



Sharsheret®

Family is the Focus at Sharsheret Symposium

Sharsheret's 2007 spring symposium, "The Jewish Family Facing Breast Cancer: You Are Not Alone," presented at Beth Israel Medical Center in New York City, addressed the concerns of family members and caregivers of young Jewish women living with breast cancer. The Family Symposium, part of the Sharsheret **Family Focus** program, responded to issues expressed by caregivers who had contacted Sharsheret for information about

maximizing support to their loved ones.

Symposium Speakers included Marc Silver, Author, *Breast Cancer Husband: How to Help Your Wife (And Yourself) Through Diagnosis, Treatment, and Beyond*, Susan J. Gross, MD, FRCS(C), FACOG, FACMG (Women's Health at Montefiore Medical Center/Albert Einstein College of Medicine), Cindy Turkeltaub, CSW (Continuum-Beth

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Genetics for Life: New Quality of Life Program

Sharsheret has launched **Genetics for Life**, a new **Quality of Life Program** to provide resources, information, and individualized support to Jewish women diagnosed with breast cancer and for those at risk due to their strong family history of breast or ovarian cancer. Additionally, the program will educate and inform health care professionals about the specific concerns of Jewish women and Jewish families, including the increased risk of developing breast cancer as carriers of a mutation in the BRCA1 and BRCA2 genes, found in approximately 1 in 40 Jewish women of Ashkenazi descent.

"Personal genetic information can be both empowering and disturbing. Your genes represent the basic 'self,' and embarking on the journey to learn if one has an altered gene that may affect not only you but that can also be passed to your children, can be a daunting undertaking," said Sharsheret's Genetics Program Coordinator Niecee Singer Schonberger.

The program includes materials addressing the concerns of hereditary breast cancer; a Genetics

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Presenters at Sharsheret's Family Symposium (left to right): Cindy Turkeltaub, CSW, Author Marc Silver, Dr. Susan J. Gross, and Sharsheret's Clinical Supervisor Shera Dubitsky, M.Ed., M.A.

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A Message From the Executive Director

Moving Forward

Dear Friends,

With great joy, we celebrate a year of growth and transition at Sharsheret. We are delighted to report in this issue on the many events and programs that reflect the unique approach Sharsheret has taken to support young Jewish women and their families, and reveal how we are moving forward with new initiatives.

With more than 25 years of experience serving the Jewish community and as a breast cancer survivor, I am proud to have joined the leadership team of Sharsheret as Executive Director. Partnering with our visionary Founder and new Board President, Rochelle Shoretz, our esteemed Boards, committed staff, dedicated volunteers, and devoted supporters, we will continue to strengthen Sharsheret by developing much needed programs and services in the year ahead and beyond.



Eillene Leistner (left) and Rochelle Shoretz.

We are confident that students from AEPi, a national sorority of Jewish women, and Hillel will continue to partner with us to raise breast cancer awareness among their peers. We are addressing urgent questions about breast cancer genetics with the launch of our new program, **Genetics for Life**. And, with Sharsheret's new resource booklet, *Our Voices: Insights and Wisdom of Jewish Women Living with Breast Cancer*, we proffer inspiration and hope to all Jewish women.

Moving ahead, planning for the future, and facing new challenges, I am empowered by the success of the last six years and motivated by the words of our callers resonating in my ears. As a woman who has turned to others for help during personal health crises, I turn to you, dear readers and supporters – stakeholders in Sharsheret and its mission – to help us further our reach in many critical ways:

- Introduce Sharsheret to recently diagnosed women you know
- Enroll as a Link if you are a breast cancer survivor
- Run/Walk with Team Sharsheret in Race For The Cure
- Attend our Fall and Spring Benefit fundraisers
- Host a parlor meeting in your home
- Share Sharsheret information with your health care providers
- Bring our teen volunteer/chesed programs to your schools and JCC's
- Volunteer in any of our myriad volunteer programs

We are moving forward and with your involvement, more young Jewish women facing breast cancer will be empowered, embraced, reassured, and comforted through the sensitive might of the greater community of Sharsheret. May we build on our vigor and go from Strength to Strength!

