

Linking Young Jewish Women in
Their Fight Against Breast Cancer

2007 Issue



Sharsheret®

5TH ANNIVERSARY ISSUE

Sharsheret Medical Conferences Address Breast and Ovarian Cancers in Young Women

Medical experts and members of Sharsheret's Medical Advisory Board addressed patients, family members, and health care professionals at the Roundtable Discussion, "Young Women Facing Breast Cancer: What We Need To Know Now," and at the Conference, "Breast

Cancer and Ovarian Cancer: Exploring the Connection," both presented at Sharsheret's office in Teaneck, New Jersey. Written transcripts of these events can be downloaded from Sharsheret's website, www.sharsheret.org.

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Sharsheret Supports: A New Program for Support Group Leaders

Sharsheret has developed "Sharsheret Supports," a new Sharsheret program to educate breast cancer group leaders about the unique concerns of Jewish women and families living with breast cancer. The program includes facilitator training and resources to assist in beginning and sustaining a culturally-sensitive breast cancer support group. A National Resource Directory will help identify Jewish organizations and cancer organizations that can be shared with support group members. Sharsheret will also provide support group leaders with suggested topics addressing pertinent issues such as the role of religion in daily life with cancer, the implications of the increased risk of hereditary breast cancer and ovarian cancer for Jewish families, and the impact of cancer on Jewish ritual such as preparing for the holidays, using the Mikvah, or hair covering, as a springboard for discussions among group members. The Sharsheret Forum accessed from www.sharsheret.org, will feature

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(Left to right) Dr. Sheldon Feldman, Dr. Gila Leiter, Dr. Allison Rosen, Dr. Thomas Kolb, Elsa Reich, MS CGC, and Dr. Ruth Oratz answer questions at Sharsheret's Roundtable Discussion.

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A Message From the Founder

Dear Friends:

I celebrated an important anniversary this year – five years since the day I was diagnosed with breast cancer at age 28. Though considerable time has passed, I remember clearly the feelings of fear, confusion, and loneliness that followed the doctor's simple declaration, "You have breast cancer."



Sharsheret, too, celebrated an important anniversary this year – five years since the day a handful of incredible women set out to change the face of breast cancer in the Jewish community. And through that effort, the organization has helped to ease those same feelings of fear, confusion, and loneliness that grip thousands of young women and their family members facing breast cancer each year.

In this, our Fifth Anniversary Issue, you will read about the innovative programs that have inspired thousands of women and their loved ones to reach out to Sharsheret – programs like Embrace for young women living with advanced breast cancer, culturally-sensitive health events for those in communities without appropriate resources, and the Link Program that connects and supports women and families nationwide.

I recently stepped down as the Executive Director to make room for great leadership at Sharsheret. I hope you will join me in supporting the incredible efforts of Sharsheret's Board of Directors and staff as the organization expands to address the needs of the women we serve. I look forward to celebrating many more milestones with you in the years ahead.

Very truly yours,

A handwritten signature in cursive script that reads "Rochelle Shoretz".

Rochelle L. Shoretz
Founder

Rochelle L. Shoretz
Founder

Elana Silber, M.B.A.
Director of Operations

Shera Dubitsky, M.Ed., M.A.
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Reflecting on Sharsheret's 5th Anniversary

This year marks Sharsheret's fifth year of service to the Jewish community and to those facing breast cancer. Five years ago, Sharsheret set out to create a network for newly diagnosed women, a place of guidance and support, a community within the community. When the first of more than 100 articles about the organization was published, the phones began to ring. And they have been ringing ever since. Over the past five years, Sharsheret has responded to more than 10,000 phone calls from those affected by breast cancer, health care professionals, Jewish organizations, and cancer organizations, welcomed more than 400 participants from 31 states to the Link

Program, and developed Quality of Life Programs, including the Busy Box for young parents facing breast cancer, Family Focus to guide caregivers through treatment and beyond, Best Face Forward to address the cosmetic side effects of breast cancer treatment, and Embrace, a support program for women living with advanced breast cancer.

Sharsheret has also collaborated with renowned breast cancer organizations to present major medical conferences, published and distributed over 60,000 educational booklets as part of the "Facing Breast Cancer as a Jewish Woman" Resource Series, and launched the Sharsheret Forum, an online message board at

www.sharsheret.org to connect Jewish women and their families facing breast cancer.

