

MWCABC *We Are here for you!*



The MANHASSET WOMEN'S COALITION *Against* BREAST CANCER

May, 2020 Issue 5

Events & Happenings We miss you!

Our annual “Mix and Mingle” event held at Strathmore Vanderbilt Country Club has always been such a fun, casual event attended by warriors, supporters and volunteers. This amazing fundraiser has allowed the MWCABC to fund research focused on eradicating cancer and provide outreach and educational services to women in our community battling this disease. Sadly, due to the coronavirus pandemic, the MWCABC felt it was best to cancel this year’s Spring event. We miss you but we hope to see you soon!

We are very appreciative of those who worked so hard to put what was to be this year’s event together. We would also like to thank our past supporters - your generosity has enabled the MWCABC to continue the fight to find a cure and we are endlessly grateful.

Please visit our calendar on the website for future remote events and programs. Updates are also made on Facebook and Instagram.

LI2Day



The Manhasset Women’s Coalition Against Breast Cancer (MWCABC) needs your help! As many of you know “Team Manhasset” participates every year in the LI2Day Walk. Each year the LI2Day organization gives grants to coalitions on Long Island who help those with breast and other women’s cancers. Sadly, after sixteen years, the LI2Day organization will be holding their last walk. The “No Ordinary Walk in the Park”, scheduled on May 17, 2020 will be their last event. Team Manhasset has walked many miles over the years to raise money and this year due to the covid-19 pandemic, our walk will now be a virtual one. Team Manhasset could use your help by joining our fundraising team as a virtual walker and help us fundraise or you can donate to Team Manhasset. All the money the team raises goes directly to the MWCABC Outreach Program. We realize this is a very difficult time for

A Note From The MWCABC Co-Presidents

The MWCABC wants you to know we are thinking of you. We are still working behind the scenes to help those who need our support, referrals and resources. Our social and work lives may have been put on hold but breast cancer continues. We are still here, still strong! Stay safe and healthy.

**Monique & Lynn
Co –Presidents
MWCABC**

MWCABC Junior Coalition-

**NOW ACCEPTING APPLICATIONS
FOR CLASS OF 2024 JUNIOR
COALITION ADVISORS!**

We are currently in the process of looking for volunteers who are interested in becoming Class Advisors for the Junior Coalition Class of 2024. This rewarding, four-year position is open to all mothers/women guardians of current 8th-grade girls who live in Manhasset. (More details about the Junior Coalition can be found on the MWCABC website:

manhassetbreastcancer.org. For more information about the Junior Coalition and Class Advisor responsibilities, or to receive an application for the Advisor position, please contact Kristin Stevens at **kristin.stevens@icloud.com by June 15th, 2020.**

Outreach Wellness Resources in

everyone, we understand many are experiencing hardships, financial uncertainty and more. But any support you can provide will directly help women fighting breast and other cancers in our community and surrounding areas. To donate to Team Manhasset please go to <https://runsignup.com/Race/49530/Donate/zeuYcEp1QogJXg99>

**Thank you for your support.
M Koch, Team Captain**

Any questions please contact Team Captain, Monique Koch LI2day@manhassetbreastcancer.org



MWCABC OUTREACH on-line programming

**ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE
& SUPPORT PROGRAM -**

**Express your emotions
through creativity: An**

the time of Covid 19

1. **Free Listening Session with MaryAnn Jones** Certified Functional Health Coach and Smith Center trained Cancer Coach who helps clients change their habits and overcome obstacles to reaching their wellness potential. **thrivenaturally.com**.

An opportunity to share your vision of wellness, feel heard and gain some clarity about how to make your vision a reality.

2. **Dr. Anita Sadaty** Integrative Gynecology & Functional Medicine Read her Women's Wellness Articles. In her on-going series Dr. Sadaty explains many issues affecting women's health.

3. **Follow Chris Kresser on Instagram** NYT best-selling author, CEO of Kresser Institute Chris has been offering daily COVID-19 updates that are research based. His posts inspire hope and empowerment toward strengthening our mind, body and spirit during this extreme and uncertain time.

4. **Gratitude to Bliss** website, journal and APP

Developed by Lorraine Miller who says, "One of my favorite things about gratitude is that it truly is an antidote to stress."

5. **Food Resources:** These are some tried and true online resources for organic, gluten free and better brand choices.

- **Farm To Table**, Christine Borzell, Holistic Chef, Personal

Online Art Therapy Series. Join us online for an exciting journey using art to explore feelings, increase self-awareness and cope with life's challenges. Adelphi will be hosting a 4 week Online Art Therapy Workshop Wednesday's 10:00 a.m. - 11:30 a.m starting May 6th and will run until May 27th. All groups are free but registration is required.

- For information, questions, and to register, **call Angela M. Papalia, LMSW at (516) 877-4329 or email apapalia@adelphi.edu**.

