

Supporting Young Jewish Women and Families,
of all Backgrounds, Facing Breast Cancer

2010 Issue



Sharsheret®

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Sharsheret Supports Jewish Communities Across the Country

Sharsheret's national outreach efforts are supporting thousands of Jewish women and families facing breast cancer across the country. As part of the Sharsheret Supports program, Sharsheret staff members assist community leaders in establishing local support groups and programs, and provide facilitator and peer support training. "We benefit from Clinical Supervisor Shera Dubitsky's guidance and expertise from having assisted hundreds of Jewish women with cancer in her years with Sharsheret. She's full of good information and suggestions, and connects us with helpful resources," said Elisa Stern, LCSW of Bikur Cholim of Boro Park.

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Rochelle Shoretz (left) and Sharsheret Link and National Advisory Board member Nira Berry at the United Jewish Communities General Assembly in Washington, DC.

To Test or Not to Test: The Influence of Ashkenazi Jewish Ethnicity

Sharsheret's abstract, *To Test or Not to Test: The Influence of Ashkenazi Jewish Ethnicity*, was chosen for a poster display at the International Symposium on Hereditary Breast and Ovarian Cancer in Montreal, Canada. Conference attendees were educated about the unique issues, deeply rooted in cultural beliefs, that can help illuminate why some Jewish families resist genetic counseling and testing. With information provided by Sharsheret, health care professionals will be better prepared to support their patients in a culturally-

sensitive manner as they make life-changing decisions. The abstract was also published in the October issue of *Current Oncology*, an international journal focusing on cancer management.



Genetic Counselor Robin Schwartz (left) and Niecee Schonberger at the International Symposium on Hereditary Breast and Ovarian Cancer in Montreal, Canada.

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A Message From the Founder & Executive Director The Chain Comes Full Circle



Dear Friends,

I have often remarked that Sharsheret's success is not the product of one woman's efforts – that there are thousands of angels who are sitting on my shoulders as Sharsheret grows at a remarkable pace. But these past few months, I have had the privilege of sitting on Sharsheret's shoulders as I face breast cancer a second time. After my mastectomy in February, I received a Pillow of Support from Sharsheret to elevate my arm, just as so many of you have. Sharsheret's Link Program has connected me with other women who opted for the same reconstructive surgery that I was considering. And my loved ones participated in the Family Focus program to find ways to best support me. The Sharsheret, the chain, of support that I began nine years ago has come full circle. I began as a link in that chain and now use the strength of other links for my own support.

I am no longer alone in my journey. I have a Sharsheret family, and you are all a part of that family. I want to reassure you that, like so many of our Sharsheret callers, I am living and enjoying life, one day at a time. Yes, I am busy with treatments and scans, and I spend lots of time in waiting rooms. But I will continue to weave all this into the fabric of my REAL life – a life that is full of laughter and overflowing with the love of friends and family – my sons, Shlomo and Dovid, my parents and siblings, and of course, my Sharsheret family.

I send my deepest thanks for all of your letters, e-mails, and phone calls. With your help, we will continue to share the same care and compassion with all of the women and families we are privileged to serve at Sharsheret.

Warm regards,

Rochelle L. Shoretz

A Message From the Director of Operations Welcoming a New Decade



Dear Friends,

As we welcome a new decade, we reflect back on the ways Sharsheret has changed the face of breast cancer in the Jewish community. Nine years ago, breast cancer was a taboo subject that was not addressed in public Jewish forums. Today, communities that once only dared to whisper the words "breast cancer" are now collaborating with Sharsheret to engage Jewish women and families in life-saving conversations and programs.

In this issue you will meet some of the women of Sharsheret whose life-affirming stories of survival are only a few examples of Sharsheret's programs addressing the needs of those at risk of developing breast cancer, those who have been diagnosed and are undergoing treatment, and those who face issues of survivorship or recurrence. You will read about the ways in which we are strengthening Sharsheret's national presence to ensure that women and families can also benefit from Sharsheret on the local level. And finally, you will learn about Sharsheret's plan to develop a program to address the needs of women and families facing ovarian cancer – a disease that significantly impacts Jewish families that carry mutations in the breast cancer (BRCA) genes.