"Sharsheret's anniversary is a time of reflection and celebration as we look back on all that we have accomplished. It is also a time of determination and resolution as we set new goals and embrace greater challenges," said Founder Rochelle Shoretz. "With the guidance of our Board of Directors, Medical Advisory Board, committed staff, and dedicated volunteers, we will continue to strengthen Sharsheret's core programs and develop new services to provide a safe and supportive community for Jewish women facing breast cancer."

Our Voices

Sharsheret peer supporters are the core of the organization's national programs. Their voices speak volumes about the value of Sharsheret's services for Jewish women facing breast cancer. Below are the reflections of three women who actively participate in Sharsheret's Link and Embrace programs.

Sharsheret Link Lyn Rosenthal describes the impact of Embrace, a program supporting Jewish women living with advanced breast cancer.



Breast Cancer Advocate and Embrace member Lyn Rosenthal of West Palm Beach, Florida.

"Embrace . . . what a great word. To me, it embodies all things warm and caring, so it was really a good choice for the Sharsheret program supporting Jewish women living with advanced breast cancer.

The women of Embrace are a most extraordinary group of women, led by a most extraordinary leader. Although we are all young (a relative word) with Jewish backgrounds, there are some vast differences in our way of thinking and our approach to dealing with

our metastatic breast cancer. I believe these differences tie us together. We cry and kvetch together about our aches and pains. But, most of all, we LAUGH. Somehow these women, who live with a painful and life-threatening disease, are able to poke fun at themselves and recognize that this is part of the healing process.

In addition to the benefits of the group teleconferences, I have come to trust in the wisdom and experience of the individual phone sessions offered as part of Embrace. I know that on those days when there seems to be more rain than sunshine, help is only a phone call away and typically the sun is shining before the end of the call.

What I have come to value most of all, in the last 17 years, are the people who have come into my life as a result of my battle with breast cancer. I may ultimately lose the fight, but the battle was worth it."

Sharsheret Link Candace Romani describes the success of her match through the Link Program.

"I was diagnosed with Invasive Ductal Carcinoma in May. Because breast cancer does not run in my family and the Oklahoma City Jewish community is very, very small, I turned to the internet for support. I Googled a few times and found a link for Sharsheret. And Sharsheret's Link Program Coordinator was a G-dsend! We talked for a while; she asked me some questions and linked me with Adina in New York. Here I am, a woman in Oklahoma, linked with someone halfway across the country. It was a great match. Adina and I have quite a bit in common. It was so comforting to find a Jewish woman who was very involved in physical fitness and who chose similar treatment methods. Adina and I spoke before my surgery so I had a much better idea of what to expect. I also pored through the Sharsheret newsletters and breast cancer information that was sent to me. I found one significant piece of advice on how communication between doctors on the team can take a great deal of time – and when dealing with cancer, time is of the essence. This article recommended that the patient get copies of everything: every

lab test, every X-ray reading, and every pathology report. Getting copies of all of my records helped me ask much more informed questions and do better research on my own. It was very empowering. That one piece of advice made me a very informed and involved patient, which significantly added to my piece of mind in this time of insanity.

Sharsheret and Adina were very important links in my support chain at a time when I needed them the most. May G-d bless them in everything they do."



Sharsheret Link Program participant Candace Romani of New Castle, Oklahoma.

Sharsheret Link Adina describes the significance of becoming a peer supporter.

"When I was diagnosed with breast cancer last April I felt so alone. Even surrounded by so many friends and family members, I felt more alone than ever. No one could possibly know what I was going through or feel what I was feeling. My doctor suggested that I call Sharsheret and I did. Within days I already saw the light at the end of the tunnel. Sharsheret sent me reading material that explained so much, toys for my kids to help them through this rough patch, and a pillow that I use every single night. The most effective gift Sharsheret had given me was my Link. They found me someone to talk to that had been through the exact same thing.

From diagnosis to treatment to recovery, our experiences were identical. Finally I was no longer alone. My experience with my Link was so incredible that a month later I was ready to be a Link for someone else. That someone else was Candace. I was concerned that Candace lives so far away in Oklahoma and I live in Brooklyn, but then I realized she was confronting the same issues as I had just faced a few months before. I was now in a position to help and guide Candace through this most trying time. Once again, Sharsheret had matched me with someone who was just like me. With Sharsheret's Link Program, I know I am not alone."

