



## **SHARSHERET UPDATE: APRIL 18, 2005**

### **WEBCAST OF SURVIVORSHIP SYMPOSIUM NOW AVAILABLE ONLINE**

You can now access a free webcast of Sharsheret's recent symposium, **“Surviving Young: Life After Breast Cancer,”** recorded at Weill Medical College of Cornell University on April 12, 2005. To access the webcast online through July 14, 2005, please visit our website, [www.sharsheret.org](http://www.sharsheret.org), and click on the Upcoming Events window. The webcast will be of interest to breast cancer patients, survivors, family members, and health care professionals.

The symposium addressed the concerns of young women who have completed treatment for breast cancer, including:

- How often should I be screened after surgery and treatment?
- What are the effects of surgery and treatment on fertility and intimacy?
- Where can I access information about proper nutrition and exercise post-treatment?
- How can I manage the anxiety I feel about the possibility of recurrence?

“Surviving Young: Life After Breast Cancer” was funded by a generous grant from UJA-Federation of New York, and was sponsored in part by Fertile Hope and Weill Medical College of Cornell University. This program was also presented in partnership with the Lance Armstrong Foundation, dedicated to providing the practical information and tools cancer survivors need to live strong.

### **SHARSHERET TO PRESENT AT SUSAN G. KOMEN BREAST CANCER FOUNDATION CONFERENCE**

Sharsheret was selected to present the results of its recent outreach efforts targeting underserved Hasidic women at the Susan G. Komen Breast Cancer Foundation’s national conference in Washington, D.C. on June 6, 2005. With a generous grant from the Greater New York City Affiliate of the Komen Foundation in 2004, Sharsheret produced culturally sensitive resource materials and coordinated outreach events addressing breast health and breast cancer among Jewish women. Sharsheret will summarize the results of the program and its implications for future outreach efforts in underserved communities. For more information about the national Komen Foundation conference June 5 - 7, visit [www.komen.org](http://www.komen.org).

## **SHARSHERET AWARDED PRESTIGIOUS GRANTS IN SUPPORT OF BREAST CANCER PROGRAMS**

Sharsheret is the recent recipient of a prestigious STEP grant from **The Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation**. This is the second grant awarded to Sharsheret to continue its education and support initiative targeting underserved Hasidic women facing breast cancer in the New York metropolitan area. With the 2005 STEP grant, Sharsheret will produce culturally sensitive health information materials and summer outreach events in the Catskill Mountains addressing the unique concerns of Jewish women facing breast cancer.

Sharsheret was also awarded a generous grant from the **Lance Armstrong Foundation (LAF)** to support the recent symposium, "Surviving Young: Life After Breast Cancer." With support from LAF, Sharsheret will educate and empower thousands of young women who have survived breast cancer, their family members, and health care professionals with information and resources presented at the symposium and the national webcast, available online at [www.sharsheret.org](http://www.sharsheret.org).

## **ANNUAL BENEFIT LUNCHEON**

Join us on **Sunday, May 15, 2005** as we "Honor the Women Who Have Touched Our Lives" at Sharsheret's **Annual Benefit Luncheon** (Sheraton Meadowlands – East Rutherford, New Jersey). Share this special day with your mother, sisters, daughters, and friends as we thank our loved ones and recognize the meaningful contributions of Founding Board Member **Dr. Karin Katz**. **Mrs. Dena Feigenbaum** will be the inaugural recipient of the Lisa Altman Volunteer Tribute Award. Benefit Chairs Mrs. Audrey Lookstein and Mrs. Nikki Sausen will deliver greetings. The Benefit will also include a silent auction, video presentation, and an introduction to new Sharsheret programs supporting Jewish women facing breast cancer nationwide. For Benefit reservations and sponsorship opportunities, please call Sharsheret toll-free (866) 474-2774.