We share these incredible stories with you, not only to inform you of how Sharsheret is making a difference, but also to inspire you to join us on our journey into this new decade. Connect with Sharsheret today and use the power of social media – Twitter, Facebook, blogs, and e-mail – to raise awareness, share vital resources and information, and provide meaningful support. Together, we will perpetuate the chain – the Sharsheret – that is already providing strength and hope to thousands of Jewish women and families facing breast cancer.

Very truly yours,

Elana Silber

Our Voices: Peer Supporters Share Their Stories

Sharsheret Link and New York Times #1 Best-Selling Author Stacia Deutsch describes the importance of serving as a peer supporter.



*Sharsheret Link
Stacia Deutsch of
Irvine, California.*

I was diagnosed with breast cancer exactly four years ago, at the age of thirty seven. With three kids, and a busy career as a writer – I didn't have time for cancer. I wasn't even old enough for a mammogram!

Immediately after my diagnosis, I began to look inside myself. I found a writing partner, and together, we began to publish books.

I wondered what my faith could do for me at this very dark hour.

Like other women in my position, I cried for a while and then I turned to the internet for information. As I surfed the web I stumbled across Sharsheret. I hadn't even realized the Jewish community had a breast cancer outreach and support organization. Sharsheret sent me the best gift ever – a box of age-appropriate toys for my kids, make-up for me, and resources – LOTS of resources. It was exactly what I needed to plan my course and start my healing.

As I finished my treatment, I understood why the organization is called Sharsheret – I was 'linked' to the organization and wanted to give back some of the kindness they'd shown me. So, I offered to be a 'Link' to others. I have spoken to a number of women in my similar situation; young, newly diagnosed, cancer in one breast and deciding whether or not to remove the other, like I did. But it has been my connection to Bracha that has turned into much more than a few phone calls and some checking up. We are now friends as well as partners in conquering this crazy disease.

I live in California. Bracha's out there on the other coast. Her world is New Jersey, and to me, it's a foreign land, completely unfamiliar. And yet, Bracha's experience with cancer is absolutely familiar. The tough decisions she had to make so early on, when all you can think about is how you'll get through the next day, the relationships with her family, the medicines and the surgeries. No two people have the exact same experience, but as I heard Bracha speak, I was nodding my head. We talked about options, we laughed, we shared e-mails.

I call the good things that have happened since diagnosis 'CHIB,' as in 'Cancer Has Its Benefits.' Meeting Bracha has been pure CHIB. Shera, too. And finding Sharsheret – who could have guessed I'd have discovered such a treasure from a Google search! I am thrilled to have been linked to Bracha and other Jewish women who have walked the same path. Together, we can survive anything."



*Sharsheret Caller
Bracha Joseph of
Bergen County,
New Jersey.*

Sharsheret Caller Bracha Joseph describes the success of her match through the Link Program.

As soon as I heard that I had a breast cancer diagnosis, issues of health, well-being during treatment, and fertility went circling through my head. I knew I was in for a journey. What I had no clue about was the social experience of breast cancer. I knew that if you took an otherwise healthy woman and made everyone around her scared, anxious, and always wanting to talk about cancer, she would suffer a tremendous loss.

To make matters worse, the medical community is only just beginning to acknowledge the unique needs of the young adult population. Many studies only look at 15-year survival outcomes. In 15 years I plan on still being a young person; where are the 50-year outcome studies? There are none. That's where I was when I contacted Sharsheret: scared, confused about treatment recommendations, and unable to help all the people around me who were suffering from my illness. A long time ago we learned historical events through a calendar dated B.C. and A.D. In my

world, that stands for 'Before Cancer' and 'After the Diagnosis.' In the time B.C., my nickname was Gigs, because I laughed so much. In the time A.D., it was hard to find people to laugh with.

"Sharsheret gave me the gift of Stacia, and Stacia gave me the gift of hope."