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.



Founder Rochelle Shoretz introduces Sharsheret to Lance Armstrong at the Lance Armstrong Foundation's LiveStrong Young Adult Alliance inaugural meeting in Austin, Texas. Sharsheret was recently named a Charter Member of the Alliance, a coalition of organizations committed to improving the survival rates and quality of life for young adults with cancer between the ages of 15 and 40.

Presentations and Collaborations

- B'nai Brith Hillel Forum on Public Policy, Washington, DC
- Sisterhood Presidents Network, River Edge, NJ
- Leading the Fight Against Breast Cancer, Chicago, IL
- National Jewish Youth Philanthropy Conference, Denver, CO
- Caring in the Face of Serious Illness and Loss: Commitment, Compassion, Community, New York, NY
- Young Women Facing Breast Cancer: What We Need To Know Now, Teaneck, NJ
- UJA-Federation of New York Caring Commission Task Force Committee, New York, NY
- Breast Cancer and Ovarian Cancer: Exploring the Connection, Teaneck, NJ
- Prevention: What Every Woman Must Know, Brooklyn, NY
- Ladies Lunch 'n Learn, New Square, NY
- ASCENT Houston Conference for Jewish Women, Houston, TX
- Breast Health Seminar for Jewish Women, Dayton, OH
- Breast Cancer and Genetics, New York, NY
- ASCO Annual Meeting (GA)
- Reclaiming Mikveh: Pouring Ancient Waters into a Contemporary Vessel (MA)
- The Emerging Genetics Environment: Dealing with Realities and Uncertainties in Practice, Policy and Public Health (NY)
- Chabad on Campus International Foundation Resource Fair (NJ)
- Lynn Sage Breast Cancer Symposium (IL)
- The Academic Coalition For Jewish Bioethics Conference (NY)
- Healing Journeys Conference (CA)
- Breast Cancer and Women's Health Conference (VT)
- Jewish Walk for Breast Cancer (WI)
- Passing of the Torch from Ovarian Cancer Awareness Month to Breast Cancer Awareness Month (MA and FL)
- Women's Cancer Retreat (MT)
- The Conversation: Jewish in America (MD)
- Turn To Me: Faces and Phases of Bikur Cholim (NY)
- Renewal of Spirit: Music and Healing (IL)
- Ovarian Cancer: What Jewish Women Need to Know (IL)
- CancerSmart: An Update on Genetic Testing and Cancer Risk Counseling (NY)
- Power of Pink and the Courage to Survive (FL)
- Moving Toward Wellness: Body, Mind and Soul (PA)

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

- Sharing More than Grandma's Recipes: Jewish Genetic Disorders and Hereditary Diseases (IL)
- Jewish Spiritual Care, Healing, and Chaplaincy (NY)
- Breast Health Colloquium for Women in the Jewish Community (MD)
- Miami Breast Cancer Conference (FL)
- Annual Conference for Women Affected by Breast Cancer (CO)
- DNA and Genealogy: Creating a Family Health Portrait (WA)
- When Serious Illness Strikes and Decisions Have To Be Made (NJ)
- American Society of Breast Disease Symposium (NV)
- Breast Cancer in the Young Woman: It's the Same But Different (NY)
- Living Well with Breast Cancer: A Day of Education and Celebration (MD)
- Association of Jewish Family and Children's Agencies Annual Conference (CA)
- New Strategies in Breast Cancer Conference (PA)

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. These important events help raise awareness about the significance of breast health and the issues specific to young Jewish women fighting breast cancer. Heartfelt thanks to all of Sharsheret's hosts and their event committees.



Loch Sheldrake, New York: Elana Silber (left) and Yael Kamelhar.



Dayton, Ohio (left to right): Rochelle Shoretz, Cheryl Came of the Jewish Federation of Greater Dayton, and Shireen Braner of Kettering Breast Evaluation Centers.



Houston, Texas (left to right): Komen Houston Affiliate Co-President Dora Klaff, Houston Jewish Community Foundation Executive Director Lolly Friedman, Elana Silber, and ASCENT Conference Coordinator Rachel Davis.