Very truly yours,

Eillene Leistner

Executive Director

Planning for the Future!

Help guarantee Sharsheret's future with a planned gift or endowment to support our national programs and services. For more information about planning for the future, call toll-free (866) 474-2774 or e-mail gifts@sharsheret.org.

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.

Techiya Tali Kanner describes the impact of Embrace, a program supporting Jewish women living with advanced breast cancer.

My pen will run dry, my printer will run out of toner, I'll be sore with writer's cramp, and I still will have more to say about what **Embrace** means to me. When Shera Dubitsky, Clinical Supervisor at Sharsheret, invited me to be a member of **Embrace** with other Jewish women with metastatic breast cancer, I was initially very reluctant to belong. That would mean acceptance of my lack of control, my vulnerability, and insecure feelings toward the future and my relationship to G-d.

Shera, however, *embraced* me, and I haven't looked back. In our private conversations when I am most needy and vulnerable, Shera is able to listen and construct healthy resolutions that I am able to bring back to my life. On occasion, Shera will "hold up a mirror" to me and I will

laugh spontaneously or wipe away a tear, and continue to move forward.

Part of the **Embrace** program involves a monthly group uniting Jewish women living with metastatic breast cancer from all over the country. At these meetings I am blown away by the peace of mind, coping skills, and incredible resilience these women have shown while living with metastatic cancer for years. I have their voices in my head and it calms me down. These women have taught me that I don't need to think of myself as a *nebach* (pitied one); with my shoulders down and a feeling of darkness around me. There is no question that exposure to these women has shown me other ways, stronger ways, brighter ways. And, I thank G-d for having brought me to **Embrace**.

Sharsheret Link Michelle Mennel describes the significance of becoming a peer supporter.

Almost immediately after I recovered from my TRAM (reconstruction) surgery, I knew that I wanted to be a Sharsheret Link. The surgery was the most life altering thing, but getting through it and recovering made it all worth it. I wanted to be able to help prepare another woman for this and hopefully let her know she would get through it and come out a stronger person.



Sharsheret Link Michelle Mennel of Brookfield, Wisconsin.

When I got the call from Shera Dubitsky to become a Link to Marcy, I was in the middle of relocating my family to another state and starting a new job. However, there was no way that I would turn down the opportunity of helping another survivor. When I first talked to Marcy I could tell that she was scared, but I could also tell from talking to her that she was one tough cookie! Marcy was going to have the same surgery as I had. She explained that she was an active woman with an athletic build and had to gain 30 pounds for the surgeons to harvest some fat for her new breasts. We would joke – she was trying to gain 30 and I was trying to lose 30 – we could swap closets!

It was great talking to Marcy. We are both strong women who share a good sense of humor and are able to laugh in the face of adversity. I really hope that I was a help to Marcy. She was concerned about losing the weight, regaining her physical strength, and resuming her outdoor activities as soon as possible. I assured her from my experience that losing weight and resuming physical activities would be no problem. If I was taking two mile walks three weeks post surgery, then Marcy would be climbing mountains! I know she was a help to me. I found her strength to be awesome and inspiring. The only thing that gets me through as I'm still working on those last few pounds is knowing that Marcy has probably already lost all of hers!

Sharsheret Caller Marcy Rothman describes the success of her match through the Link Program.



Sharsheret Caller Marcy Rothman of Houston, Texas.

In December 2006, I was diagnosed with breast cancer but was told I'd need just a little bit of radiation that would not interfere with my life as I knew it. When I showed up for radiation, the doctors told me they had been mistaken; I would need chemotherapy. I lost my long blonde hair and became weak and sick. I had a lot of complications and, as my chemotherapy drew to an end, the doctors had a second "surprise" for me. I have the BRCA gene. I was terrified. No one in the famed Houston medical center had any contacts with demographics like mine. I wondered if anyone could help me. Thankfully, the genetic counselors at Baylor and MD Anderson in Houston referred me to Sharsheret. Shera Dubitsky took charge and I felt like someone could and would help. Sharsheret sent a great package with odds and ends that I would need as my treatment progressed.