Then, Shera connected me with Stacia and she made me feel like me again. While cancer had killed the laughter in almost everyone I came in contact with, Stacia got me laughing again, and I needed laughter more than water or air. We laughed about boobs and our bodies, and the silly things that women are vain about. My husband always knew I was on the phone with Stacia because he could hear the laughter. I now know that laughter truly is the best medicine because it means that not only is everything going to be ok, but that everything is ok right now, at this very moment, cancer and all.

I know that for some people, my illness brought up their losses, so it was hard for them. Other relationships are based on good times, and I think those people had a hard time seeing anything but cancer in me. Cancer was a big divider. Some rose to the occasion, and others just didn't have the skills to deal with it. I am tremendously grateful to my family and friends who are supporting me through it. They gave presents, brought dinner and visited without asking questions, took me to a comedy club, museum and out to dinner. But there is a special gift that only someone who has been through cancer and kept on going can give, and that is the gift of normalcy. Sharsheret gave me the gift of Stacia, and Stacia gave me the gift of hope."

Sharsheret National Symposia Address Unique Concerns of Jewish Women and Families Facing Breast Cancer



Teleconference panelist and Medical Advisory Board member Dr. Thomas Kolb.

New Breast Cancer Screening Guidelines: What Do They Mean For Me?

Sharsheret's teleconference, "New Breast Cancer Screening Guidelines: What Do They Mean For Me?," addressed the new controversial breast cancer screening guidelines released by the United States Preventive Services Task Force in November 2009. The teleconference offered participants the opportunity to pose questions to Genetics Program Coordinator Niecee Schonberger, MS, CGC and Sharsheret Medical Advisory Board member and New York City radiologist Dr. Thomas Kolb.

Questions posed by teleconference participants included:

- Are there any other screening modalities that are being tested to replace the mammogram?
- What are the possible implications, if any, on insurance coverage for mammograms as a result of the new screening guidelines?
- Where do self-examination and clinical examination come into play with respect to the new screening guidelines?

Take It From Me: My Experience In My Own Words

Sharsheret's Spring 2009 symposium, "Take It From Me: My Experience In My Own Words," explored the various ways Jewish women facing breast cancer can record their life stories as part of the healing process and as a legacy for the future. Panelists included Linda Blachman, MPH, MA (Personal Historian, Author, and Founder, Mothers' Living Stories Project), Janet Ruth Falon, MLA (Creative Writing Teacher, University of Pennsylvania), and Jill Cohen (Blogger, Dancing With Cancer: Living With Mets, a "New Normal").

Comments from symposia participants included:

- "The speakers validated my experiences to date using writing as a healing tool. It was gratifying to be part of this virtual community."
- "I've got some beautiful things from my kids – cards they've made through the years, e-mails to me – and now I know how to leave them to my kids in a meaningful way."



Panelist Linda Blachman.



Panelist Jill Cohen.



Panelist Janet Ruth Falon.

Breast Cancer And The Next Generation: Caring For Our Children

Sharsheret's Fall 2009 symposium, "Breast Cancer And The Next Generation: Caring For Our Children," addressed the ways in which Jewish parents facing breast cancer can talk to young children about breast cancer, attend to the critical needs of teenagers, and educate young adult children about their risk of developing breast cancer. Speakers included Clinical Supervisor Shera Dubitsky, MEd, MA, Genetics Program Coordinator Niecee Schonberger, MS, CGC, and Toni Cabat, DSW, LCSW, Director of Family Services and Organizational Development, Chai Lifeline.

Comments from symposia participants included:

- "The openness, concern, and caring of each of the presenters was so apparent and they offered a lot of advice along with extra resources."
- "I learned that there are different approaches to communicating with children, depending on the age, but how important – above all – it is to be honest."

The symposium was made possible with generous support from the Greater New York City Affiliate of Susan G. Komen for the Cure and the Julius and Emmy Hamburger Memorial Fund.

To download complete teleconference transcripts and access audio recordings, please visit www.sharsheret.org and click on Events and Transcripts or visit www.sharsheret.blogspot.com.

Living With Advanced Breast Cancer

Shiffy Glikman of Kew Gardens Hills, New York, describes the impact of Embrace, a Sharsheret program supporting young Jewish women living with advanced breast cancer.