Chicago, Illinois: Sue Strulowitz (left) and Rochelle Shoretz.



Cleveland, Ohio (left to right): Daphne Soclof, Sharon Kreindel, and Debbie Senders.



Edison, New Jersey: Sharon Hirt (left) and Sharsheret Link Rifky Atkin.

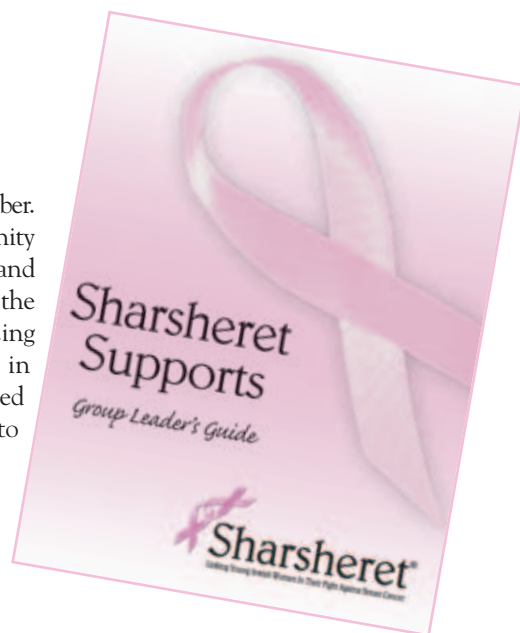
Sharsheret Supports: A New Program for Support Group Leaders *(continued from cover)*

monthly topics and will offer group leaders the opportunity to add comments, questions, or suggestions that arise from group discussions. Additionally, support group leaders can utilize the consultation services of Sharsheret representatives who can provide facilitator training and lead sample support sessions.

"As the country's leading organization addressing the concerns of Jewish women facing breast cancer, Sharsheret is in a unique position to offer critical guidance and resources to those supporting Jewish women at the local

level," said Director of Operations Elana Silber. "This program will benefit Jewish community leaders by saving them the resources and time they may have expended to address the unique concerns of Jewish women facing breast cancer. Moreover, participants in the program will benefit from the pooled culturally-sensitive resources available to them through Sharsheret."

For more information and to learn more about bringing Sharsheret Supports to your community, call toll-free (866) 474-2774.



Team Sharsheret Named Largest Race Team and Top Fundraiser

More than 250 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 young women living with breast cancer. Team Sharsheret received an award as the largest team at the Race in the Community/Club/Friends and Family category and was also named one of the top 10 fundraising teams, raising more than \$30,000 for the Komen Foundation.

Marilyn Moskowitz of Brooklyn, New York joined Team Sharsheret in memory of her sister, Sema Heller. "I just wanted to thank you so much for the great job you did organizing Team Sharsheret," she wrote. "You've helped me get over the emotional hump of turning grieving and sadness into honoring and remembering."

This year, Team Sharsheret was sponsored by the following companies and organizations that have joined Sharsheret in the fight against breast cancer: Campmor, Cohen and Company, Geller and Company, Glatt Express, Ithaca Construction/Jomar Mechanical/MFA

Construction, Med-Pat, Perry Chemical Corporation, Propane Power Corporation, Sisterhood of Congregation Kehilath Jeshurun, Stern College for Women, Abeles and Heymann, J.H. Darbie & Company, Leasco, Michael Blumenthal, Esq., Michael Strauss Silver Smiths, Ltd., Mount Sinai School of Medicine/ Department of Medicine, Pediatric Occupational Therapy Services, Ramaz Upper School, and Supersol Kosher Supermarkets.

Thank you to Tova and Howard Weiser for underwriting Team Sharsheret 2006 in memory of Phil Goldenberg and Lisa Altman.



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



"Once again the Sharsheret Komen NYC Race for the Cure Team had the largest participation of any community team at this year's Race and set an incredible example of unity in the fight against breast cancer. Over the past four years, Sharsheret has made a great difference in fundraising for the Race for the Cure, with tremendous pledge dollars amounting to over \$75,000 since just 2005. We look forward to seeing Sharsheret at the 2007 Race this Fall. Thank you to your dedicated team!"

