sapphire

Sam Heller and Family – *Student Intern*

Ruby

June and Terry Aranoff – *Education and Outreach*

Emerald

Brenda and Elihu Turkel – *Embrace*

For more information about establishing a Sharsheret Jewel in honor or in memory of a loved one, please call toll-free (866) 474-2774.

Starting a Local Breast Cancer Support Group? Sharsheret Can Help!

In response to requests from Jewish communities across the country, Sharsheret will develop **Sharsheret Supports**, a program to assist Jewish centers and communities working to develop local breast cancer support groups. The new program will provide support group leaders with guidelines for creating and sustaining culturally-sensitive support programs for Jewish women, breast cancer support resources, Sharsheret materials, and suggested support group topics. “Sharsheret Supports will address the needs of our truly national audience – Jewish communities in need of assistance in energizing local breast cancer groups,” said Executive Director Rochelle Shoretz. “With Sharsheret's national guidance, Jewish women will benefit from enhanced support at the local level – resources and peer support that can prove invaluable during and beyond breast cancer treatment.”

Link Training Teleconferences Prepare National Peer Supporters

Breast cancer survivors interested in volunteering as Sharsheret Links – peer supporters in Sharsheret's national Link Program – can now participate in free teleconference training sessions. The teleconferences are designed to highlight Link Program guidelines, identify critical breast cancer resources, and address the challenges and joys of serving as a peer supporter. Teleconferences are conducted twice each year and include a question-and-answer session with Sharsheret's Link Program Coordinator.

More than 330 women from 29 states across the country have participated in Sharsheret's Link Program, a peer support network connecting young

women nationwide. The Link Program pairs women facing breast cancer with volunteers who can offer culturally-sensitive peer support. Callers are matched on a one-to-one basis with a “Link” who can address their specific concerns.

“As both a breast cancer survivor who is Jewish and a health care professional, I only wish your wonderful organization was available when I was diagnosed at the age of 41 in 1999,” wrote one Sharsheret supporter. “I am so glad to know that young Jewish women facing this crisis in their lives can now turn to your organization and receive this special support.”

Sharsheret Corporate Partners

Sharsheret would like to thank the following companies who helped support Sharsheret during October, National Breast Cancer Awareness Month:

- Suffy Rudman – “Believe” CD
- ChosenCouture.com
- Arbonne International
- The Kosher Cook
- Shaina Punim
- The Woman's Personal Health Resource, Inc.
- Dunkin' Donuts
- Orthodate.com
- OnlySimchas.com

To learn more about becoming a Corporate Partner, please call toll-free (866) 474-2774.

State of New Jersey Supports New Sharsheret Programs

With support from the offices of New Jersey State Senator Loretta Weinberg and Assemblyman Gordon Johnson, Sharsheret was awarded two state grants this year for new programs designed for young women living with breast cancer.

At Sharsheret's Annual Benefit Luncheon in May, Senator Weinberg presented the organization with a Resolution from the New Jersey General Assembly saluting honoree Dr. Karin Katz and Lisa Altman Volunteer Tribute Award recipient Mrs. Dena Feigenbaum.

"More than 100 New Jersey volunteers enable Sharsheret to service thousands of women with breast cancer nationwide," noted Executive Director Rochelle Shoretz. "The support of our home state is both meaningful and necessary, and Sharsheret is grateful to recognize the significant support of New Jersey in the growth and diversity of our services and programs."



Rochelle Shoretz welcomes Senator Loretta Weinberg (left) and Assemblyman Gordon Johnson at Sharsheret's Benefit Luncheon.

Celebrate With Sharsheret

Include Sharsheret's Bat Mitzvah and Bridal Shower Program in your preparations for these important milestones. Call toll-free (866) 474-2774 for more information about including Sharsheret in your family celebrations.

Spotlight on Bat Mitzvah Program: Julia and Sara Berke

As the only national organization supporting Jewish women facing breast cancer, Sharsheret Mitzvah projects have proved to be a particularly meaningful component of Bat Mitzvah celebrations.

Twin sisters Julia and Sara Berke, eighth graders at the Friends Academy in Locust Valley, New York, chose to enhance the meaning of their Bat Mitzvah by including Sharsheret in their celebration. "We heard about Sharsheret because our cousin is living with advanced breast cancer. We wanted to help, but not in the regular way. We wanted to do something different and a lot more fun."

Julia and Sara organized make-up collections in their Temple, and asked friends and family to donate products to Sharsheret's Quality of Life program, *Best Face Forward*. They collected hundreds of items including lipsticks, blush



Sara (left) and Julia Berke included Sharsheret in their Bat Mitzvah celebration.

powders, moisturizers, and nail polish. *The Best Face Forward* kit, mailed to Sharsheret callers, includes products and resource materials to help young women address the side effects of chemotherapy and radiation treatments. Julia and Sara also helped spread the word about Sharsheret and distributed Sharsheret brochures to local doctors' offices.

Their efforts will strengthen Sharsheret's efforts to support Jewish women fighting breast cancer nationwide.

Our Thanks

We wish to acknowledge the many foundations and organizations that supported Sharsheret this year.

Bikkurim: An Incubator of New Jewish Ideas

Brad Meltzer and Cori Flam Charitable Trust

Facing Our Risk Of Cancer Empowered

Greater New York City Affiliate of The Susan G. Komen Breast Cancer Foundation

IDT Charitable Foundation

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National Susan G. Komen Breast Cancer Foundation

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Shirley and William Fleischer Family Foundation

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State of New Jersey

Terumah Foundation

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UJA-Federation of New York

Wolfensohn Family Foundation

Now available: *Believe*, a CD by Sharsheret volunteer Suffy Rudman, with proceeds to benefit Sharsheret. To order your copy, please visit www.suffyrudman.com.



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Are you on our e-mail list?

If not, you may be missing the latest updates and bulletins from Sharsheret. Please e-mail us at info@sharsheret.org to join our e-mail list.

Empower: A New Program For Single Women Facing Breast Cancer

Sharsheret will develop **Empower**, a program to address the support needs of single Jewish women facing breast cancer. In an effort to tailor the support Sharsheret women receive, the organization will design written materials and host teleconferences focusing on issues unique to single women.

“Sharsheret was founded by young breast cancer survivors who recognized the need for an organization addressing the concerns of younger women,” said Link Program Coordinator Shera Dubitsky. “In the spirit of the organization’s founding, we have again recognized the need to provide programming for a distinctive population of single women facing breast cancer.” Topics for Empower teleconferences will include dating strategies, concerns about fertility, and the need for support during breast cancer treatment and beyond.



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