



SHARSHERET UPDATE: MARCH 19, 2008

OUR VOICES: SPOTLIGHT ON SHARSHERET LINK CAROL MALLISON



Sharsheret has meant the world to me. Five years ago, I was diagnosed with breast cancer at age 39 and was single and devastated. How could this happen to me? Who gets breast cancer at that age? At the time, I thought there were no other women who were survivors in my situation. A young Jewish breast cancer survivor who I had a chance meeting with at a lecture suggested that I call Sharsheret. I checked out the Sharsheret website and called almost immediately. The staff at Sharsheret were a wealth of information to me. Just like any other single Jewish woman my age, I wanted to know about working, dating, and having a family after surviving breast cancer. Sharsheret connected me with several different Links who had gone through similar experiences. I was not alone in my experience anymore. Each of the Links I spoke with took their time and answered all my questions, whether it was about what they had experienced when they searched for a job or about the possibility of adopting a child. Knowing that each Link I had spoken with had been through a similar situation, had similar desires, and set goals they had actually achieved after breast cancer, gave me enormous hope. Now I could do the same thing. I would not only survive breast cancer, but strive for the goal of reaching my dreams. By nature, I like helping people in whatever way I can, so it was a natural for me to become a Link for Sharsheret. I was delighted at the possibility of helping someone else, but I was a little nervous about whether I would be able to do it. Would I know the right things to say? Sharsheret's Link Training Teleconference and training manual for Links put my mind at ease. Afterwards, I had several lovely conversations with single women

who were undergoing treatment for breast cancer. Whether they were concerned about chemo, temporary hair loss, or radiation treatments, they could ask me what I had been through and amazingly it seemed to ease their worries. I found the experience of being a Link tremendously rewarding. It truly made my day each time someone said it made them feel better to have spoken with me.

The beauty of being a Link is that the person on the other end of the phone can feel free to express their mind freely, because the Link understands. The Links can never meet or they can become friends. I have had both experiences. One of my Links and I became friends, but whether or not that happens, it is still a really special experience.

Empower [a Sharsheret program for single Jewish women facing breast cancer]

Teleconferences were amazing experiences to me as well. I found that sitting in the safe comfortable environment of my home, I could concentrate on informed/expert individuals who were speaking on issues such as, dating or other topics that were really important to me. It gave me the opportunity to take notes, formulate questions for further research, and use the knowledge that I gained. One of the great features of the teleconferences is that everyone can still read the transcripts later on at their leisure on the Sharsheret website.

The very best thing about Sharsheret is knowing there is always someone to turn to who will listen and who knows what you are going through because they, too, have gone through it. No young breast cancer survivor ever needs to feel alone no matter what turns life takes.

SHARSHERET SYMPOSIUM TO ADDRESS GENETICS AND THE SEPHARDIC JEWISH WOMAN

Sharsheret and the Sephardic Community Center will present the symposium, "**Genetics And The Sephardic Jewish Woman: Understanding Our Past, Guarding Our Future,**" Wednesday, March 26, 2008 at the Sephardic Community Center, 1901 Ocean Parkway, in Brooklyn, New York. Geneticist Dr. Harry Ostrer, Oncologist Dr. Ruth Oratz, and Sharsheret Executive Director Eillene Leistner, will discuss new research on genetic susceptibility for Jewish women of Sephardi descent, breast cancer surveillance recommendations for all women, and support options available to Jewish women and their families facing breast cancer. Sharsheret will produce a DVD taping of this important event for those who may be unable to attend in person, and will post a transcript of the event on www.sharsheret.org.

This symposium was made possible with generous support from the Greater NYC Affiliate of Susan G. Komen for the Cure.

For reservations, please call Sari Setton at (718) 954-3140 or Linda Eber at (718) 954-3155. For more information about Sharsheret symposia, please e-mail events@sharsheret.org or call toll-free (866) 474-2774.