— Paige Danyliw, Special Events Manager of the Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation.

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.



Spotlight on Sharsheret Youth Volunteers

Bat Mitzvah Program

Many young women preparing for their Bat Mitzvah find it fulfilling to participate in or initiate a Bat Mitzvah project, contributing to the community and helping others as they become a Jewish adult. As the only national organization supporting Jewish women facing breast cancer, a Sharsheret Bat Mitzvah project can be a particularly meaningful component of one's celebration as a Jewish woman.

Ideas for Sharsheret Bat Mitzvah projects include:

- Organizing toy drives or cosmetics collections to enhance Sharsheret's Busy Box and Best Face Forward programs.
- Creating and selling crafts, jewelry, greeting cards, t-shirts, and hats with proceeds to benefit Sharsheret.
- Distributing Sharsheret brochures to local health care professionals, breast cancer organizations, and Jewish organizations.
- Establishing a network of babysitters and tutors and donating a portion of the proceeds to Sharsheret.
- Sending Sharsheret Tribute Cards as thank you notes to guests and gift-givers.
- Planning community activities – fashion shows, sports games, bowl-a-thons, walks, and races.



Amber Robinson (left) and Bayla Morris.

"This is the year each of us will have our Bat Mitzvah. As part of this celebration, we will follow the commandment of Tikkun Olam: a commandment to help heal the world. To follow this commandment, we do a good deed, a Mitzvah. Our Mitzvah project is to raise funds for the organization Sharsheret. Our goal is to host a fundraiser for Sharsheret with a fashion show and silent auction."

– Excerpted from a letter written by Amber Robinson and Bayla Morris, introducing their Sharsheret Bat Mitzvah project to family and friends in Tallahassee, Florida.



Bat Mitzvah Donna Ra'anana-Lerner (top row, center) of West Orange, New Jersey and her friends collect donations and cosmetic products for Sharsheret's Best Face Forward program.



Students from the Adolph Schreiber Hebrew Academy of Rockland (Monsey, New York) visit Sharsheret and present donations collected from their class Bat Mitzvah project.

Celebrate with Sharsheret

Include Sharsheret's Bat Mitzvah Program in your preparation for this important milestone. For more information about including Sharsheret in your celebration, call toll-free (866) 474-2774.

Sharsheret On Campus

Sharsheret is reaching out to high school and college students across the country in an effort to raise awareness about breast cancer. Educating college students about breast health and the impact of breast cancer on Jewish women will help save lives, as young women learn about the importance of early detection. For more information and to bring Sharsheret to your high school, Hillel House, or college campus, call toll-free (866) 474-2774.



Muhlenberg College Hillel students (Allentown, Pennsylvania) host a Breast Cancer Awareness Concert in support of Sharsheret.



Jarret Berg chaired the 2006 Breast Cancer Benefit Dinner at Boston University and raised more than \$10,000 to benefit Sharsheret.



Trinity College Hillel students (Hartford, Connecticut) prepare for their Breast Cancer Awareness Pink Shabbat.

Sharsheret Medical Conferences Address Breast and Ovarian Cancers in Young Women *(continued from cover)*

Roundtable Discussion

Sharsheret's Summer 2006 Roundtable Discussion, "Young Women Facing Breast Cancer: What We Need To Know Now," encouraged Sharsheret Links and Callers to present some of their most pressing concerns to members of Sharsheret's Medical Advisory Board. Speakers included Dr. Sheldon Feldman (Breast Surgeon, Beth Israel Medical Center), Dr. Thomas Kolb (Radiologist, Private Practice), Dr. Gila Leiter (Obstetrician/ Gynecologist, Mount Sinai Medical Center), Dr. Ruth Oratz (Oncologist, NYU School of Medicine), Elsa Reich, MS CGC (Genetic Counselor, NYU School of Medicine), and Dr. Allison Rosen (Psychologist, American Fertility Services).

"We are excited to bring the women of Sharsheret and our Medical Advisory Board face-to-face to address the concerns of young Jewish women facing breast cancer that may have been overlooked," said Director

of Operations Elana Silber. "It is a rare opportunity to have such a comprehensive group of medical professionals in one room providing women with the information necessary to navigate all aspects of breast cancer treatment." The Roundtable Discussion was funded by a generous grant from the North Jersey Affiliate of the Susan G. Komen Breast Cancer Foundation.