I still sleep every night with the pillow sent that fits me perfectly.

I did not have the energy to call my Link, Michelle, at first. Ultimately, I summoned up the strength and was stunned by how closely I identified with my Link. Every bit of information she gave me was so incredibly correct and helpful. Michelle was great. We had a few differences, including the fact that she had the ability to accommodate the tram flap surgery that I was going to have to undergo; I had to gain over 30 pounds for the surgery to be viable. We laughed about exchanging wardrobes. Our similarities were comforting.

In the last year, I have gone from practicing commercial trial attorney to cancer patient to survivor. I celebrated my 44th birthday and I am back to my life now. Although I will never be the same, I am better for the

Community Connections

Through the **Education and Outreach Program**, Sharsheret representatives have attended conferences and participated in programs to educate the public about the unique concerns of the women served by Sharsheret. Outreach events held in community centers, synagogues, and private homes across the country have also 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.



Elkins Park, Pennsylvania (left to right): Mindy Cohen, Eillene Leistner, Rabbi Andrea Merow, and Gail Saifer at Beth Sholom Congregation.



Carmel, Indiana: Eillene Leistner and Rochelle Shoretz with the Indiana Parlor Meeting Committee.



Brooklyn, New York (left to right): Dr. Robert Klinger, Dr. Ilona Hertz, and Bella Rubashkin at the Rofeh Cholim Cancer Society Women's Health Seminar.

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 care and breast cancer in the Jewish community at conferences, lectures, fundraisers, and other community events.

To learn more, call toll-free (866) 474-2774 or e-mail events@sharsheret.org.



San Antonio, Texas: Eillene Leistner (left) and Dr. Rachel Rabinovitch of the University of Colorado Health Sciences Center at the San Antonio Breast Cancer Symposium.



Nashville, Tennessee: Former President of Joshua Venture's Board of Directors Howard Zack (right) and Eillene Leistner at the United Jewish Communities General Assembly conference.



Lakewood, New Jersey: Ruchy Rosenfeld (left) and Miriam Weinstein at the Sharsheret Lakewood Outreach Event.



St. Louis Park, Minnesota (left to right): Judy Shapiro, Ellen Kleinhaus, Elana Silber, and Alana Riss Fine.



Washington, DC: Eillene Leistner (left) and Chaya Heller of Beit Natan, Israel at the Susan G. Komen Annual Mission Conference.

Sharsheret National Teleconferences Address Intimate Concerns of Jewish Women Facing Breast Cancer

• Intimacy Teleconference

Sharsheret's Fall 2007 medical teleconference, "Let's Get Personal: Intimacy and Sexuality After Breast Cancer," addressed the sexual side effects of breast cancer treatment and concerns about interpersonal relationships affected by breast cancer, including religious and spiritual considerations. Speakers included Elizabeth Poynor, MD, PhD, FACOG (Gynecologic Oncologist, private practice), Sage Bolte, MSW, LCSW, OSW-C (Social Worker, Inova Cancer Services), and Rachel Lerner, MS (Psychotherapist, private practice).

"Talking about intimacy and sexuality is not easy. Some women have found it difficult enough discussing it with their partner or close friends, let alone with someone on their treatment team. Additionally, some women may come from backgrounds in which intimacy and sexuality were rarely discussed," said Sharsheret Clinical Supervisor Shera Dubitsky. "This teleconference was designed to explore these topics in a sensitive and confidential forum."