SHARSHERET SUPPORTS GROUP LAUNCHED IN DALLAS

The Jewish Family Service of Dallas, Texas will launch their new **Sharsheret Supports** Group for Jewish women living with breast cancer on Monday, March 10, 2008. Shera Dubitsky, M.Ed., M.A., Sharsheret's Clinical Supervisor, will co-facilitate two breast cancer support groups for breast cancer patients, survivors, their families, and friends. Ms. Dubitsky will also meet with the staff and Board of Directors of the Dallas Jewish Community Center to provide facilitator training and discuss Sharsheret's programs and services available to Jewish women and families facing breast cancer in their community. For more information, please call Beth Broodo at (972) 437-9950.

To learn more about bringing **Sharsheret Supports** to your community, please e-mail info@sharsheret.org or call toll-free (866) 474-2774.

SHARSHERET ON CAMPUS

Sharsheret is partnering with universities across the country in an effort to raise awareness about breast cancer. Educating college students about breast health and the impact of breast cancer on Jewish women will help to save lives, as young women learn about the importance of early detection.

Sharsheret would like to thank:



AEPhi at SUNY Plattsburgh (Plattsburgh, New York) for participating in the Macy's Shop For A Cause event on behalf of Sharsheret and for organizing a coin drive and pancake breakfast in support of Sharsheret.



AEPhi at George Washington University (Washington, DC) for organizing a candy sale to benefit Sharsheret.

- **AEPhi at University of Connecticut** (Storrs, Connecticut) for organizing a Kick for Kids sports tournament in support of Sharsheret.
- **AEPhi at CW Post College** (Brookville, New York) for organizing a bake sale to benefit Sharsheret.
- **Hillel at the University of Pittsburgh** (Pittsburgh, Pennsylvania) for organizing a Boutique for Breast Cancer silent auction to benefit Sharsheret.

For more information about bringing Sharsheret to your school's campus, please e-mail info@sharsheret.org or call (866) 474-2774.

SAVE THE DATE: SHARSHERET'S ANNUAL BENEFIT LUNCHEON



Save the date, Sunday, May 18, 2008, for Sharsheret's **Annual Honor Your Loved Ones Benefit Luncheon** at the Marriott at Glenpointe in Teaneck, New Jersey. Share this special day with friends and loved ones as we recognize the meaningful contributions of **Rifky Atkin**, Guest of Honor, and **Sirena Silber**, recipient of the Lisa Altman Volunteer Tribute Award. Benefit Co-chairs (pictured left to right) **Alissa Zagha, Sharon Herenstein**, and **Joyce Austein** welcomed Benefit committee members at the Pink Drinks Benefit Kick-off events in Teaneck, NJ and in Lawrence, NY.

For Benefit reservations and sponsorship opportunities, please e-mail events@sharsheret.org or call (866) 474-2774.

OF INTEREST TO YOUNG WOMEN

The Leukemia and Lymphoma Society and I'm Too Young For This! will co-present **"OMG: A Cancer Conference For Young Adults,"** Thursday, April 10, 2008 at the Marriott Marquis in New York City. For more information, please e-mail Karen.Demairo@lls.org or call (631) 752-8500, ext. 12.

SHARSHERET IN THE JEWISH COMMUNITY



Executive Director Eillene Leistner (pictured on right) with volunteers Amy Winiker (center) and Rachel Podell, hosted a Sharsheret exhibit booth at the **Limmud NY** conference in Ellenville, New York.



Sharsheret volunteers Sari Stein (left) and Adrienne Burgher at the Areyvut **B'nai Mitzvah Fair** in Tarrytown, New York.



Executive Director Eillene Leistner presented with (left to right) Tzippi Eckstein, Renee Stein Goetz, Dr. Stanley Waintraub, and Dr. Ariella Noy at **Genes, Gender, and Jews: What Men and Women Need to Know About Cancer Prevention, Detection and Treatment** at Congregation Beth Sholom in Teaneck, New Jersey.

Founder Rochelle Shoretz introduced Sharsheret at the United Jewish Communities **Young Leadership Conference** in Washington, DC. For more information, please e-mail amy.rosen@ujc.org.

Director of Operations Elana Silber will present a **Breast Health Awareness Evening** for teens and their mothers, Wednesday, April 9, 2008 at HAFTR high school in Cedarhurst, New York. For more information please call Miriam L. Wallach (516) 569-6352 or Dr. Ditzza Berger (516) 569-3807.