Breast Cancer and Ovarian Cancer

Many women who call Sharsheret for support have a strong family history of breast or ovarian cancer and therefore consider genetic counseling and genetic testing. Research has shown that alterations in the breast cancer genes are associated with an increased risk of breast cancer and ovarian cancer. Sharsheret's Fall 2006 conference, "Breast Cancer and Ovarian Cancer: Exploring the Connection," addressed the genetic link between breast cancer and ovarian cancer, screening practices, and the psychosocial issues for young women



Founder Rochelle Shoretz and Diane Siegel (left) of the North Jersey Affiliate of the Susan G. Komen Breast Cancer Foundation.

who have had either breast or ovarian cancer and fear the occurrence of the other cancer. Speakers included Dr. Elizabeth Poynor (Gynecological Oncologist, private practice), Dr. Noah Kauff (Geneticist, Clinical Genetics and Gynecology Services, Memorial Sloan-Kettering Cancer Center), and Shera Dubitsky, M.Ed., M.A. (Link Program Coordinator, Sharsheret). The conference was made possible with support from the North Jersey Affiliate of the Susan G. Komen Breast Cancer Foundation.



Program Coordinator Ellen Kleinhaus addresses audience members at the Breast Cancer and Ovarian Cancer conference.

During a question and answer session with the Medical Advisory Board, panelists addressed the following questions:

- *How effective are mammograms in young women following a mastectomy?*
- *What are the fertility options for single women facing breast cancer?*
- *How is the risk of lymphedema determined after breast surgery?*

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

New Sharsheret Program Empowers Single Jewish Women Facing Breast Cancer

This spring, Sharsheret will launch Empower, a program to address the needs of single Jewish women facing breast cancer. In an effort to tailor the support women receive, Sharsheret will mail resources and information packets focusing on issues unique to single women. Empower will also offer its first teleconference in March 2007. Teleconference topics will include dating strategies, concerns about fertility, and the need for support during breast cancer treatment and beyond.

"Sharsheret often receives phone calls from single women living with breast cancer in the Jewish community," said Program Coordinator Ellen Kleinhaus. "By addressing the health and support needs of single women diagnosed with or facing the risk of developing breast cancer, Sharsheret's Empower program will arm these women with critical information and an opportunity to connect in a comfortable community of their peers."

For more information and to join the Empower program, call toll-free (866) 474-2774.

Now available: "Believe," a CD by Sharsheret volunteer Suffry Rudman, with proceeds to benefit Sharsheret.

To order your copy, please visit www.suffyrudman.com.



Annual Benefit Luncheon Pays Tribute To Volunteers

More than 400 guests honored those who have touched the lives of breast cancer survivors at Sharsheret's Annual Benefit Luncheon in May 2006. Guest of Honor Reva Borgen, a Sharsheret Link, acknowledged the importance of the organization's programs and services. "I have seen Sharsheret grow successfully from

a small circle of women to an esteemed national organization. Sharsheret is an organization that is vital to the Jewish community where, unfortunately, each and every one of us will know someone affected by breast cancer." Sharsheret also recognized the valuable contributions of Sharon Herenstein, a dedicated Sharsheret

volunteer, who received the Lisa Altman Volunteer Tribute Award. Benefit Chairs included Terri Herenstein, Nikki Sausen, and Naomi Spira. The Luncheon also featured a silent auction, video presentation, and an introduction of new Sharsheret programs supporting Jewish women facing breast cancer nationwide.



Board Member Lauryn Weiser (second from the right) greets Sharsheret supporters (left to right) Penina Klein, Sharon Garber, Michele Seelenfreund, and Rebecca Cohen.



(Left to right) Benefit Chair Naomi Spira, Guest of Honor Reva Borgen, Lisa Altman Volunteer Tribute Award Recipient Sharon Herenstein, and Benefit Chairs Terri Herenstein and Nikki Sausen.



More than 400 women and men celebrated life and loved ones at Sharsheret's Annual Benefit Luncheon.



Board of Directors Member Sherry Cohen (right) honors her mother, Beatrice Milberg.

Save the Date!