“There are two ways people can survive breast cancer for many years. One is to get a ‘good’ diagnosis, do the standard protocols (surgery, chemotherapy, and radiation) if necessary, and hopefully, go into remission for the rest of their lives. Those are the lucky ones. For many of us who were diagnosed with later stage breast cancer and metastatic breast cancer, surviving means being busy with cancer treatments for years and years. Family and friends rally around, but no one really knows what it’s like living with advanced breast cancer. You are living parallel lives in your mind, doing everything you have to do – running your home, raising your family, taking care of elderly parents, working – all the while wondering in the back of your mind, ‘How am I doing? Is the cancer at bay? Are the treatments working?’”

When I was first diagnosed six years ago at Stage IV, I needed to know there was someone out there who has lived with metastatic breast cancer for a long time. Sharsheret had the perfect Link – a woman my age who was living with advanced breast cancer for over 20 years. This fantastic organization realized there was a need for a support group for women with advanced breast cancer, and they started the Embrace program. This is the perfect name for a group that offers comfort and support and lets you know that there is always someone there for you. You are never alone going through this crazy life experience called chronic breast cancer.

The Embrace support group runs so successfully with Sharsheret’s Clinical Supervisor Shera Dubitsky at the helm. Available both to the group and individually, she is a warm and caring group leader. Shera manages to touch on topics that concern all of us and she helps us live with the uncertainty of life, the discomfort of side effects, and the constant procedures. As Shera once put it, ‘No one would believe the amount of treatments you all have done on a regular basis. What you ladies have gone through in one year most people don’t do in a lifetime.’ In the six years since I have been diagnosed, I have had a lumpectomy, mastectomy with reconstruction,

hip surgery to replace a walnut size tumor with cement, a stem cell transplant, and years of chemotherapy. Who else can understand and empathize but my Embrace group members? This is just par for the course.

The Embrace support group meets twice a month by teleconference. One meeting is geared towards the social aspect of the group, where we can catch up on everyone’s status and exchange war stories about all of our procedures. Each and every member of the group is amazing. The positive attitudes and optimistic feelings are contagious as everyone shares their experiences. Just knowing that someone else has survived the un-survivable is a great feeling. The second monthly meeting provides guest speakers who cover topics that are relevant to us: holistic treatments in conjunction with chemotherapy, spiritual leaders who offer strength and encouragement, and even a doctor employed by a drug company, herself a survivor of cancer for over seven years.

I embrace Sharsheret, but more than that, I am ‘Embraced.’ Thank you for being here for me and my friends with metastatic breast cancer. We’re still here fighting for our lives, and we thank G-d for each and every day.”

Embrace: Supporting Young Jewish Women Living With Advanced Breast Cancer

Sharsheret’s Embrace program provides one-on-one professional counseling over the phone, a bimonthly telephone-based support group, and resources for Jewish women living with advanced breast cancer. For more information, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Sharsheret Resource Series Educates Thousands Nationwide

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 to Jewish women, their families, and friends 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. Resource Series booklets include:

- *Breast Cancer Genetics and the Jewish Woman*
- *Facing Breast Cancer as a Jewish Woman*
- *Facing Breast Cancer as an Orthodox Jewish Woman*
- *Guide for Mikvah Attendants*
- *Our Voices: Inspiring Words from the Women of Sharsheret*
- *The Jewish Family Facing Breast Cancer*



To order your free booklets from Sharsheret’s Resource Series, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Team Sharsheret Across America

Volunteers are making an impact in the fight against breast cancer by coordinating Team Sharsheret at local walks and races across the country. Their participation is a meaningful contribution to Sharsheret, helping to raise awareness about the issues facing young Jewish women living with breast cancer and inspiring others to be a source of strength. "My last week of chemotherapy coincided with the New York City Race," shared Malki Gartenberg, Team

Sharsheret NYC member and Link Program participant. "What a meaningful way to culminate the past five months. With my close family and friends by my side, we sauntered through the streets of Manhattan and Central Park, taking in the crowds and the amazing energy of the day. There was a spirit emanating from every person there: strength, courage, and a determination to fight, support, and be there for loved ones."