**JCC'S - NANCY MARX
CANCER WELLNESS
CENTER -**

For a complete list of their virtual programs – from exercise classes to discussion groups, and more please go to:

www.sjjcc.org/programs/nancy-marx-cancer-wellness-center/for-breast-cancer-survivors/#overview

For more information contact:

Randy Hight, Director - 516-484-1545 ext. 213 or ***rhight@sjjcc.org***.

Reisa Brafman, Program Coordinator - 516-484-1545, ext. 228

Meal Preparation, 516 818-8906

- **Consciouskitchenli.com**, 100% Plant Based Food Business in Sea Cliff, Delivering Healthy Meals and Fresh Juices
- **DailyHarvest.com**, use code RE-2TR2GTL for \$25 off your first order
- **Epicured**, low fodmap/digestive friendly meals, **www.getepicured.com**
- **SplendidSpoon.com**, soups are all gluten and dairy free; they come frozen and ready to eat
- **ThriveMarket.com** organic and non-GMO brands delivered to your home

"You may not always have a comfortable life, and you will not always be able to solve all of the world's problems at once, but don't underestimate the importance you can have. Because history has shown us that courage can be contagious, and hope can take on a life of its own."

-Michelle Obama

or **rbrafman@sjcc.org**.

Join Nancy's Nourishing Kitchen in collaboration with Center for Wellbeing at Congressional Church in Manhasset for a **free** live interview/discussion held on Thursday mornings at 11:00 am, via Zoom or watch on Facebook/YouTube to discuss the importance of healthy eating. This is a lively discussion with plenty of good food ideas. For more information go to: **www.uccmanhasset.org/center-for-wellbeing**. Interested in previous discussions go to Nancy's Nourishing Kitchen website: **www.nancysnourishingkitchen.com/center-for-wellbeing**.

Northwell Health Center for Wellness & Integrative Medicine (Roslyn, NY)

-provides FREE online exercise and wellness classes.

-Visit their website **[here](#)**

It's called self love and self care!

Books & things

Prevention/Wellness

The Cancer Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz

Features 150 science-based nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects.

One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends by Rebecca Katz

A cookbook for cancer patients with more than 85 recipes featuring full nutritional analysis.

The Longevity Kitchen: Satisfying, BIG-FLAVOR RECIPES Featuring the Top 16 AGE-BUSTING POWER FOODS by Rebecca Katz

In this collection of more than 100 recipes that combine smart nutrition and superb flavor, Rebecca Katz highlights the top sixteen foods proven to fight the most chronic conditions.

Support/Hope

There's No Place Like Hope: A Guide to Beating Cancer in Mind-Sized Bites by Vicki Gerard

A book of sharing about the combined journeys of many. Imparts a real practical message of hope.

Anatomy of the Spirit: The Seven Stages of Power and Healing by Carolyn Myss

Connecting the dots between body and spirit by integrating the wisdom of several spiritual traditions.

Help for Family Members

For Kids

The Hope Tree by Laura Numeroff and Wendy S. Harpham, M.D.

Various kids describe their feelings and how they cope with their mothers' breast cancer, aimed at children 5 - 8.

For Men

Breast Cancer Husband by Marc Silver

Provides helpful tips on coping with emotions, dealing with relationship changes and becoming an active participant in his wife's care.

PSSST.... Did you know that MWCABC is a part of Amazon Smile?

Healthy Corner Contributed by- Nancy Ferraris



Chickpea and Sun-dried Tomato Salad with Feta

Ingredients:

1 can chick peas, drained and rinsed 5-6 sun-dried tomatoes, diced

1 small red onion, sliced thin

1/4 cup flat leaf parsley; chopped 1/4 - 1/3 cup extra virgin olive oil

2 Tablespoon white wine vinegar

1 Tablespoon fresh lemon juice

1 Tablespoon fresh oregano (or 2-3 tsp dried) sea salt fresh ground black pepper

feta cheese, optional

Directions:

- Make dressing by combining olive oil, vinegar, lemon juice and oregano in a bowl or jar and whisk or shake well. Season with salt & pepper.

-Combine sun-dried tomatoes, chick peas, red onion and parsley in bowl.

Toss with dressing.

-Crumble feta on salad and gently toss again.

-Tip: to take the bite out of raw onions, soak in ice water for 15 minutes. Use goat cheese or parmesan instead of feta.

Nancy Ferraris

nancysnourishingkitchen.com

nancyferraris@me.com

If you are interested in volunteering with the Manhasset Women's Coalition Against Breast Cancer, click [here](#)

Your gifts, both large and small, will help us to continue to play a leadership role in the fight against breast cancer and related diseases and enable us to provide support services to hundreds of women and their families that need our help. Together we can make a difference! [DONATE HERE](#)

Manhasset Women's Coalition
Against Breast Cancer- website



The Manhasset Women's Coalition Against Breast Cancer is a 501(c)(3) tax-exempt organization

Manhasset Women's Coalition Against Breast Cancer | PO Box 1007, Manhasset, NY 11030

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