

[View this email in your browser](#)



Growing Through It

[Connect with us](#)

[Learn more](#)

[Email us](#)

[Make a gift](#)

[Letter from the Editor](#) | [Growing Your Own Herbs](#) | [Our Events Calendar](#)
[On Giving Back](#) | [Guest Column](#) | [W2W Roundtable](#) | [Resources](#)

[A Letter From The Editor](#)

"We can't become what we need to be by remaining what we are." - Oprah Winfrey

With nature in full bloom all around us, now is the time to take stock of personal growth. This growth can come in physical, emotional, or spiritual forms. Change can mean keeping up with daily walks, being mindful during conversations, or attending your first cancer support group.

Growth does not have to be measured in

Plants need water, sun, and oxygen to rise from the dirt every spring. So what are the ingredients that help you foster growth? Personally, my ingredients include love, giving back, laughter, and nature.

No matter where you are on this journey, we recognize and honor the strength and growth of everyone in the Woman to Woman community. If you attended our spring reunion, we hope you are enjoying the herbs you planted at home among

whether or not you met a goal, either. Any step forward along your path deserves to be acknowledged and celebrated. And if you're enduring a challenge right now, how are you dealing with this obstacle differently from before? Nature also can teach us about patience. Growth takes time and an understanding of who we were, who we are in this moment, and who we strive to be.

other women walking on this same path. Keep growing, and Woman to Woman will always be here along the way as hopefully a key ingredient.



***-Nicole Theodore,
Woman to Woman
volunteer, cervical
cancer survivor and
W2W Newsletter
editor***

La Finca del Sur: The Power of Growing Your Own Herbs

During our 20th Woman to Woman reunion, urban farming experts from La Finca del Sur shared a special presentation, “All About Herbs,” which broke through myths about urban gardening. Nancy Ortiz-Surun and Stacey Ellis helped viewers understand the value in connecting with the earth and using herbs as part of a wellness practice.

“Urban farms and gardens are a tremendous resource for people who are trying to restore or maintain health,” said Nancy.

Stacey agreed with her. “Planting at home, just the action, is something that moves you away from the industrialized world,” Stacey explained.

Planting and harvesting herbs within your community is “a filament connecting us together,” Nancy added.

Woman to Woman sent out 103 herb-growing kits to those who attended the reunion. If you've been growing your own herbs, or if you have a community garden nearby, you can make this refreshing and fortifying elderflower tea!

ELDERFLOWER TEA RECIPE

1. Gather equal amounts elderflower, peppermint, and yarrow
2. Bring four cups of water to a boil
3. Add herbs to water, reduce heat
4. Allow herbs to simmer for thirty minutes
5. Strain into a quart jar, and enjoy hot or cold!

View the full [video of the reunion HERE](#) to hear more from Nancy and Stacey during our "All About Herbs" event – and get more useful garden information!

Don't Miss It: Our Events Calendar

Our monthly events calendar is now online, making it easier than ever to attend a virtual class, join a support group or book club, and get involved with our W2W community.

[Bookmark our calendar and stay up-to-date on Woman to Woman events.](#)

[We can't wait to see you!](#)

Growth In Action

Thanks to the generosity of a donor, Woman to Woman was able to send out 103 herb-growing kits to participants in the reunion – and we love seeing their progress!



Questions about our programming or resources? Please email womantowoman@mountsinai.org if you would like more information.

Sheri Sandler on giving back:

"This journey made me ask, how do I want to live?"

When Sheri Sandler first received her cancer diagnosis, speaking with other patients was the last thing on her mind. "At first it was not possible to even think about engaging," said Sheri, remembering the whirlwind of the early days of her cancer journey.

But as her new reality began to set in, and

Sheri found herself on a “lonely road,” she was craving a community, and found it in Woman to Woman. “You feel really isolated. You’re dealing with something that’s deeply personal,” Sheri said. “But everyone in the community goes through this, and even those smallest connections are magnified.”

That’s why now, Sheri gives back to the Woman to Woman community however she can. “I am an immensely grateful survivor,” Sheri explained. “If all, or part, of what I have gained as a member of this extraordinary group of women could be made available to others, I would be a happier camper.” Sharing her time, talent, and treasures with the group makes her feel understood and valued, Sheri added.



Woman to Woman's patient assistance fund is completely philanthropically funded. If you would like to support these services for future patients, [please click here.](#)

Training Your Brain to Accept Progress with Guest Columnist Emma Ehrenzeller

Emma Ehrenzeller is a certified hypnotist and the founder of [Authenticity Remastered](#). She uses hypnosis and meditation to empower communities to grow and reach their goals. Emma shared her expertise with Woman to Woman in [a series of self-hypnosis seminars](#). Below, she coaches readers through some major struggles for cancer patients: staying aware of progress, and visualizing positive changes. Here, Emma writes about training your brain to recognize positivity in scary circumstances.

If you’ve ever felt stuck in a cycle of negative thoughts, your brain’s need for safety is often more to blame than a lack of willpower or discipline. **Your brain would prefer to stay in familiar, predictable situations that feel miserable than bloom into new experiences that bring you joy.** When the brain feels like it can “predict” what comes next, it provides a sense of safety.

For oncology patients, embracing moments of progress can be a challenge, especially

because your cancer journey is unique and often non-linear. Keeping a positive mindset is challenging. Cancer patients are especially vulnerable to fear as they encounter new experiences following a diagnosis.