## **BREAST CANCER BOOKLETS NOW AVAILABLE IN YIDDISH**

Sharsheret's new booklet series, "**Breast Cancer and the Jewish Woman**," is now available in Yiddish. "Breast Cancer Genetics and the Jewish Woman" and "Facing Breast Cancer as an Orthodox Jewish Woman" were developed and translated by Sharsheret with the generous support of the **Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation**. To order booklets in English or Yiddish, please call toll-free (866) 474-2774.

## **OF INTEREST TO YOUNG WOMEN**

Continuum Cancer Centers of New York and the Jewish Community Center of Manhattan will sponsor "**Spa Day for Women with Cancer: A Free Day of Pampering**

**and Renewals,”** May 22, 2005, 9:30 a.m. – 3:15 p.m. at the Jewish Community Center in Manhattan. For registration and more information, please call (212) 523-7082.

On June 5, 2005 more than 700 communities worldwide will celebrate the **Annual National Cancer Survivors Day**. On this day, breast cancer organizations will honor cancer survivors who are living with and beyond breast cancer. It will also be a day to recognize the contributions of families, friends, health care providers, and researchers.

Two Sharsheret Links are currently writing an independent book intended to provide families and friends the necessary tools to support women facing breast cancer. The authors would welcome any information or anecdotes you may have from your own personal experiences and will provide a questionnaire to complete. For more information, please call (201) 816-7363 or e-mail [yzelenka@yahoo.com](mailto:yzelenka@yahoo.com).

### **SHARSHERET IN THE JEWISH COMMUNITY**

Executive Director Rochelle Shoretz was the guest speaker at a “**Week of Healthy Living: Breast Cancer Awareness Day**” presented in April 2005 by Jewish Family Services of Tidewater in Virginia Beach, Virginia.

Sharsheret was introduced at the Sephardic Bikur Holim’s **Women’s Health Luncheon**, March 2005 in Brooklyn, New York.

Sharsheret recently completed a **national mailing** of Sharsheret’s brochures and booklets to more than 11,000 health care professionals, cancer centers, Rabbis, Jewish organizations, and Mikvaot for distribution to young women and their families affected by breast cancer.

Sharsheret materials were recently distributed at:

- **Ma’yan Seders**, April 2005 at South Street Seaport and the Jewish Community Center in New York City.
- Kingsbrook Jewish Medical Center and Judges and Lawyers Breast Cancer Alert Seminar, “**Breast Cancer Update: Are You At Increased Risk?**,” April 2005 in Brooklyn, New York.
- Hillel at Kent State’s **Women’s Expo**, April 2005 in Kent, Ohio.
- West Side Jewish Center lecture, “**Genetic Screening for Breast Cancer Genes in the Jewish Community**,” March 2005 in New York City.

### **SHARSHERET IN THE HEALTH CARE COMMUNITY**

Sharsheret materials will be displayed at the **Yoga for a Cause-Yoga Class to Benefit Breast Cancer Research**, June 4, 2005 at Thrive Yoga in Rockville, Maryland. For more information, please call (301) 294-YOGA.

Sharsheret materials will be distributed to hundreds of attendees at the **World Conference on Breast Cancer**, June 8-12, 2005 in Halifax, Nova Scotia. For more information, please call (613) 549-1118.

Sharsheret materials were recently distributed at the **11<sup>th</sup> Annual Komen Maryland Education Symposium**, April 2005 in Towson, Maryland.

### **OUTREACH EVENTS**

Parlor meetings are wonderful opportunities for Sharsheret to reach women in diverse communities and to raise funds to support our outreach efforts. Our most recent events were held in private homes in **Queens, New York** (March 2005) and **New Rochelle, New York** (April 2005). If you are interested in attending or hosting a meeting, please call Sharsheret toll-free (866) 474-2774 or e-mail [info@sharsheret.org](mailto:info@sharsheret.org).

**Sharsheret Updates are distributed bi-monthly and archived in the Newsletters section of our website, [www.sharsheret.org](http://www.sharsheret.org).**