SHARSHERET®

REPORT TO THE COMMUNITY



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REGIONAL OFFICE OPENS TO SERVE FAMILIES IN SOUTH FLORIDA

South Florida is home to a vibrant and growing area of Jewish life - and Sharsheret's first regional office! The doors opened in Hollywood in June 2013, representing a major milestone in our national growth trajectory. Our physical presence in Florida will allow for expanded local programs, outreach, and collaborations.



Guided by a committee of Sharsheret staff, Board members, and stakeholders, we conducted a fivemonth study of major Jewish cities nationwide with an emphasis on places where Sharsheret already had a strong presence. South Florida is home to more

South Florida Regional Director Briana Schwarz (left) with health care professionals from Memorial Breast Cancer Center in Hollywood.

than a half million Jews, and more than 2,400 had already connected with Sharsheret. Statistics from the Florida State Cancer Profile indicate the state's projected standing as having the second highest number of breast cancer diagnoses by 2015.

Briana Schwarz joined us as South Florida Regional Director. A Florida native, Ms. Schwarz volunteered with Sharsheret for seven years before signing on as full-time staff. Under her leadership, we have experienced significant growth in the region. New partnerships include six medical centers and 10 synagogues, and the number of regional peer supporters has more than doubled. Two local organizations have been designated as Sharsheret Partners of Excellence (Temple Beth Am in Pinecrest and Jewish Family Services of Greater Orlando), recognized for their efforts to coordinate community-based support and education programs. "South Florida has welcomed Sharsheret as a new neighbor with open arms," said Ms. Schwarz. "I couldn't be happier to work with an organization that mirrors my passion for making a difference in local Jewish communities."

Sharsheret will celebrate the men and women who have helped us make a difference in South Florida. Please watch for details on the office's first anniversary event honoring 10 outstanding volunteers in May 2014.

Interested in volunteering in South Florida? Email bschwarz@sharsheret.org.

OUR BAT MITZVAH YEAR

Mazel Tov! As the proud "parents" of our Sharsheret family, we are pleased to celebrate our Bat Mitzvah - 12 years of support programming and outreach - with you.

The years have gone by in the blink of an eye. Out of necessity, our sights are often fixed on tomorrow and all that remains for us to accomplish. But we must also reflect on how far we have come.

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OUR BAT MITZVAH YEAR (CONT. FROM FRONT COVER)

Sharsheret began with a small group of women gathered around a dining room table. We embraced the vision that no Jewish woman should face breast cancer alone because of silence in our community or lack of awareness that our families are at greater risk of hereditary breast cancer and ovarian cancer. Because of Sharsheret, there would always be a voice of understanding, an answer to a question, and support for countless women living with, and beyond, serious illness.

In 2001, we served 1,000 women primarily in New Jersey and New York. By 2014, our numbers had surpassed 40,000 strong nationwide. In 2001, we had not yet developed Sharsheret on Campus, an effort to educate the next generation about cancer risk. By 2014, we had facilitated 325 student-led cancer awareness programs. In 2001, we responded to 600 calls from women and families. By 2014, we had addressed more than 4,000 inquiries annually, responding to, on average, 350 calls per month. We have distributed 100,000 copies of our educational materials and included more than 3,000 women in our peer support network. The achievements, thanks to you, go on and on.

People have asked if we could have imagined 12 years ago Sharsheret as it is today. Yes, we always knew we would make a mark. They ask where we go from here. Forward, we answer. We will not rest on our laurels. We will not waver from our mission. We will continue to grow our reach and enhance the quality of the programs for which Sharsheret is known. During this, our Bat Mitzvah year, we reaffirm our commitment to the very mission we celebrate.

CALIFORNIA AND COLORADO MEMBERS JOIN BOARD OF DIRECTORS



Courtney Mizel



Leslie Sidell

Courtney Mizel (Los Angeles) is a business and legal consultant, mother, cancer survivor, and community activist. Founder of the Denver-based Counterterrorism Education Learning Lab, a museum and education center, and advisor to numerous for-profit ventures, she is also a film and theatre producer in Los Angeles. A member of the Milken Institute Young Leaders Circle and the Zimmer Children's Museum Board of Directors, Courtney has years of service in leadership positions with AIPAC, Jewish Funders Network, and Jewish Federation.