Team Sharsheret Boca Raton. More than 800 runners and walkers participated in the Boca Raton Synagogue Sisterhood's Run/Walk For Sharsheret, chaired by National Advisory Board member Miriam Klein.



Team Sharsheret Washington, DC.



Team Sharsheret Minneapolis, MN.



Team Sharsheret New York City.

Special thanks to the Team Sharsheret NYC 2009 sponsors, including: NYU Goes Beyond BRCA • Med-Pat, Inc. • Schachter & Greenberg Families • Campmor Inc. • EMCO Plumbing • Englewood Hospital and Medical Center • Geller & Company LLC • Lucille Roberts • Propane Power Corporation • The Rocking Chair – A Women's Wellness Center • Yeshiva University Stern College for Women Beren Campus Student Councils – SCWSC, TAC, SSSBSC • Debbie and Michael Blumenthal • Design by Flora • Fish of the C's • Friends and Family In Memory of Sondra Goldman • Glatt Express • JH Darbie & Co. • Kushner Companies • Lisa Altman Foundation • Magen David Yeshivah High School • Michael Strauss Silversmiths • Pediatric Occupational Therapy Services • Robin Taback Music Memorial Fund • SAR High School • Supersol Kosher Supermarkets • The Sixteenth Street Synagogue • Women's League for Conservative Judaism.

Sharsheret Celebrates

More than 450 guests honored mothers, daughters, sisters, and friends that have touched the lives of breast cancer survivors at Sharsheret's Benefit Luncheon in May 2009, held at the Teaneck Marriott at Glenpointe. Sharsheret recognized the meaningful contributions of Guests of Honor, Rochelle Hirsch and Naava Parker, and introduced their new breast cancer book for children, *Lumps and Bumps*. Vocalist Suffy Rudman, recipient of the Lisa Altman Volunteer Tribute Award, was recognized for her volunteer efforts and inspired attendees with a musical performance of songs from her CD, *Believe*. The Benefit Luncheon also featured a silent auction and an introduction to Sharsheret's new programs and resources.



Guests of Honor Rochelle Hirsch (left) and Naava Parker.



Lisa Altman Volunteer Tribute Award Recipient Suffy Rudman.

Save the Date!

Sharsheret Annual Benefit Luncheon

Sunday, May 16, 2010

Teaneck Marriott
at Glenpointe
Teaneck, NJ



Ethan Zohn
Keynote Speaker
Cancer Survivor and
TV reality show winner,
"Survivor: Africa 2002"



Jeremy & Adina Fand
Guests of Honor



Lisa Schutzman
Lisa Altman Volunteer Tribute Award

Community Connections

Sharsheret national outreach events held in community centers, synagogues, and private homes across the country provide 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.



Rockville, Maryland (left to right): Event Co-Chairs Audrey Siegel and Lisa Charnoff, Elana Silber, and Event Co-Chairs Lisa Mellman and Nira Berry.



Boca Raton, Florida (left to right): Sharsheret Link Jamie Gurvitch, Luncheon Co-Chairs Joy Goldman and Kim Greenbaum at the Power of Pink Breast Cancer Awareness Luncheon co-sponsored by Sharsheret.



Detroit, Michigan (left to right): Event Chair Yehudit Jubas, Rochelle Shoretz, Hostess Alice Berlin, and Committee member Elana Berlin.



Hollywood, Florida (left to right): Event Co-Chair Chani Dennis, Rochelle Shoretz, and Co-Chair Sharon Clements at the Young Israel of Hollywood-Ft. Lauderdale Evening of Inspiration and Awareness.



Roslyn Heights, New York (standing left to right): Hadassah Nassau Region EVP Viviane Kovacs, President Rhoda Smolow, Membership Coordinator Cherie Feinberg, and Event Chair Amy Kauffman; (seated left to right) Founder and Director of the Perlman Music Program Toby Perlman, Rochelle Shoretz, and Consultant to USA Network Toby Graff at the Myrtle Wreath Award Reception.