Join us as we pay tribute to **Guests of Honor, Sharona & Ariel Schochet, and Lisa Altman Volunteer Tribute Award Recipient, Sheera Landsman**, at Sharsheret's Annual Benefit Luncheon featuring **Keynote Speaker and Best-Selling Author, Brad Meltzer**.

Sunday, May 20, 2007
Sheraton Meadowlands Hotel
East Rutherford, New Jersey

For more information and sponsorship opportunities, please call toll-free (866) 474-2774.

Breast Health Education Series Reaches Over 1,000 Women

More than 1,000 Hasidic and Orthodox women participated in Sharsheret's Education Series, funded for the third consecutive year by a generous grant from the Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation. The Education Series is part of a broader Sharsheret initiative targeting Hasidic and Orthodox Jewish women facing breast cancer in the New York metropolitan area. Partnering with the Rofeh Cholim Cancer Society and Refuah Health Center, Sharsheret representatives addressed more than 1,000 women at outreach events held in New

Square, Monticello, Loch Sheldrake, and Crown Heights, New York.

"On behalf of everyone at Refuah, we would like to express our wholehearted thanks for helping us present 'Ladies' Lunch 'n Learn - Taking Care of Ourselves,'" wrote Refuah Health Center Executive Director Chanie Sternberg. "It was a wonderful and very successful event in every way. Many women have called for appointments for wellness exams and mammograms. The program has empowered women in our community to take better care of themselves, and has heightened their awareness of breast cancer."



Women of Crown Heights in Brooklyn, New York participate in Sharsheret's outreach event.



Program Coordinator Ellen Kleinhaus (**left**) assembles Best Face Forward kits with Sharsheret volunteers Dena Feigenbaum (**center**) and Sharona Schochet.

Join Sharsheret's National Volunteer Program Today!

Sharsheret's programs are powered by the energy of the volunteers who offer invaluable assistance in maintaining the quality of service the organization provides to Jewish women facing breast cancer nationwide. With your help, Sharsheret can educate women,

spiritual leaders, and health care professionals about the importance of breast health and issues specific to young Jewish women facing breast cancer. The Sharsheret National Volunteer Program includes opportunities to assist with in-office projects, event planning, and outreach initiatives. For more information about Sharsheret volunteer opportunities in your area, please call toll-free (866) 474-2774.

How Sharsheret Can Help

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.

Quality of Life Programs, including the *Busy Box* for young parents facing breast cancer and *Best Face Forward* to address the cosmetic side effects of treatment.

Embrace, a support program for Jewish women living with advanced breast cancer.

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

Honor a Loved One, Establish a Jewel

Friends of Sharsheret may now honor or remember a loved one by establishing a Jewel in Sharsheret's chain of support. Sharsheret staff will work closely with you to identify a meaningful program that will be supported by your special gift and the ways in which your Jewel will be recognized. Jewels can be established to:

- Honor or remember a loved one
- Commemorate a special occasion (Mother's Day, birthday, anniversary, Bat Mitzvah)
- Involve family members in charitable giving
- Ensure the continuation of a Sharsheret program that is particularly meaningful to you

Friends and family may also earmark gifts for your Jewel. At your request, Sharsheret will inform you annually of those who have enhanced your Jewel with their contributions.

Please call (866) 474-2774 or e-mail gifts@sharsheret.org to discuss the Jewel in your life deserving of recognition. Honor your loved one with a gift that will continue the Sharsheret, the chain, of support for Jewish women and their families facing breast cancer nationwide.

Focus on Family

The diagnosis of breast cancer in a partner, daughter, sister, or mother can be difficult and overwhelming for family members. In response to the concerns of caregivers, Sharsheret offers the Family Focus program. Family Focus guides family members and caregivers through treatment and beyond with access to the "Ask Sharsheret" Phone Line and Sharsheret representatives who can address questions regarding the care of a loved one.

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

For more information about Family Focus, call toll-free (866) 474-2774.

Sema Heller-Netivot Shalom Summer Internship

Sharsheret is now accepting applications from high school juniors or seniors, college students, and social work students interested in the Sema Heller-Netivot Shalom Internship for the summer of 2007. The summer intern will contribute to Sharsheret's core programs supporting young Jewish women facing breast cancer. Responsibilities will include research, data entry, outreach, and project coordination. Resumes with cover letters should be sent via e-mail to resumes@sharsheret.org and should include a schedule of availability for interviews.