Leslie Sidell (Denver) received her MBA from the University of Denver. A graduate of the Wexner Heritage Program, Leslie has served in national not-for-profit leadership roles for Jewish Federations of North America, including National Young Leadership Cabinet and co-chair of the International Lion of Judah Conference. A fourth-generation native of Colorado, Leslie is a wife, mother, business leader, philanthropist, and cancer previvor. She serves on the board of Denver Jewish Day School, has served as chair of the Colorado Agency for Jewish Education, and on the boards of the Jewish Community Foundation and JEWISHColorado.

SHARSHERET AT A GLANCE

Sharsheret, Hebrew for "chain," is a national not-for-profit organization supporting young women and their families facing breast cancer. Our mission is to offer a community of support to women diagnosed with breast cancer or at increased genetic risk, by fostering culturally relevant individualized connections with networks of peers, health professionals, and related resources. Our expertise is in young Jewish women and families; our services are available to everyone regardless of age, gender, or religion. Read more about the impact of our programs throughout this 12th Anniversary issue.



OUR VOICES: PEER SUPPORTERS SHARE THEIR STORIES

There is a certain comfort that comes from speaking with someone who understands. Sharsheret's peer support network unites women across the miles and from all walks of life who seek strength and comfort before diagnosis, during treatment, and beyond. Once strangers, Talia and Sarah are forever connected through Sharsheret's growing network.

Talia

When I was first diagnosed with breast cancer, I thought, "I'm not going to let this ruin my plan." My husband and I had every intention of having children, and I was not going to let a cancer diagnosis get in the way. My primary purpose for fighting cancer was to get it behind me so that I could have a child. It became my reason for living.

It was important for my doctors to understand my life beyond cancer. I needed them to shift their focus from medical textbooks and their regimen, and see me as a whole person with dreams and aspirations. After much research, discussions with various doctors on my treatment team, and consulting a rabbi, we decided on a customized plan to include surgery, harvesting my eggs, and chemotherapy treatments. We chose to pursue surrogacy.

I reached out to Sharsheret when I was first diagnosed. After completing chemotherapy and radiation, I again turned to Sharsheret to see if there were other Jewish women who chose surrogacy in order to have a child after a cancer diagnosis. They connected me with Sarah, my Link (peer supporter). Although our Jewish backgrounds differed, our shared cancer history and desire to have children connected us. It was reassuring to know that other women have used surrogates and have had positive experiences. Hearing my Link say, "When my child was born, I was the first to hold her," are words that I hold close to my heart and give me the strength to move forward.

Sarah

Just over ten years ago, I was a 34 year-old wife and the mother of a 15 month-old child, looking forward to expanding our family. Once I was diagnosed with breast cancer, I understood the potential implications of chemotherapy and radiation on my fertility. I knew that when I was finished with treatment, the typical ways of bringing more children into the world would likely be compromised.

"ALTHOUGH OUR JEWISH BACKGROUNDS DIFFERED, OUR SHARED CANCER HISTORY AND DESIRE TO HAVE CHILDREN CONNECTED US."

As difficult as that was to accept, my husband and I began to investigate the alternative ways. We spoke with specialists, therapists, family, friends, and rabbis about the fairly "brave new world" of reproductive technology. I knew it would be risky to carry another pregnancy myself, so we set out to find a surrogate to carry our frozen embryos to term.

Blessedly, we welcomed our second child delivered via surrogate six and a half years ago, and then were able to welcome twins almost two years later in the same manner. Like everything about being diagnosed and treated for breast cancer, I believe my experience should be good for something. So when I was asked to be a Link for a woman asking questions about surrogacy and reproductive technology, I said yes without hesitation.