Woodcliff Lake, New Jersey (left to right): Susan Liebeskind, Lauren Carpiniello, and Elana Silber at the Temple Emanuel NYU Langone Medical Center BRCA1 and BRCA2: The Next Generation of Genetic Discovery symposium.



Miami Beach, Florida: Event Chair Lisi Wolfson (left) and Hostess Heather Grosz.



Scotch Plains, New Jersey (left to right): Event Chair Karen Sanders, Rochelle Shoretz, and Event Chair Adina Ziegler at the Jewish Federation of Central New Jersey Links of Our Chain event.



East Brunswick, New Jersey: Event Co-Chairs Iva Dyckman (left) and Rena Goldsmith Klein.

Genetics for Life

Sharsheret Link Program participant Alicia Altmueller of Chapel Hill, North Carolina describes the life-altering impact of breast cancer genetics.

I have never been diagnosed with breast or ovarian cancer. I do carry the BRCA1 mutation.

In 2007, I underwent three cancer-related surgeries in a matter of seven months to fight off breast and ovarian cancer. With the love and support of my Stephan, my parents, my beautiful girls, and a group of incredible friends, I had a bilateral mastectomy with reconstruction and a total hysterectomy. In less than a year, I had three surgeries, four hospital stays, and endless doctor visits. It was a very difficult time in our lives, but we came out stronger.

As I prepared for my surgeries, I found it hard to come to terms with what I was going through. Though I was never one to 'label,' I found myself wondering what I was. Was I a survivor or not? How do I explain this to people? Would people understand why I did this? How do I come to terms with my own decision? In my personal search I sought guidance from many people. I spoke endlessly with my husband, close friends and family, as well as searched internally. It was my meeting with my Rabbi that made it clear to me. As I explained my dilemma, she looked at me and said, 'You are fighting cancer - just at its earliest stage!' As I have seen many friends and family members battle cancer in much more advanced stages, I realize my journey was in many ways the same, but with the fortunate opportunity to have the surgeries without being in advanced stages of cancer.

It was my husband who suggested I contact Sharsheret. He knew of the organization's important work and thought it might be a good start as we looked for initial information concerning the decisions I was facing. I spoke with Sharsheret's Clinical Supervisor, and immediately felt that I had made the right decision to reach out.

Within a day, she connected me with someone who faced the same decisions and was able to tell me what she did, why she did it, and how she was doing. It was being able to hear someone else's story that helped me the most. It helped address my biggest fear, the 'unknown,' which wasn't so unknown when I discovered others who had faced the same journey as I did. My Sharsheret Link (peer supporter) helped me face my decisions with more confidence.

Since then I have become a Link, supporting other women facing these difficult decisions. The opportunity to share my story and, hopefully, ease another woman's concerns during this difficult time has truly been a blessing. Each time I speak with a new Caller, I realize I get just as much, if not more, from the talk. These experiences enable me to learn and grow. Early January 2010 marks the three-year anniversary of my first surgery. It also marks the beginning of my relationship with Sharsheret. Both have been gifts in my life."



Link Program participant Alicia Altmueller.

Concerned about hereditary breast and ovarian cancer?

Sharsheret can help. To learn about Sharsheret's Genetics for Life program and to speak with a Genetic Counselor, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Sharsheret Supports *(continued from cover)*

Sharsheret is partnering with individuals and Jewish organizations in cities across the country, including Austin and Dallas, Texas; Boca Raton, Florida; Boston, Massachusetts; Brooklyn, New York; Detroit, Michigan; Florham Park and Scotch Plains, New Jersey; Philadelphia, Pennsylvania; and Savannah, Georgia. Sharsheret Supports successfully combines local breast cancer resources with Sharsheret's vast national expertise and resource materials tailored to the concerns of Jewish women facing breast cancer. This shared effort maximizes the support provided to Jewish women and their families in local communities on a national scale. "You shared such relevant knowledge with so much heart and generosity," said Judith Sokolow of Jewish Family Services in Austin, Texas. "The program was informative and meaningful and was very well received."