If you're starting a new treatment, joining a support group for the first time, or considering new ways of practicing mindfulness, your own brain can get in the way. Aiming to keep you "safe," **the brain and body pull out all kinds of self-sabotaging patterns.** Replaying negative memories and seeking out environments that trigger predictable emotions are examples. Maybe before an MRI, you exacerbate your worry by recalling a bad experience you had in a medical office. Or, instead of joining a support group, you choose to only gather with old friends who don't really understand your treatment experience.

Though the brain's need for predictability sounds like a curse, it is also a blessing. Visualizing the future you want, with a particular focus on **visualizing positive emotions instead of unpredictable outcomes**, can give your brain the sense of familiarity it needs to feel safe in new experiences. You can't predict exactly how your life will change after a diagnosis, but you can remember that you will experience moments of joy, gratitude, and connection.

Try this out for yourself: get into a meditation (search "Progressive Muscle Relaxation" on YouTube to enter this state of calm) and **imagine what reaching your goals would look, and most importantly, feel like.** For example, instead of visualizing the outcomes of a procedure, focus on the comfort and peace you can feel if recuperating while surrounded by loved ones. Or, if your goal is to be more active, imagine the sense of strength you feel following a walk on your favorite path, instead of trying to predict how often you'll be able to exercise.

Future visualization soothes your brain's need for safety by making new experiences feel predictable, helping you bloom into your goals and find fulfillment no matter what obstacles you face. -**Emma Ehrenzeller**

We Asked, We Listened: **A W2W Roundtable**

To showcase the range of perspectives in Woman to Woman, we asked three wonderful women the same question. They were kind enough to share their wisdom with us, and we're excited to pass it along to you.

Tell Woman to Woman about a way you've grown that you're especially proud of.



Tricia Clarke

Woman to Woman
volunteer

"I've moved from accepting the way things are, and simply going along with them, to appreciating and applying my own knowledge to live a life of my choosing. I'm no longer focused on 'getting through' things. I get to choose how I want to be present. "



Carly Abramson

Licensed Clinical
Social Worker

"I've really grown in my use of therapeutic approaches. Working with a range of ages, people from their 20s to their 90s, has helped me cultivate and communicate empathy in new ways. And especially over the last two years, I've seen the Woman to Woman support group become a family."



Denee Taylor

Author, minister and
cancer survivor

"I didn't think I'd ever be a published author, but I published my first book in 2013. A lot of people talk about writing books. I actually did it. I have a purpose in life, and my goal is to inspire others to find and fulfill their own."

In Case You Missed It: Resources You Can Use

Are you a part of the [Woman to Woman Facebook group](#)? If not, you're missing out on helpful resources, community questions, and valuable information. We've compiled these resources from within the Facebook group, just in case you missed them. Log in and [join the group today](#) to stay connected with the Woman to Woman community.

- For ASCO Daily News, two doctors offered advice on what dietary guidance to consider, and what you can safely skip. [Read "Doctor, what should I eat?" here.](#)
- Cancer and Careers is an organization on a mission to help you thrive in the workplace. [Sign up for the National Conference on Work and Cancer on June 24.](#)

- Talk to your doctor to find out if you're eligible for three free sessions of Breast and Ovarian Cancer Support Massage. To schedule an appointment, [please fill out the JCC Cancer Care Massage Intake Form](#) and submit it – you'll also need a note from your doctor clearing you for massage.
 - In Coping Magazine, Dr. Wendy Lichtenthal shared ten ways to find meaning through cancer. Her helpful guidance can shift your perspective during times of frustration – [read the tips here](#).
-

[We're so excited about everything we're doing in 2022.](#)

[Take a look at these stats, centered on our 2021 impact!](#)



Woman to Woman provides women in treatment and survivors of gynecologic cancer with emotional, educational and financial support; resources to promote self-advocacy; and community, strength, and hope today and for the journey ahead.



2021 IMPACT

125
Support Groups

1,951
Support Group Attendees

769
Community Members

31
Survivor Volunteers

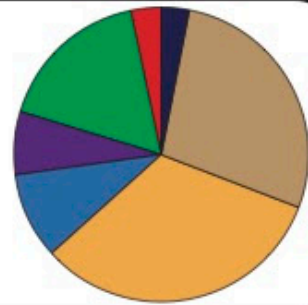
Provided peer-to-peer mentoring and emotional support via phone, text, email, video, and in-person.

VIRTUAL SUPPORT GROUPS OFFERED:

- General Support
- Newly Diagnosed
- Book Club
- Recurrent Patients
- Young Patients
- Long Term Survivors
- Covid & Cancer
- Reunions
- Latina Patients

128
Financial Support Grants Totaling
\$31,481
to Women in Need Ranging \$10-\$1,128

- Household Bills (22 Grants - \$5,301)
- Groceries (22 Grants - \$2,200)
- Mental Health (7 Grants - \$3,000)
- Medical Assistance (34 Grants - \$10,247)
- Transportation (40 Grants - \$8,733)
- Rent (2 Grants - \$1,000)
- Fertility Preservation (1 Grant - \$1,000)



We are grateful to our individual supporters and Community Partners who make this program possible:



Join our Facebook Group:
Woman to Woman-Mount Sinai

Search "Woman to Woman Program" to subscribe & view resource video library

Rachel Justus & Jillian Levinson - Program Staff Leaders
 @ www.mountsinai.org/womantowoman
 ✉ womantowoman@mountsinai.org
 📞 212-241-3793

[Connect with us](#) [Learn more](#) [Email us](#) [Make a gift](#)

Our mailing address is:
 The Mount Sinai Hospital
 One Gustave Levy Place Box 1252
 NY, NY 10029

To make a gift to Woman to Woman,
[please click here.](#)