• Empower Teleconferences

Sharsheret hosted two national teleconferences, "Dating and Disclosure" in March 2007 and "The High Holidays and Renewal" in September 2007. The teleconferences were presented as part of **Empower**, a new Sharsheret program designed to address the health and support needs of Jewish women facing breast cancer without a partner. **Empower** offers resource materials in addition to a national teleconference series. The **Empower** teleconference series provides critical information and an opportunity for Jewish women to connect in a comfortable and private community of their peers. "I had no idea how much I needed it, as I had blocked so many things out," said **Empower** participant Ruth.* "It felt so good inside, and for the first time in a long time, I did not feel alone."

For more information about upcoming **Empower** teleconferences, call toll-free (866) 474-2774 or e-mail events@sharsheret.org.

* The name of this participant has been changed to protect her privacy.

To view complete transcripts of Sharsheret teleconferences, please visit www.sharsheret.org and click on Events and Transcripts.

Sharsheret Expands Resource Series

Time and again, women have shared memorable anecdotes and wisdom with Sharsheret staff or with their Links or Callers. Sharsheret is publishing a new resource booklet, "Our Voices: Insights and Wisdom of Jewish Women Living with Breast Cancer," a collection of experiences and wisdom to serve as a testimony and legacy to the shared strength, sense of humor, courage, and dignity of the women of Sharsheret. Sharsheret's culturally-sensitive Resource Series, "Facing Breast Cancer as a Jewish Woman," has become the basis for Sharsheret's **Education and Outreach Program**.

Resource Series booklets are mailed out to Jewish women, their families, and friends nationwide and educate thousands of Jewish community leaders and health care professionals across the country about the unique concerns of young Jewish women facing breast cancer, in an effort to help them provide a higher quality of support to their congregants and patients. The Sharsheret Resource Series is made possible with generous support from the Wolfensohn Family Foundation.



Family Symposium presenters Sage Bolte, MSW, LCSW, OSW-C (left) and Elizabeth Poynor, MD, PhD, FACOG.

• Link Training Teleconferences

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 simulated Caller/Link role play and a question-and-answer session with Sharsheret's Clinical Supervisor.

More than 450 women from 35 states across the country participate in Sharsheret's **Link Program**, which 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."

To learn more about joining the **Link Program**, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Let our voices be heard!

Share your insights to provide strength to other Jewish women living with breast cancer. To submit brief anecdotes, words of wisdom, and quotes representing the spectrum of your experiences: from diagnosis to post-treatment, from the humorous to the deeply spiritual, please e-mail info@sharsheret.org or fax to 201-837-5025.



Sharsheret Celebrates

Sharsheret Celebrates 5th Anniversary at Benefit Luncheon

Sharsheret celebrated its 5th Anniversary as more than 300 guests honored the mothers, daughters, sisters, and friends who have touched the lives of breast cancer survivors at the Annual Benefit Luncheon in May 2007 at the Sheraton Meadowlands Hotel. Sharsheret recognized the strong dedication and valuable contributions of Guests of Honor, Sharona and Ariel Schochet. The Schochets are valued Sharsheret volunteers who have supported the organization since its founding. Ariel serves as the Treasurer of the Sharsheret Board of Directors and plays an active role in the organization's growth. Sharona is a weekly volunteer in the Sharsheret office, contributing to Sharsheret's core programs supporting young Jewish women facing breast cancer. Sheera

Landsman, recipient of the Lisa Altman Volunteer Tribute Award, shared her feelings about the positive impact her volunteer work has had on her life. "When my mother passed away at the age of forty, I was merely eight years old and unable to do anything to ease her fight against a disease that was taking her away from me. Through my involvement in Sharsheret, I am able to help others in a way that would have benefited my mother during her own struggle. Seeing the families - wives, husbands, mothers, children - that benefit from what Sharsheret has to offer, somehow eases my loss and helps me feel connected to my mother." The Benefit Luncheon also welcomed best-selling author Brad Meltzer as the Keynote Speaker and featured a silent auction.



(Left to right) Joanne Zayat, Debbie Haramati, Terri Herenstein, and Rachel Rosenberg register luncheon guests.