Brooklyn, New York (left to right): Yafa Fetman, Shera Dubitsky, Elisa Stern, and Shoshana Dubroff at the Bikur Cholim Sharsheret Supports meeting.

Sharsheret Supports provides:

- A step-by-step guide for group facilitators to be used in forming or enhancing local breast cancer support groups.
- Training on how to best utilize Sharsheret's national programs to benefit group members.
- Staff supervision for group facilitators.
- Sharsheret's culturally-sensitive resource materials.
- Speakers to participate in related breast cancer programs.

Sharsheret Supports is made possible with support from the Michelle Daman Wasserman Fund. For more information about bringing national outreach programs to your community, call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

Sharsheret to Develop New Program for Jewish Women Facing Ovarian Cancer

In the wake of remarkable demand, Sharsheret is developing a program to address the needs and concerns of Jewish women facing ovarian cancer, a disease that significantly impacts Jewish families that carry mutations in the BRCA1 or BRCA2 genes. “Since Sharsheret’s founding, we have received many phone calls and e-mails from women and their families concerned about the BRCA gene mutations and their increased risk of developing breast and

ovarian cancer. More and more, women have been calling Sharsheret with concerns relating to ovarian cancer,” said Link Program Coordinator Adina Fleischmann, MSW. “In response, Sharsheret is now developing tailored cancer programs.”



Link Program Coordinator
Adina Fleischmann.

Sharon Wieder of Teaneck, New Jersey and Adeena Sussman, of New York City are sisters who lost both their mother and grandmother to ovarian cancer. To honor their memories and raise awareness about ovarian cancer, Sharon and Adeena established a Jewel in Sharsheret’s chain of support. The Stephanie Sussman and Ann Nadrich Memorial Fund will support Sharsheret’s development of ovarian cancer programming. To commemorate their Jewel, the sisters coordinated a most successful pre-Thanksgiving bake sale fundraiser. “Since our mother’s death, we have been looking for an opportunity to raise awareness and help women afflicted with this tragic disease,” wrote Sharon and Adeena in a letter to family and friends. “The money we raise will help Sharsheret develop vital programs to address the needs and concerns of Jewish women living with or facing the risk of ovarian cancer.”



Sisters Adeena Sussman (left) and Sharon Wieder baked and sold more than 200 pies to raise awareness about ovarian cancer.

Family and Friends Establish Sharsheret Jewels

In honor or in memory of a loved one, family members and friends have established Jewels in Sharsheret’s national chain of programs and services. Working closely with Sharsheret’s staff, families 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

Sherry and Neil Cohen
Kaminer Family
Dr. Ethan Wasserman and Family



Sapphire

Edith Blumenthal and Family
Sam Heller and Family
Hirsch and Parker Families



Diamond

Charnoff and Katz Families
Sussman and Wieder Families



Ruby

Anonymous
June and Terry Aranoff
Baskin, Godfrey, and Kahane Families



Emerald

Brenda and Elihu Turkel

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

Our Thanks

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

Arthur and Madeline Millman
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Sharsheret Volunteers Make a Difference

Sharsheret provides exciting opportunities for individuals and groups interested in getting involved and helping to spread the word about Sharsheret's programs and services. Volunteer opportunities include: Host Sharsheret – Introduce Sharsheret to your community at an outreach event in a private home or local community center; Raise Awareness – Share Sharsheret resource materials and information about the unique concerns of young Jewish women facing breast

cancer with local health care professionals, breast centers, Jewish and women's organizations, and community leaders; Speak Up – Join our Speakers Bureau and represent Sharsheret at conferences and events by staffing an information table, speaking to event attendees, or addressing audiences; and Make Headlines – Contact your local newspaper, TV, or radio station and pitch a story about Sharsheret.



Manager of Volunteer Services Rebecca Schwartz (left) and Volunteer Sarah Feit at Kick for a Cure, organized by Sarah in Paramus, New Jersey.



Volunteer Sheera Landsman and her daughters staff a Sharsheret exhibit booth at the Action Walk for Israel in Jamaica Estates, New York.



Sharsheret Link and Volunteer Diana Abehssera shares her inspirational breast cancer experience with students at Rockland Community College in Suffern, New York.