Talia and I come from two very different Jewish communities, and we most certainly would never have met save for the warm and intimate conversation we had by phone, thanks to Sharsheret. It felt so good to be able to share my experience. It was so special to know that although none of us asks to be part of this sisterhood, we each can offer the example of our own lives to comfort someone else. That is a blessing.



MEET THE WOMEN OF SHARSHERET

To meet more of the women of Sharsheret, watch our 12th Anniversary video series on the YouTube channel **Sharsheret1** or visit **www.sharsheret.org**.

SHARSHERET ON CAMPUS[™]

Sharsheret campus programming brings breast cancer awareness to colleges and universities across the country. Through partnerships with campus organizations such as AEPhi Sorority, AEPi Fraternity, Hillel: The Foundation for Jewish Life on Campus, and Chabad on Campus, Sharsheret has reached more than 27,000 students who have organized events including Sharsheret Pink Shabbat, Sharsheret Pink Day, the maniCURE for Sharsheret, Have The Talk[®] genetics awareness campaign, and Sharsheret leadership trainings. To learn more about Sharsheret on Campus, email info@sharsheret.org.



Princeton University students participate in a Sharsheret on Campus leadership training.



Students with University of Connecticut's AEPhi heighten cancer awareness with Sharsheret's *Have The Talk* campaign.



University of Minnesota AEPhi students participate in the maniCURE for Sharsheret.



UC San Luis Obispo students celebrate Sharsheret Pink Shabbat.

BECAUSE OF SHARSHERET: IMPACT REPORT



Support. Education. Research. Impact. These four words have defined and guided Sharsheret since our founding. To commemorate our 12-year journey, we invite you to read our newly released Impact Report, "Because of Sharsheret," a unique retrospective illustrating the successes realized through our combined efforts to change the face of breast cancer and ovarian cancer in the Jewish community. Because of Sharsheret, we have changed the cancer community, the Jewish community, and the young adult community. Because of Sharsheret, no Jewish woman or family must face illness alone.

Visit www.sharsheret.org/content/impact-report.

RACE WITH TEAM SHARSHERET

Team Sharsheret participates in cancer awareness walks, runs, and athletic events across the country. What motivates the women, men, and teenagers who join us is as diverse as the athletes themselves – celebrating a birthday, marking a cancer anniversary, honoring a loved one, or simply promoting the importance of active and healthy living. The impact of crossing the finish line is felt by thousands of athletes, supporters, and Sharsheret friends each year.

Whether you are an athlete, a casual exerciser, or simply choose to cheer from the sidelines, get inspired by Team Sharsheret and make a difference in the fight against breast cancer and ovarian cancer. To find out more about Team Sharsheret, including slots for sold-out races or competing in a race of your own choice, email athletes@sharsheret.org.



YOUNG PROFESSIONALS CIRCLE LAUNCHES TO RAISE AWARENESS

It's not your parents' philanthropy! Sharsheret's Young Professionals Circle (YPC) makes giving back fun *and* meaningful. A dynamic group of 20-, 30-, and 40-somethings kicked off our first YPC event with a standing-room-only Trivia Night in New York City this past October.

"It was amazing to see so many young people from different walks of life come together for such an incredible event," said Victoria, a 23-year old not-for-profit professional who attended the kickoff. In the coming months, Sharsheret will expand the YPC into new communities across the country. Join our network of like-minded young professionals. Visit our website, www.sharsheret.org, for upcoming events, or email info@sharsheret.org to bring Sharsheret's Young Professionals Circle to your area.

SUPPORT FOR SURVIVORS WHO ARE "THRIVING AGAIN"



There are more than 2.8 million breast cancer survivors in the United States. Survivorship is the foundation of Sharsheret's Thriving Again® program. Developed with support from the federal Centers for Disease Control and Prevention, the program helps women navigate their breast cancer survivorship journey with care plans and personalized resources. Participants consult with Sharsheret's clinical staff, connect with peer supporters who share similar experiences, join teleconferences specifically addressing survivors' concerns, and receive a Thriving Again kit, a healthy living cookbook, and fitness DVD.