(Left to right) Benefit Chair Sharon Herenstein, Lisa Altman Volunteer Tribute Award Recipient Sheera Landsman, Guests of Honor Sharona and Ariel Schochet, and Benefit Chair Nikki Sausen.



Best-selling author Brad Meltzer addresses luncheon guests.

Save the Date!

Sharsheret Annual Benefit Luncheon

Sunday, May 18, 2008

Teaneck Marriott at Glenpointe
Teaneck, New Jersey



Rifky Atkin
Guest of Honor



Sirena Silber
Lisa Altman Volunteer
Tribute Award Recipient

For more information and
sponsorship opportunities, call toll-free
(866) 474-2774 or e-mail
events@sharsheret.org.

Sharsheret Celebrates Chanukah at Fashion and Gift Show

Sharsheret celebrated Chanukah 5768 with more than 150 women from Bergen County, Riverdale, Rockland County, Westchester, and New York at Sharsheret's sold-out Chanukah Fashion and Gift Show Luncheon at Neiman Marcus in Paramus, New Jersey. The Chanukah Fashion and Gift Show highlighted the newest trends

in fashion and gift-giving from the experts at Neiman Marcus, just in time for Chanukah shopping. For more information about coordinating a Sharsheret fundraising event in your community, call toll-free (866) 474-2774 or e-mail events@sharsheret.org.



Chanukah Fashion and Gift Show Committee.



(Left to right): Suzanna Breit, Sara Leffel, Michelle Eis, and Rosalyn Sausen.



Chanukah Fashion and Gift Show guests.

Team Sharsheret Named Largest Community Race Team



Team Sharsheret at New York City's Race For The Cure in Central Park.

Powered by more than 400 volunteers, friends, and family members, Team Sharsheret joined thousands in New York City's Central Park to participate in the Susan G. Komen Race For The Cure, a monumental breast cancer fundraising and awareness event held in September 2007. For the second consecutive year, Sharsheret was recognized as the largest community team at the Race. "It is through your hard work that you received this award," stated Susan G. Komen For The Cure's Volunteer and Teams Coordinator Dominique

Hernandez. "We are grateful to you and all your team members."

This year, the following companies and organizations joined Sharsheret in the fight against breast cancer by sponsoring Team Sharsheret: Med-Pat, Inc., Campmor, Inc., Cohen & Company, LLC, EMCO Plumbing, Englewood Hospital & Medical Center, Geller & Company, Glatt Express, Kushner Companies, Perry Chemical Corporation, Propane Power Corporation, Stern College for Women, Tova

& Howard Weiser, Abeles & Heymann, BFF, Danziger Kosher Catering, Feminine Fitness, Great Neck Glatt, JH Darbie & Company, Leasco, Michael & Debbie Blumenthal, Michael Strauss Silversmiths, Pediatric Occupational Therapy Services, Protexsia Plus +, Ramaz Upper School, Supersol Kosher Supermarkets, and Suzanne Breast Care Boutique.

Special thanks to the Schachter and Greenberg Families for underwriting Team Sharsheret 2007 in memory of Mindy Schachter-Greenberg (ז"ל).



(Left to right): Becky Cohen, Board Member Sherry Cohen, and Sharon Herenstein.



The Forman Family of Teaneck, New Jersey.



(Left to right): Sari Stein, Rebecca Schwartz, and Mimi Samter.



Stacia Deutsch (center) led Team Sharsheret at the Komen Three Day Walk in San Diego, California.

Join Team Sharsheret in Your Community!

Celebrate a special occasion, honor a survivor, or remember a loved one by participating in a local breast cancer race or walk. To learn more about organizing Team Sharsheret for an event in your community and to order Team Sharsheret t-shirts, call toll-free (866) 474-2774 or e-mail events@sharsheret.org.

Spotlight On Sharsheret Volunteers

Sharsheret's **National Volunteer Program** offers the opportunity for men and women to utilize their talents and contribute to the organization's growth. The Sharsheret **National Volunteer Program** matches the skills of each volunteer with an appropriate volunteer opportunity. Volunteers are an integral part of the organization, providing immeasurable support to Sharsheret's programs and services. Heartfelt thanks to all of Sharsheret's volunteers.