Sharsheret Volunteers Joyce Rubin (left) and Lisa Schutzman (right) organized a cooking class fundraiser in support of Sharsheret, featuring renowned kosher cookbook author Susie Fishbein (center) in Woodburgh, New York.



Bat and Bar Mitzvah Program

Young adults across the country are making a difference in the lives of young Jewish women facing breast cancer by including Sharsheret in their Bat and Bar Mitzvah celebrations. Sharsheret's Bat and Bar Mitzvah Program offers many Mitzvah projects, including: Spread the Word – Share information about Sharsheret; Get Creative – Use your special skills and talents to organize community activities such as bowl-a-thons, walks or races, and fashion shows;



Shoshie Schwartz (middle row center) (East Brunswick, New Jersey) organized a Basketball Tournament, for her Bat Mitzvah, in support of Sharsheret's national programs and services.

and Go for the Goal – Exercise your love of sports and competitive edge to raise awareness about breast cancer.

Dear Sharsheret,

I am proud to make a donation in honor of all of the Jewish women I know who have suffered from breast cancer. Making an impact on the lives of those with breast cancer is very important to me because so many of my parents' friends have been diagnosed with the disease. I hope to make a difference in the lives of people with breast cancer. Thank you for the important work you do.

Sincerely,
Jocelyn Broth

This letter was written by Bat Mitzvah Jocelyn Broth (Pikesville, Maryland).

(Left to right): Grandmother Eva Sterba Katznelson, Mother Alicia Katznelson Broth, Bat Mitzvah Jocelyn Broth, and Great-grandmother Sara Ehrmann Sterba.



Photo Credit Mike Diamond

Sharsheret On Campus

Student Outreach Efforts Raise Awareness Nationwide

Students on 63 college campuses across the country coordinated breast cancer outreach events and fundraising initiatives in support of Sharsheret in 2009. Through these incredible efforts, AEPHi Sorority, Hillel, Chabad and other Jewish organizations on college campuses, and Jewish day and high schools, partnered with Sharsheret to educate 9,000 students in 22 states about breast care, appropriate breast cancer screening methods, and the impact of breast cancer on the Jewish community. Students nationwide presented more than 85 creative events, including Manicure for a Cure, Pink

Shabbat, Fashion Shows, Baseball Tournaments, Trunk Shows, Casino Games, and Candy Sales. “Our Manicure for a Cure event helped to support those who need the cure,” wrote Rabbi Yochi Loschak of Chabad at the University of California at Santa Barbara. “Thank you Sharsheret, for creating such a wonderful organization.” A student at Tufts University in Boston, Massachusetts shared, “We are very excited about the success of our event because we were able to connect students, Tufts Hillel, Tufts University, and local businesses to Sharsheret. We look forward to repeating this event next year!”



Torah Academy of Bergen County students dressed for their “Real Men Wear Pink” initiative in support of Sharsheret.



Ellen Kleinhaus (center) recognized the outstanding efforts of select AEPHi sorority chapters at the AEPHi 2009 Convention in Miami, Florida.



Students at the University of California at Santa Barbara show off their nails at the Chabad on Campus Manicure for a Cure to benefit Sharsheret.



Adelphi University AEPHi Sorority organized “Don’t Let Cancer Steal Second Base” Baseball Tournament to benefit Sharsheret.



Trinity College Hillel students organized a Pink Shabbat for Sharsheret.



Purdue University Hillel hosted a Poker Tournament in support of Sharsheret.



Yeshiva University, Stern College for Women Sy Syms School of Business Fashion Club organized a Fashion Show to benefit Sharsheret.

For More Information About Sharsheret

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Visit

www.sharsheret.org

Get Connected!

Sharsheret's new Blog is a great way to get connected to Sharsheret.

Read personal stories from peer supporters and volunteers.

Download audio recordings of teleconferences. View pictures of recent events. Watch media coverage clips and informational videos. Sharsheret encourages all women facing breast cancer, family, friends, volunteers, and supporters to submit personal stories for the Blog and provide inspiration to others.

Visit us online and post your thoughts today!

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