



SHARSHERET UPDATE: DECEMBER 15, 2005

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SHARSHERET LAUNCHES NEW ONLINE FORUM

Sharsheret has launched the **Sharsheret Forum** on our website, www.sharsheret.org. The online, moderated Forum allows women facing breast cancer to post and respond to questions and concerns, and is designed to accommodate the needs of women who seek privacy in connecting with others who share their diagnosis and lifestyle. Family members and caregivers also benefit from participating in the Forum by sharing strategies with other caregivers who are facing similar challenges and concerns. Forum topics include facing breast cancer as a Jewish woman, dating and relationships through cancer, living with advanced breast cancer, and breast cancer genetics. The Sharsheret Forum was made possible with support from the **Kaminer Family Foundation**.

WEBCAST OF HORMONES SYMPOSIUM NOW AVAILABLE ONLINE

For the next seven weeks, you may access a free webcast of Sharsheret's recent symposium, "**Hormones and Breast Cancer: Through Treatment and Beyond**," recorded at Mount Sinai Medical Center. To access the webcast online through February 9, 2006, please visit 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 facing breast cancer including:

- 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
- The effect of nutrition and exercise on hormones in the body
- Psychosocial issues for young women concerned about hormones and breast cancer

“Hormones and Breast Cancer: Through Treatment and Beyond” was supported by a generous grant from the **Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation**.

SHARSHERET PUBLISHES BOOKLET FOR JEWISH WOMEN FACING BREAST CANCER

Sharsheret has published 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,” “Facing Breast Cancer as an Orthodox Jewish Woman, and “The Jewish Family Facing Breast Cancer.” To order free booklets, please visit www.sharsheret.org and click on “Request Information,” or call toll-free (866) 474-2774.

SHARSHERET LAUNCHES EMBRACE AND FAMILY FOCUS

Sharsheret has launched two new programs to enhance support for Jewish women facing breast cancer.

Embrace, a Quality of Life Program, was designed to meet the unique needs of young women living with advanced 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. Embrace is supported by a grant provided by the **State of New Jersey**.

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. The Family Focus program was made possible with the generous support of **Sherry and Neil Cohen**.

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

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 friends and loved ones as we recognize the meaningful contributions of **Reva Borgen**, Guest of Honor, and **Sharon Herenstein**, recipient of the Lisa Altman Volunteer Tribute Award. To learn more about the Luncheon and sponsorship opportunities, please call Sharsheret toll-free (866) 474-2774.

OF INTEREST TO YOUNG WOMEN

FORCE (Facing Our Risk of Cancer Empowered) will present its first Annual Conference on Hereditary Breast and Ovarian Cancer, **“Joining Forces Against Hereditary Cancer,”** February 10-11, 2006, at the H. Mofitt Cancer Center and Research Institute in Tampa, Florida. For more information, please call (866) 288-7475.

Young Survival Coalition and Living Beyond Breast Cancer will host the **Annual Conference for Young Women Affected by Breast Cancer** on February 24-26, 2006, at the Adam's Mark Hotel in Denver, Colorado. For more information, please visit www.youngsurvivorsconference.org.

SHARSHERET IN THE JEWISH COMMUNITY

Executive Director Rochelle Shoretz will be the guest speaker at the Shulamith Women’s Organization Symposium, **“Breast Health Awareness and the Jewish Woman,”** Sunday, December 18, 2005 in Brooklyn, New York. For more information, please call (718) 338-4000.

Executive Director Rochelle Shoretz introduced Sharsheret at the closing plenary of the **United Jewish Communities 2005 General Assembly**, November 2005, in Toronto, Canada.

Sharsheret materials were distributed at:

- The Teaneck Synagogues Sisterhood Lecture featuring **Bikur Cholim of Rockland County**, October 2005, in Teaneck, New Jersey.
- The Women in Judaism Forum, **“Jewish Women Changing America: Cross-Generational Conversations,”** October 2005, in New York City.
- The Annual Bikur Cholim Conference, **“Rx Bikur Cholim: A Prescription for Life,”** November 2005, in New York City.
- The Fair Lawn Jewish Center Seminar, **“Breast Cancer: Educating the Jewish Woman,”** November 2005, in Fair Lawn, New Jersey.

SHARSHERET IN THE HEALTH CARE COMMUNITY

Sharsheret materials were distributed at:

- The Greater Baltimore Medical Center Foundation's **Breast Health Colloquium for Women in the Jewish Community**, September 2005, in Baltimore, Maryland.
- The **Breast Cancer Walk and Festival**, October 2005, in Corona, California.
- A breast cancer awareness event sponsored by the **Women's Economic and Business Society at Rutgers University**, October 2005, in New Brunswick, New Jersey.
- The Chemotherapy Foundation Symposium, "**Innovative Cancer Therapy For Tomorrow**," November 2005, in New York City.
- Memorial Sloan-Kettering/MD Anderson Cancer Center, **Sixth Annual International Conference on Ovarian Cancer**, November 2005, in New York City.
- The Women At Risk Symposium, "**It's the Same But Different: Breast Cancer in Young Women**," November 2005, in New York City.
- The **Annual San Antonio Breast Cancer Symposium**, December 2005, in San Antonio, Texas. For more information, please call (210) 616-5912.

THANK YOU SHARSHERET CORPORATE PARTNERS

Sharsheret would like to thank the following companies who helped support Sharsheret in October, National Breast Cancer Awareness Month:

ChosenCouture.com, Arbonne International, The Kosher Cook, Shaina Punim, The Woman's Personal Health Resource, Inc., Dunkin Donuts, Orthodate.com, and OnlySimchas.com. Their efforts helped raise awareness about Sharsheret and the funds necessary to develop and strengthen our national programs.

For more information about becoming a Sharsheret Corporate Partner, please call toll-free (866) 474-2774 or e-mail info@sharsheret.org.

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 next event will be held in a private home in **Edison, New Jersey**, Monday, January 9, 2006. 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 was a guest on the talk radio show, **JM in the AM with Nachum Segal**, October 10, 2005. The show featured Sharsheret's symposium, "Hormones and Breast Cancer: Through Treatment and Beyond," and other new Sharsheret projects launched this Fall.

Articles about Sharsheret have recently appeared in three publications, including **The Jewish Week** (October 14, 2005 and November 18, 2005), **The Jewish Voice and Opinion** (Mid-October 2005), and **JTA** (November 17, 2005). Since the organization's founding in November 2001, Sharsheret has been featured in more than 100 publications nationwide, including **USA Today** and the **Wall Street Journal**.

SHARSHERET'S NEW HOME

It is with great excitement that we announce that Sharsheret has moved to new headquarters. Please note our new phone number: (201) 833-2341 and address: 1086 Teaneck Road, Teaneck, New Jersey 07666. We thank all of the Board members, staff, and volunteers who helped facilitate this successful move.

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