Sharsheret Volunteer Intern Talia Forman of Teaneck, New Jersey.

support for Jewish women during a very difficult time. I feel privileged to be a part of the Sharsheret team.”

“I was looking for a meaningful volunteer position. Unfortunately, I had recently experienced the suffering caused by cancer with a close family member. Sharsheret offered the perfect opportunity to make a meaningful difference in people's lives. I saw firsthand how participating in Sharsheret's Volunteer Program provides tremendously needed

“Being a professional volunteer, I have given hours, days, years of my time and skills to countless organizations. So why are the hours I volunteer at Sharsheret perhaps some of the most meaningful? When I walk into the office and Rebecca greets me with a “thank you” before even a “good morning,” I feel that the work I am doing is holy and important, and that's

what volunteerism is all about. When organizations can transform even the most mundane assignments into opportunities to grow people's hearts and souls, then they will have plentiful and productive volunteers and that's what Sharsheret has done for me!”



Sharsheret Volunteer Miriam Suchoff of New City, New York.

Join Sharsheret's National Volunteer Program!

Sharsheret's programs are powered by the energy of dedicated volunteers who offer invaluable assistance in maintaining the quality of service provided to Jewish women facing breast cancer nationwide.

For more information about Sharsheret volunteer opportunities in your area, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.



Sharsheret volunteers working together at the Sharsheret office.

Visit www.sharsheret.org for ways 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 by telephone and online on the Sharsheret Forum.
- **Education and Outreach Programs**, including health care symposia addressing the concerns of Jewish women and younger women facing breast cancer; **Sharsheret Supports**, a national model for local support groups; and **Family Focus**, a program for caregivers and family members.
- **Quality of Life Programs**, including the Busy Box for children with a parent facing breast cancer, **Best Face Forward** to address the cosmetic side effects of treatment, **Empower**, for women facing breast cancer without a partner, and **Embrace**, a support program for women living with advanced breast cancer.

Check out Sharsheret on Facebook!

In an effort to spread the word about Sharsheret's programs and services and raise breast cancer awareness, Sharsheret recently joined Facebook, a social networking website with nearly 60 million members. Visit Sharsheret's Facebook page at www.facebook.com to:

- Become a Sharsheret “fan”
- Support Sharsheret by making a tax-deductible donation through the causes application

Join Sharsheret's national network of supporters on Facebook today to let us know about your links to other social networking websites and share information with family members and friends.

Sharsheret On Campus

AEPHI Sorority Partners With Sharsheret to Raise National Awareness

In an effort to raise breast cancer awareness among young adults on college campuses, AEPHI has chosen Sharsheret as its national philanthropy. AEPHI chapters and alumnae across the country partner with Sharsheret to educate students about breast care, appropriate breast cancer screening methods, and Sharsheret's national programs. AEPHI chapters nationwide coordinate and host breast cancer outreach events and fundraising initiatives in support of Sharsheret. In return, Sharsheret provides AEPHI chapters with culturally-sensitive breast cancer information and resources to share with

their members. Sharsheret speakers also present at AEPHI-sponsored breast cancer awareness events. "We were immediately impressed with the work the organization has been doing to help young women dealing with breast cancer. Making it an AEPHI national philanthropy was a natural," said former AEPHI National President Connie Savitt Sandler. "Unfortunately breast cancer affects women of all ages. But we hope by partnering with this wonderful organization, we can help raise much-needed funds and help increase awareness of breast cancer among young women."



(Left to right): Ellen Kleinhaus, Immediate Past AEPHI National President Connie Savitt Sandler, Elana Silber, and AEPHI Executive Director Bonnie Rubenstein Wunsch at the AEPHI national convention in Minneapolis, Minnesota.



Fairleigh Dickenson AEPHI sorority created Team Sharsheret at the Leonia, New Jersey Breast Cancer Walk.