The Sema Heller-Netivot Shalom 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.



2006 summer intern Sari Stein, a second year graduate student at Hunter College School of Social Work in New York City.

Sharsheret Expands Resource Series

Sharsheret recently launched the publication of a culturally-sensitive Resource Series, "Facing Breast Cancer as a Jewish Woman." The Resource Series has become the basis for Sharsheret's Education and Outreach program, and is mailed to Jewish women, their families, and friends who reach out to Sharsheret for support. Additionally, the Resource Series educates thousands of Jewish community leaders and health care professionals across the country about the culturally-relevant concerns of Jewish women facing breast cancer, in an effort to help them provide a higher quality of support to their congregants and patients.

Resource Series booklets include, "Facing Breast Cancer as a Jewish Woman," "Facing Breast Cancer as an Orthodox Jewish Woman," "Breast Cancer Genetics and the Jewish Woman," and "The Jewish Family Facing Breast Cancer."

The Sharsheret Resource Series is made possible with generous support from the Wolfensohn Family Foundation.

Help Sharsheret raise awareness by distributing booklets from the "Facing Breast Cancer as a Jewish Woman"

Resource Series to colleagues, friends, and health care professionals.

*Call toll-free
(866) 474-2774
to order your
free booklets.*



Meet Shera Dubitsky, M.Ed., M.A., Sharsheret's Link Program Coordinator

Q. What do you most value about your position at Sharsheret?

A. Anyone who walks past my office door would hardly believe that I am on a phone call with women living with breast cancer. Our conversations are animated and dynamic. One moment we are discussing their fears and concerns, and in a lighter moment we are belly laughing. On a daily basis, I have open and honest discussions with amazing women about spirituality, overcoming emotional challenges, deepening insights, and together we grow.

Q. What is the most important component of the Link Program?

A. The heart of the Link Program is the women themselves, both the Callers and Links. The women who volunteer to offer support are profoundly generous with their time, their hearts, their wisdom, and their compassion. This level of Chesed, loving kindness, is truly indescribable.

Q. What, in your opinion, are the greatest challenges that need to be addressed by Sharsheret's Link Program?

A. One of the greatest challenges is making sure that every young Jewish woman living with breast cancer knows about our program. I receive phone calls from survivors looking to support other Jewish women because they wish an organization like Sharsheret had existed when they were undergoing surgery and treatment. It troubles me that there are still young Jewish women out there who don't know we are here. Every day our staff

is working diligently to spread the word. However, our best press is word of mouth. Help us help others. Let the women who may benefit from Sharsheret know that we are here for them.

Q. How have you been affected by the women of Sharsheret?

A. I am convinced that my emotional and spiritual DNA has changed since my involvement with Sharsheret. I am grateful for the wisdom and insights that women share with me. In turn, I pass their words along to strengthen others. I feel that the women of Sharsheret breathe life into me. I feel more deeply. My relationships are stronger. I am more spiritually enlightened. And I laugh harder. Most importantly, I have learned to make my life count.

Q. What message would you like to communicate to others about connecting to Sharsheret?

A. My own mom passed away from breast cancer at a very young age. I feel that in every moment I am involved with Sharsheret I am elevating her soul. I am bringing meaning to her fight against breast cancer. It's purposeful. I believe that by connecting to Sharsheret, whether you are a woman affected, family member, friend, or health care professional, your involvement can bring dignity, courage, and meaning to an otherwise unimaginable life experience.



Our Thanks

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

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Visit

www.sharsheret.org

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.*

Interactive Message Board Enhances Sharsheret Website

The Sharsheret Forum allows women facing breast cancer to post and respond to questions and concerns, and is designed to accommodate the needs of women who seek privacy in connecting with others who share their diagnoses and lifestyles. Family members and caregivers also benefit from participating in the Forum by sharing strategies with other caregivers 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 Director of Operations Elana Silber. "The Sharsheret Forum provides a culturally-sensitive space for women, their families, and friends to seek support and guidance." The Sharsheret Forum was made possible with support from the Kaminer Family.

Visit www.sharsheret.org and click on Forum to post your questions and concerns about breast cancer.



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