



SHARSHERET UPDATE: SEPTEMBER 30, 2005

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SHARSHERET TO PRESENT NATIONAL SYMPOSIUM ON HORMONES AND BREAST CANCER

Sharsheret will present the Symposium **"Hormones and Breast Cancer: Through Treatment and Beyond"** at Mount Sinai Medical Center in New York City on Monday, November 7, 2005, 6:00-8:00 p.m. The Symposium will also be accessible via webcast nationwide. The event will attract breast cancer patients, their families, and health care professionals to address concerns about the effects of hormones on women diagnosed with or at high risk of developing breast cancer.

Topics will include staying current on new hormonal treatments for breast cancer, managing the side effects of estrogen deprivation in breast cancer survivors, the impact of hormones during pregnancy on breast cancer, and the effect of nutrition and exercise on hormones in the body. Symposium panelists will include Dr. Ruth Oratz, an oncologist at New York University Medical Center, Dr. Gila Leiter, a clinical professor at Mount Sinai School of Medicine and an OB/GYN at The Mount Sinai Hospital, and Shera Dubitsky, M.Ed., M.A., Link Program Coordinator at Sharsheret.

"Hormones and Breast Cancer: Through Treatment and Beyond" is sponsored by a generous grant from the **Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation**. For more information about the Symposium and sponsorship opportunities, please e-mail symposium@sharsheret.org or call toll-free (866) 474-2774.

SUPPORT SHARSHERET DURING BREAST CANCER AWARENESS MONTH

There are many ways to support Sharsheret's efforts on behalf of women facing breast cancer during October, National Breast Cancer Awareness Month.

Wear Sharsheret! Order a Sharsheret T-Shirt, perfect for races and walks. Call toll-free (866) 474-2774 for more information.

Honor Sharsheret! Contribute to Sharsheret in honor or in memory of a loved one, online at www.sharsheret.org or by mail to P.O. Box 3245, Teaneck, New Jersey 07666. Donations can also be charged to your credit card by calling toll-free (866) 474-2774.

Shop for Sharsheret! The following companies will generously donate a portion of their October sales proceeds to Sharsheret:

- www.chosencouture.com - sterling silver and pink bracelets.
- www.beautycare4u.mylarbonne.com - Arbonne Swiss skin care products.
- www.thekoshercook.com - Pink Bendel Bracelets (enter the coupon code SH1836).
- Shaina Punim (718) 686-8572 - facials, waxing, and makeup in Brooklyn, New York.
- www.suffyrudman.com - "Believe," a CD by young vocalist Suffy Rudman featuring "songs for women, by women, in support of women."
- www.womanspersonalhealth.com - a collection of immediate post-breast surgery accessories and women's personal health products.
- www.dunkindonuts.com – pink donuts, 1406 Teaneck Road in Teaneck, New Jersey and 186 Elmora Avenue in Elizabeth, New Jersey.

SHARSHERET PUBLISHES NEW BOOKLET FOR JEWISH WOMEN FACING BREAST CANCER

Sharsheret will soon release a new booklet made possible by a generous grant from the Susan G. Komen Breast Cancer Foundation. The booklet, **“Facing Breast Cancer as a Jewish Woman,”** provides culturally-sensitive information about breast cancer and the support available to all Jewish women. Other booklets in the Sharsheret Booklet Series include “Breast Cancer Genetics and the Jewish Woman” and “Facing Breast Cancer as an Orthodox Jewish Woman.” To order free booklets, please visit our website www.sharsheret.org and click on “Request Information” or call toll-free (866) 474-2774.

SHARSHERET LAUNCHES EMBRACE PROGRAM AND FAMILY FOCUS

In time for National Breast Cancer Awareness Month, Sharsheret will launch two new programs.

Embrace, a Quality of Life Program, was designed to meet the unique needs of young women living with advanced or metastatic breast cancer. Embrace offers program participants individual counseling sessions by phone with Sharsheret's staff counselor, a telephone-based support group connecting women with health care professionals and with each other, and resources specific to women living with advanced breast cancer.

Family Focus, a program developed for caregivers, includes resource materials to guide family members and caregivers through treatment and beyond. Family members can connect with Sharsheret representatives through the "Ask Sharsheret" phone line with questions regarding the care of their loved ones.

For more information about the Embrace Program or Family Focus, please call toll-free (866) 474-2774.

THANK YOU TEAM SHARSHERET

Thank you Team Sharsheret 2005! More than 250 women, men, and children joined our Team at the Susan G. Komen Breast Cancer Foundation's Race For The Cure on Sunday, September 25th in New York City. Whether you walked the 5K or ran your first race that day, your participation was a meaningful contribution to our organization and helped raise awareness about the issues facing the young women of Sharsheret. We are proud to announce that Team Sharsheret was the 7th largest team at the Race and raised over \$12,000 for the Komen Foundation.

Please join us during Breast Cancer Awareness Month as Team Sharsheret participates in the American Cancer Society's **Making Strides Against Breast Cancer Walk in New York City's Central Park** on Sunday, October 16th. Team Sharsheret will meet at 10:00 a.m. at the 72nd Street Bandshell in Central Park. Please enter the Park at the 72nd Street and 5th Avenue entrance. Families and children are welcome.