Team Sharsheret at the Susan G. Komen Race For The Cure in Miami, Florida.



George Washington University AEPHI sorority hosted a denim and t-shirt sale to benefit Sharsheret in Washington, D.C.



Torah Academy of Bergen County high school students participated in "Real Men Wear Pink Day" to raise breast cancer awareness and support for Sharsheret's programs.



Monica Rozenfeld (center) and Eillene Leistner (second from the right) greet students at the Rutgers Hillel concert in support of Sharsheret.

Bring Sharsheret to Your School!

To learn more about bringing Sharsheret to your high school, Hillel, or college campus, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Sema Heller-Netivot Shalom Summer Internship

Sharsheret is now accepting applications from college and social work students interested in the Sema Heller-Netivot Shalom Internship for the summer of 2008. 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.

2007 summer intern Miriam Kahn, a second year graduate student at Wurzweiler School of Social Work at Yeshiva University.



Excerpts from “Genetics and Breast Cancer”

By Niecee Singer Schonberger, MS, CGC

Much to the surprise of many women; most breast cancers are NOT inherited. In fact, 90-95% of breast cancers are sporadic, the result of the interaction of (mostly unknown) environmental factors and the specific, individual genetic make-up of the woman. However, 5-10% of the time, there may be certain indications in the personal and family history suggestive of an inherited predisposition to breast and other cancers, and therefore it is important to become familiar with these signs, both for one's own health and the health of family members.

Inherited breast cancer is due to alterations in at least two genes, BRCA 1 and BRCA 2. We all have these two genes and when they function normally, they control cell growth. When one of these genes is changed or altered (called a mutation), the ability to control cell growth is impaired and cancer can occur. A mutation in either BRCA1 or BRCA2 causes a predisposition to both breast and ovarian cancers. IT DOES NOT CAUSE CANCER. Ashkenazi Jewish women are more likely to carry a mutated gene than women in the general population. In assessing one's family history, it is important to be aware that a mutation can be inherited from either a father's or a mother's side of the family.

For the complete article, and more information, please visit www.sharsheret.org.

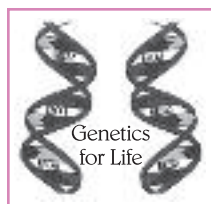
Meet Sharsheret's Genetics Program Coordinator



We are happy to welcome Niecee Singer Schonberger, M.S., C.G.C. to our staff. Niecee holds a Master of Science in Human Genetics from Sarah Lawrence College and is a Board Certified Genetic Counselor. She has provided genetic counseling in all aspects of genetics, from pre-natal to pediatric to infertility to adult onset disorders and, for the past 10 years, has focused on cancer genetics. She has been published widely on various subjects and is a founding member of the National Society of Genetic Counselors. Niecee is a past president of the Human Genetics Association of New Jersey and has served on many committees and organizations dedicated to the education of the public and physicians regarding the importance of genetics in every aspect of health. Niecee is on staff to answer your questions about genetics, genetic testing, and risk assessment.

Please call toll-free (866) 474-2774 or e-mail nschonberger@sharsheret.org with your questions and concerns.

Genetics for Life: New Quality of Life Program (continued from cover)



Hotline for callers to speak directly with an experienced professional about their concerns; health seminars to be presented in local areas nationwide to educate Jewish women about the importance of understanding family medical history as it relates to their own health; an interactive web page on Sharsheret's website

with current information and articles about breast cancer genetics; and a section on the Sharsheret **Online Forum** to post and respond to questions and concerns about breast cancer genetics.

“The challenge for the **Genetics for Life** program is to educate women and their physicians in the options available within the latest technologies that can both benefit and empower a woman during a time of great stress,” said Ms. Schonberger. “Therefore, I happily embraced the opportunity to join Sharsheret, where I can share my expertise in genetics and know that women are getting the emotional support they need in order to make the difficult decisions they face.”

For more information and to speak with Sharsheret's **Genetics Program** Coordinator, call toll-free (866) 474-2774.

