



SHARSHERET[®]
Your Jewish Community Facing Breast Cancer

November 2012

HOW WE HELP

GET INVOLVED

DONATE

ORDER YOUR CUSTOMIZED SURVIVORSHIP KIT!



Are you a breast cancer survivor? Join Thriving Again, our new comprehensive survivorship program. The program offers a customized Survivorship Kit with a tailored survivorship care plan, choice of cookbook and fitness DVD, as well as articles and resources relevant to your individual concerns. [Click here](#) to order your free kit today. If you're a healthcare professional, [click here](#) to order a sample kit and learn how Sharsheret can support your efforts to meet the Commission On Cancer's new survivorship guidelines.

STUDENTS ON CAMPUS "HAVE THE TALK"



Thank you to our Sharsheret campus leaders for coordinating an incredibly successful Have The Talk Day on November 28th at Boston University, Rutgers University, and University of Illinois, Urbana-Champaign. Hundreds of students were educated about the increased risk for hereditary breast cancer, ovarian cancer, and related cancers in Jewish families. Check out our [Have](#)

NEW FINANCIAL HEALTH PROGRAM

If you are concerned about insurance coverage, disability, and general financial issues associated with your cancer treatment and recovery, contact Link Program Coordinator [Adina Fleischmann](#) for information on our new financial health program. This program will help you take control of your financial well-being during and after a health crisis. [Watch the live recording](#) of our recent roundtable discussion, "Taking Control Of Your Financial Health During And After A Health Crisis," for tips from experts in the field on insurance coverage, social security and disability rights, and financial planning. This program is made possible with generous support from [The Jewish Women's Foundation of New York](#).

TRAINING TELECONFERENCE FOR PEER SUPPORTERS

Whether you have already enjoyed the rewarding experience of serving as a Sharsheret peer supporter or are still waiting for your first Sharsheret match, please join us on **Wednesday, January 9, 2013, 8:30-9:30 p.m. (EST)**, for our free **Link Training Teleconference**. During the teleconference we will offer guidelines for serving as a peer supporter, resources to share with other women facing breast cancer and ovarian cancer, and a role play simulation. The teleconference will conclude with a question and answer session during which we will address many of your questions about serving as a peer supporter. To register for the teleconference today, please call 866.474.2774 or e-mail

The Talk video to find out how you can get involved! This program was made possible with generous support from the Jewish Women's Foundation of Metropolitan Chicago, Boston Jewish Community Women's Fund, Jewish Federation of Northern New Jersey, The Family of Itza and Abe Stern, and The Gorlin Family Foundation.

GIVE TEAM SHARSHERET A "TRI"



Are you an aspiring athlete and dream of completing a triathlon, or an experienced athlete who didn't get a slot in the lottery?

Join Team Sharsheret at the Aquaphor New York City Triathlon on July 14th for the most meaningful competitive experience of a lifetime! We have individual and relay slots so you can train and race with friends in support of Sharsheret's national programs for Jewish women and families facing breast cancer and ovarian cancer. We'll even fly you to NY for the race if you live outside of the NY metropolitan area.

As a member of Team Sharsheret, you'll receive:

- Race gear
- Coaching
- Training courses in the NY metropolitan area
- Virtual training for athletes outside of the NY metropolitan area
- Personal fundraising page

E-mail athletes@sharsheret.org for more information and to join Team Sharsheret today!

SUPPORT SHARSHERET IN 2012

Help us connect more women, support more families, and educate more communities with a year-end gift. Your continued and meaningful contributions ensure that we provide the highest quality of tailored care to Jewish women and families facing breast cancer and ovarian cancer nationwide. Give your year-end gift today. Thank you for your support!

teleconference@sharsheret.org.

BAT/BAR MITZVAH CELEBRATIONS



Many young women and men preparing for their Bat or Bar Mitzvah find it meaningful to initiate a Mitzvah project, contributing to the community and helping others as they become a young adult. Thank you to B'not Mitzvah **Caroline Adler**, pictured left (Tenafly, NJ) and **Shira Mammon** (Thornhill, ON) for including Sharsheret in their celebrations and choosing a Sharsheret Bat Mitzvah Project. E-mail Program Manager and Campus Liaison **Ellen Kleinhaus** to plan your Sharsheret Mitzvah Project.

SHARSHERET IN THE NEWS

Read the latest media coverage highlighting our national programs:

- Sun Sentinel
- The Jewish Week
- Elvis Duran And The Morning Show
- NY Post
- The Jewish Star
- Baltimore Jewish Times
- Kveller
- Atlanta Jewish Times

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