More than 1,000 young breast cancer survivors have already received their free survivorship resources from Sharsheret. Whether you consider yourself a survivor at the time of diagnosis, after treatment has ended, or at some other personal milestone, Sharsheret's Thriving Again program will arm you with the resources you may need over time.

Aliza shares how Sharsheret's Thriving Again program helped her transition from breast cancer patient to survivor.

I was 36 when I found the lump in my breast. A few days after the core needle biopsy, my doctor called me. I had breast cancer. I spoke with a genetic counselor and had genetic testing because of my Ashkenazi background. I felt lucky to be negative for the BRCA mutations, but was still left wondering why I had breast cancer.

My Judaism had always been a great support for me. Rosh Hashanah occurred shortly after my lumpectomy. While I was at services, I heard my name called as the congregation said the *Mi Sheberach* (a prayer for those who are ill or recovering from illness). I broke down in tears with my family; the breast cancer was now a reality for me. I also felt relief, knowing that all these people were praying for me.

I reached out to Sharsheret, received a kit with lots of helpful information, and was set up with a wonderful peer supporter. It was really helpful to talk with her. I did not realize that a lot of the emotion I was feeling was loneliness – not because I didn't have a lot of great support, but because I hadn't felt like anyone understood what I was going through. Despite having supportive family and friends, I had not known any young women with breast cancer. My Sharsheret peer supporter made me feel "normal" through a connection with another young Jewish woman during this lonely period.

My faith helped keep me strong during this rocky time. I was so torn up about having tattoos (even though they were the size



of a freckle) placed for my radiation treatment. I never considered a tattoo because my grandfather was forced to be tattooed while he was in a concentration camp. I reminded myself that these tattoos were being placed to save my life, not destroy it. So as the radiation technician started to inject the ink at my mapping appointment, I said the *Shehekianu* (a blessing for a new experience) to myself and was able to be at peace knowing it would be my first and last tattoo. It was just another step I had to take in order to live a long, healthy life.

ARE YOU A BREAST CANCER SURVIVOR?

Contact Sharsheret today to order your free customized survivorship kit. All kits include a healthy living cookbook, fitness DVD, and survivorship care plan. Call 866.474.2774 or email info@sharsheret.org to order yours or refer a friend.

SHARSHERET IN YOUR COMMUNITY

Sharsheret is wherever you are. From Boston to Burbank, Milwaukee to Miami, we host educational outreach events at local synagogues, federations, community centers, and in private homes to raise awareness and offer support to women and families facing breast cancer or ovarian cancer. Check our website, www.sharsheret.org, for an event near you. Interested in bringing Sharsheret to your community or having a member of Sharsheret's Speakers' Bureau at your next event? For more information, email events@sharsheret.org.



Denver, Colorado: Sharsheret Executive Director Rochelle Shoretz (3rd from right) thanks members of the Jewish Women's Philanthropy Center of JEWISHColorado after the 2013 Lunch and Learn organized by (left to right) Leslie Sidell, Nancy Alterman, Judy Altenberg, Tobey Borus and Lisa Perlmutter.



Miami, Florida: (left to right) Amy Lasko and Rena Greenwald at Step Up for Miami Walk.



Brooklyn, New York: Sharsheret Partner of Excellence -Bikur Cholim of Boro Park.

SHARSHERET SUPPORTS PARTNERS OF EXCELLENCE

Through a program we call Sharsheret Supports[™], we partner with local Jewish and cancer organizations to bring free, culturally relevant support and education programs to communities across the country. This year, we recognized seven extraordinary organizations as Sharsheret Supports Partners of Excellence. "The Sharsheret partnership is so very important to JFS. The Sharsheret team has been by our side with any type of support we have needed," said Marni Chepenik, Community Outreach and Donor Relations Coordinator, JFS of Greater Orlando. Partners of Excellence receive financial support and national recognition to advance their efforts to continue to bring outstanding breast cancer and ovarian cancer programs to their communities.