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 – 2007

Diamond

Sherry and Neil Cohen
Family Focus – 2005
Charnoff and Katz Families
Busy Box – 2005

Sapphire

Sam Heller and Family
Student Intern – 2005

Ruby

June and Terry Aranoff
Education and Outreach – 2005
Baskin, Godfrey, and Kahane Families
Sharsheret Supports – 2007

Emerald

Brenda and Elihu Turkel
Embrace – 2005

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

Family is the Focus at Sharsheret Symposium

(continued from cover)

Israel Cancer Center), and Sharsheret's Clinical Supervisor, Shera Dubitsky, M.Ed., MA. "When family members hear that a wife, daughter, sister, or mother has been diagnosed with breast cancer, they are often overwhelmed with a rush of helpless anxious feelings," said Executive Director Eillene Leistner. "The symposium addressed ways to strengthen the family support system, as well as the unique challenges and concerns about hereditary breast cancer, cultural stigmas associated with serious illness, and the emotional and physical demands of Jewish holidays that confront the Jewish family facing breast cancer."

The Family Symposium was funded by a generous grant from the New York City Affiliate of Susan G. Komen For The Cure. A free DVD of the event is available for order and a written transcript of the event can be downloaded on Sharsheret's website, www.sharsheret.org.

Topics addressed at the Family Symposium:

- The risk for hereditary breast cancer and the role of family history
- The ripple effect of a breast cancer diagnosis on all family members
- Psychosocial issues and support for the Jewish family facing breast cancer

To view the complete symposium, call (866) 474-2774 and order your free DVD today. To read the complete symposium transcript, visit www.sharsheret.org and click on Events and Transcripts.

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. Sharsheret Bat Mitzvah projects range from actively collecting toys and cosmetics for Sharsheret's **Quality of Life Programs**, to using Sharsheret Tribute Cards in lieu of invitations or thank you notes.

June 4, 2007

Dear Sharsheret:

As part of becoming a Bat Mitzvah, I chose to do a Mitzvah project that was meaningful to my life. At the age of 36, my mom passed away after a 6-year battle with breast cancer. Since I saw my mom struggle with her illness, I wanted to do something to make the fight against breast cancer a little easier for other women. I decided to help support Sharsheret's "Best Face Forward" initiative by collecting makeup. I hope the makeup I've collected will help women suffering from breast cancer feel good about themselves. As I saw in my own home, this made a big difference. My mom felt much better when she felt good about her physical appearance. I believe that how a person looks is a reflection of how they feel.

Sincerely,

Emily Snow
Emily Snow

This letter was written by Bat Mitzvah Emily Snow, introducing her Best Face Forward project to family and friends in Northbrook, Illinois.



Bat Mitzvah Briana Felsen of Montgomery Village, Maryland collected toys for Sharsheret's Busy Box program.

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.

Our Thanks

We wish to acknowledge the many foundations and organizations that supported Sharsheret in 2007.

Arthur & Madeline
Millman Family Foundation

Brad Meltzer and Cori Flam Charitable
Foundation Trust

Brenner Family Foundation

Central and South Jersey Affiliate of Susan
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Morningstar Foundation

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Norman Raab Foundation

North Jersey Affiliate of Susan G. Komen
For The Cure

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Sunrise Foundation Trust

Turk Family Foundation

UJA-Federation of New York –
Solelim Fund

For More Information About Sharsheret

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(866) 474-2774

E-mail

info@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.

Starting a local breast cancer support group? Sharsheret Can Help!

Sharsheret Supports, a national model for local support groups, includes a Support Group Leader's Guide designed to assist in the establishment of local support groups, a DVD introducing the culturally-sensitive concerns of Jewish women facing breast cancer, and the consulting services of a Sharsheret representative who can train local support group leaders or lead a sample support session. "As the country's leading expert on 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 facing breast cancer at the local level," said Director of Operations Elana Silber.

To bring Sharsheret Supports to your community, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.



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