This year, Team Sharsheret is sponsored by the following companies and organizations, who have joined us in the fight against breast cancer: **Campmor, Inc., Cohen and Company, LLC., Geller and Company, Glatt Express, Med-Pat Inc., Perry Chemical Corporation, Propane Power Corporation, Sisterhood of Congregation Kehilath Jeshurun, Stern College for Women, Surgical Monitoring Associates, Inc., Abeles & Heymann, Giftquest!, JH Darbie & Company, Leasco, Mount Sinai School of Medicine/Department of Medicine, Pediatric Occupational Therapy Services, and Ramaz Upper School.**

To order Sharsheret T-Shirts and to learn more about forming Team Sharsheret in your own community, please call toll-free (866) 474-2774.

OF INTEREST TO YOUNG WOMEN

FORCE (Facing Our Risk of Cancer Empowered) will present, **“Passing of the Torch,”** an event to raise awareness about the link between breast cancer and ovarian cancer, October 1, 2005 in Boston, Massachusetts. For more information, please visit www.facingourrisk.org.

North Shore-Long Island Jewish Health System, Department of Radiation Oncology, will present, **“Living, Learning, and Growing Together,”** a day for people living with cancer and their loved ones, October 10, 2005 in Port Washington, New York. For more information, please call (718) 470-7033 or (516) 562-2825.

SHARSHERET IN THE JEWISH COMMUNITY

Sharsheret sponsored the September 2005 symposium, **“Jewish Women and Breast Cancer: Diet, Prevention, and Complementary Approaches,”** presented at the JCC of Greater Washington in Rockville, Maryland and organized by Sharsheret volunteer, Nira Berry.

Executive Director Rochelle Shoretz was a guest speaker at the seminar **“Cancer and the Jewish Woman,”** presented at the Katz JCC in Cherry Hill, New Jersey in September 2005.

Executive Director Rochelle Shoretz will introduce Sharsheret at the seminar, **“Breast Cancer: Educating the Jewish Woman,”** to be presented at the Fair Lawn Jewish Center November 15, 2005, in Fair Lawn, New Jersey. For more information, please call (201) 796-5040.

Sharsheret materials will be distributed at the 18th Annual Bikur Cholim Conference, **“Rx Bikur Cholim: A Prescription for Life,”** November 13, 2005, in New York City. For more information, please call (212) 399-2685, ext. 229 or ext. 212.

SHARSHERET IN THE HEALTH CARE COMMUNITY

The **Philadelphia Affiliate of the Susan G. Komen Breast Cancer Foundation** honored Executive Director Rochelle Shoretz in September 2005 for her outstanding work nationwide in the fight against breast cancer.

Sharsheret materials will be distributed at:

- The **Breast Cancer Walk and Festival**, October 10, 2005, in Corona, California.
- A breast cancer awareness event sponsored by the **Women’s Economic and Business Society at Rutgers University**, October 12, 2005, in New Brunswick, New Jersey.
- The Chemotherapy Foundation Symposium, **“Innovative Cancer Therapy For Tomorrow,”** November 2-5, 2005, in New York City. For more information please visit, www.mssm.edu/tcf.

- Memorial Sloan-Kettering/MD Anderson Cancer Center, **Sixth Annual International Conference on Ovarian Cancer**, November 3-5, 2005, in New York City. For more information, please call (212) 639-4975 or e-mail cmeinfo@mskcc.org.
- The **28th Annual San Antonio Breast Cancer Symposium**, December 8-11, 2005 in San Antonio, Texas. For more information, please call (210) 616-5912.

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 event was held in a private home in **La Jolla, California**. If you are interested in attending or hosting a meeting in your state, please call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

SHARSHERET IN THE NEWS

Executive Director Rochelle Shoretz will be a guest on the talk radio show, **JM in the AM with Nachum Segal**, Monday, October 10, 2005, 8:35 a.m. on 91.1 FM (NY/NJ) and on www.jmintheam.org nationwide. The show will feature Sharsheret's upcoming Symposium, "Hormones and Breast Cancer: Through Treatment and Beyond," and other Sharsheret projects to be launched during Breast Cancer Awareness Month.

Articles about Sharsheret have appeared in three publications this month, including the **Jewish Standard** (September 9, 2005), the **Jewish Voice** (September 15, 2005), and the **New Jersey Jewish News** (September 15, 2005). Since the organization's founding in November 2001, Sharsheret has been featured in more than 100 publications nationwide, including the **Jerusalem Post**, **USA Today**, and the **Wall Street Journal**.

BEST WISHES FOR THE NEW YEAR

On behalf of the Board of Directors and the staff of Sharsheret, we wish you and your family happiness and health in the New Year.

SAVE THE DATE: SHARSHERET'S ANNUAL BENEFIT LUNCHEON

Join us on **Sunday, May 7, 2006** 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. For more information about the Benefit and sponsorship opportunities, please call (866) 474-2774.

Sharsheret Updates are distributed bi-monthly and archived in the Newsletters section of our website, www.sharsheret.org.