Congratulations to our 2013 Partners of Excellence

- Jewish Family Service of San Diego San Diego, CA
- Temple Beth Am Pinecrest, FL
- Jewish Family Service of Greater Orlando Orlando, FL
- Jewish Family Services of Metropolitan Detroit West Bloomfield, MI
- Nishmah St. Louis, MO
- Bikur Cholim of Boro Park Brooklyn, NY
- Harry & Rose Samson Family Jewish Community Center and Jewish Family Services – Milwaukee, WI

BAT MITZVAH GALA MARKS 12 YEARS OF SERVICE

While not a typical Bat Mitzvah, there was much to celebrate at Sharsheret's 12th Anniversary Gala this past October. More than 170 friends – old and new – came together in New York City to reflect on Sharsheret's history, explore our plans for the future, and recognize our guest of honor, Sherry Cohen. Introduced by Channel 7 Eyewitness News reporter and two-time cancer survivor, Stacey Sager, Sherry spoke of her seven-year history with Sharsheret, including her service as a Board member and her volunteer efforts at Team Sharsheret races with her daughter Beckie. Sharsheret is part of the family for Sherry, whose mother is a breast cancer survivor.

"Ever since I was introduced to Sharsheret, I was taken by the vital work the organization does. It truly takes a team. It has been my honor to serve on the Board and be a part of all the accomplishments we celebrate," said Ms. Cohen.



(Left to right) Sharsheret Executive Director Rochelle Shoretz with guests Elisabeth and Alan Doft, and Elaine Wolfensohn.



Host and cancer survivor Stacey Sager of Channel 7 Eyewitness News.



Guest of Honor Sherry Cohen and her family (left to right) Beatrice Milberg, Beckie Cohen, and Neil Cohen.

SAVE THE DATE: 12TH ANNIVERSARY BENEFIT

Celebrate with hundreds of Sharsheret friends on Sunday, May 4, 2014, at our 12th Anniversary Benefit. Join us at the Marriott at Glenpointe in Teaneck, New Jersey, and meet this year's honorees, Blair Muss and Batya Paul. The event will also feature a silent auction, showcasing valuable gift packages, electronics, jewelry, Judaica, and fine dining and gift certificates. Visit www.sharsheret.org/benefit or call 866.474.2774 for reservations.

More than 500 friends joined us for last year's celebration, featuring honorees Drs. Gila Leiter and Tammy Bryk.



Benefit co-chair Alissa Zagha and her husband Sam.



Guests of Honor Drs. Gila Leiter (left) and Tammy Bryk.



Benefit co-chair Esther Zeidman and her husband Dov.

LIVING WITH ADVANCED BREAST CANCER OR RECURRENT OVARIAN CANCER

Living. It is the focus of all we do at Sharsheret – helping women and families living at every stage of illness from the risk of diagnosis to advanced breast cancer or recurrent ovarian cancer. Through our Embrace[™] program, support includes monthly teleconferences with medical experts and professionals, oneon-one telephone calls with clinical staff, and personal support from other women also on a cancer journey.

Susan shares the difference Embrace has made in her life.

People in my family are diagnosed with heart disease, not breast cancer. So how was I so lucky to be diagnosed with metastatic breast cancer right out the door? I don't know. The question that remained was how was I going to get through this with any modicum of sanity and serenity?

My family certainly didn't understand. In fact, they didn't want to understand. They prefer to think that I am going to live forever. My friends were better, but even they didn't really get it. How can you comprehend a diagnosis that means continuous treatment and anxiety, without actually going through it yourself?

I tried several organizations for assistance; all of them had good things to offer. But it wasn't until I found Sharsheret that I felt I had come to my emotional home. Monthly telephone support group calls via the Embrace group, one-on-one counseling, incredibly useful resources such as the survivorship kit; I don't know how I could do cancer without Sharsheret. It's been the staff and the other cancer thrivers I've met through Sharsheret who have been getting me through this ordeal day by day.