Sharsheret materials will be distributed at:

- Plaza Jewish Community Chapel Annual Bereavement Conference, "**Body and/or Soul: Judaism on the Afterlife**," March 27, 2008 in New York City. For more information, please visit www.plazajewishcommunitychapel.org.
- Alpert Jewish Community Center workshop, "**Knowledge Is Strength: Free Cancer Awareness Education for Yourself, Your Children, and Your Grandchildren**," April 10, 2008 in Long Beach, California. For more information, please e-mail yplacencio@jewishlongbeach.org or call Yolanda Placencio at (562) 426-7601, ext. 1314.

SHARSHERET IN THE HEALTH CARE COMMUNITY



Sharsheret In The Health Care Community

Executive Director Eillene Leistner hosted a Sharsheret exhibit booth at the SASS Foundation for Medical Research **Women's Cancer Wellness Day** in New York City.



Executive Director Eillene Leistner (pictured left) with Sharsheret volunteer Suzanna Breit (center) and friends at the Sharsheret exhibit booth at the Young Survival Coalition and Living Beyond Breast Cancer **Annual Conference for Young Women Affected by Breast Cancer** in Jacksonville, Florida.

SEMA HELLER NETIVOT-SHALOM STUDENT INTERNSHIPS

Sharsheret is now accepting applications from high school juniors or seniors, college students, and social work students interested in **Sema Heller-Netivot Shalom Internships** for the spring and summer of 2008. The interns will contribute to Sharsheret's core programs supporting young Jewish women facing breast cancer. Responsibilities will include research, data entry, outreach, and project coordination. Resumes with cover letters should be sent via e-mail to resumes@sharsheret.org and should include a schedule of availability for interviews.

SHARSHERET IN THE NEWS

Articles about Sharsheret have recently appeared in:

- Jewish Week (February 8)
- JVibe (March/April Issue)

Since the organization's founding in November 2001, Sharsheret has been featured in more than 120 publications nationwide, including **USA Today** and the **Wall Street Journal**.

SUPPORT SHARSHERET



Aimee Golant Metal Art Judaica will donate a portion of the proceeds from the sale of the *Upstanding Woman Mezuzah* and the *Shin Pin/Pendant for Breast Cancer* to Sharsheret. For more information, please visit http://www.aimeegolant.com/products_mezuzot.html. To learn more about becoming a Sharsheret Corporate Partner, please e-mail info@sharsheret.org or call toll-free (866) 474-2774.



A special thank you to Lisa Rockman (pictured in pink surrounded by her family and Eillene Leistner and Rochelle Shoretz) of New York City for organizing a most successful **Morning Tea Benefit**, raising breast cancer awareness and more than \$21,000 in support of Sharsheret's national programs and services.

Mazel Tov and thank you to Bat Mitzvah **Hannah Golden** of Teaneck, New Jersey for creating and selling jewelry in support of Sharsheret. For more information about the Sharsheret Bat Mitzvah Program, please e-mail info@sharsheret.org or call toll-free (866) 474-2774.

Sharsheret would like to thank:



Jewish Community Youth Foundation of Princeton Mercer Bucks for selecting Sharsheret as a recipient of their community outreach grant. Linda Meisel (pictured left), Executive Director of Jewish Family and Children's Service of Greater Mercer County presents the grant to Sharsheret Sr. Program Coordinator Ellen Kleinhaus.



Torah Academy of Bergen County (Teaneck, New Jersey) for organizing "Real Men Wear Pink Day" in support of Sharsheret.



Rachel Schwartz and **Yeshiva University High School for Girls** (Holliswood, New York) for organizing "Pretty In Pink Day" to benefit Sharsheret.



Shevy Goldman

of **Ma'ayanot Yeshiva High School for Girls** (Teaneck, New Jersey) for organizing a cosmetics drive for *Best Face Forward*, a Sharsheret Quality of Life Program.

Ima Friend Designs for donating a portion of proceeds from the sales of *Ima Suviva* dolls to Sharsheret.

Animations Children's Toy Store, (Teaneck, NJ) for selling Sharsheret Purim Cards.

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