I don't know what's going to happen in the future, but I do feel a great deal of comfort knowing Sharsheret will be with me along the way. Years ago I heard a quote that humans are a prayer from G-d. Sharsheret is a big part of that prayer for me. And I can't thank them enough.

Email info@sharsheret.org to learn more about our Embrace program.

RESPONDING TO OVARIAN CANCER IN OUR COMMUNITY

Approximately 22,000 new cases of ovarian cancer will be diagnosed in the United States during 2014, according to the American Cancer Society. For Jewish women of Ashkenazi descent who carry a BRCA gene mutation, the lifetime risk of developing ovarian cancer may be as high as 42%. Sharsheret is committed to empowering women at risk and those living with and beyond their illness.

Sharsheret's Ovarian Cancer Program has reached more than 700 women and families with educational materials, symposia, teleconferences, and one-on-one support from Sharsheret clinicians or peer supporters. We present at national medical and Jewish conferences, educating health care professionals "The support we, as Jewish breast and ovarian cancer survivors, receive from Sharsheret has made our journey so much easier. You have kept us strong." – Harriet

Help Sharsheret spread the word so every Jewish woman at risk for ovarian cancer shares Harriet's strength in the face of illness. Become Sharsheret ambassadors – distribute our brochures in your community or order resource information for local health care meetings. No effort is too small, and every action has meaning. Email info@sharsheret.org to become a volunteer.

and others about the unique needs of Jewish women. If you are living with ovarian cancer, Sharsheret can help. To join our Ovarian Cancer Program and receive support and resources tailored to your needs, email info@sharsheret.org.

NOV ON X

Did You Know that Sharsheret now offers family conference calls through the Genetics for Life[®] program?

If you are BRCA+ or have a family history of cancer, Sharsheret can facilitate a conference call with your family members to discuss the proactive steps you can take. For more information, contact us at info@sharsheret.org.

B'NAI MITZVAH CELEBRATIONS WITH MEANING

Sharsheret is not the only one celebrating a Bat Mitzvah this year. As we look toward the future, we do so alongside some remarkable young adults who included Sharsheret in their Bar or Bat Mitzvah celebrations. Organizing Sharsheret Pink Shabbats®, pink challah baking, walk-a-thons, and dance-athons, these young adults enhanced the meaning of their milestone events by raising cancer awareness and support for Sharsheret. Visit www.sharsheret.org to learn more about sharing your celebration with us.







Arielle Ashkenase (Haworth, NJ)



Evan Feuerman (Columbia, MD)



Mara Gilbert Sydney Gold (East Northport, (New Orleans, LA) NY)

(New Rochelle,

Hadassah Grimaldi NY)

(Coral Gables, FL)









Yasmin Sokol









Audrev Singer



Maya Wind (Teaneck, NJ)



Kayla Wolfson (Miami Beach, FL)

(Dresher, PA)

Carly Spike

Photo not available: Shira Held (Clifton, NJ)

2013 SHARSHERET JEWELS

Legacy. Our mark on the world. The story we leave behind for the generations. Sharsheret's Jewel program offers an opportunity to share the legacy of a loved one by making a major gift in their honor to support Sharsheret's "chain" of programs and services. Work closely with our staff to identify how your gift will be directed - whether prompted by a specific funding need or by an area of particular meaning to you. To learn more about establishing your Jewel, email info@sharsheret.org.





RESPONDING TO "JEWISH GENES" IN THE NEWS

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Media attention surrounding breast cancer gene (BRCA) mutations was widespread this year, including celebrity headlines and a landmark decision by the United States Supreme Court. At Sharsheret, BRCA is not simply a passing headline. With a 1 in 40 chance of carrying the BRCA gene mutation, compared to 1 in 345 in the general population, Jews of Ashkenazi descent live with the increased threat of hereditary breast cancer and ovarian cancer every day. Our Genetics for Life[®] program serves more than 20,000 women and families through national teleconferences, a peer support network, and educational materials.

To learn more about the risk of hereditary breast cancer and ovarian cancer and our Genetics for Life program, call 866.474.2774 or email info@sharsheret.org.

GET CONNECTED

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