

Courage Cancer

An Evening of Stories

Thursday, May 23

5:30–8:00 pm Cohoes Music Hall

Honoring

Stacy Fischer-Rosenthal & Richard Rosenthal

Benefitting the NYOH Community Cancer Foundation



Event Program

5:30 p.m.

Hors d'oeuvres & Small Plates, Cash Bar and Raffles

6:45 p.m.

Storytelling and Recognition of Honorees

Howard Hanna Deanna Wicklund Antoinette Lawson

Honoring Stacy Fischer-Rosenthal and Richard Rosenthal

Larry Lagace Kate Hockford



Our Mistress of Ceremonies for the evening, Johanne Morne, Executive Deputy Commissioner, NYS Department of Health

Event Details

Signature appetizers and small plates catered by Jackson Soul Catering

Try your luck winning a fun raffle basket prize! \$20 donation for an arm's length of tickets. Winners will be drawn and announced during the event.

Food, cash bar, and raffle prizes will close when the event program begins.

Photography by Fullness of Joy Photography

Video recording by One Studio, LLC

ASL interpretation provided by Kelly Decker and Karen Garofallou

Share your event photos by using the #courageandcancer2024 on social media

Thank you to our event committee!

Frances Ford Molly Renaud Eliot Sobel
Jackie Gorski Emily Rubin Dawn Vyvial
Patti Hensel Rachel Hye Youn Rupright Takara Wiles



Meet Our Honorees

Stacy Fischer-Rosenthal is a leading voice in both the luxury travel and hospitality industries. Based in Manhattan, she is currently President of Fischer Travel Enterprises, which is a premier travel and lifestyle brand for the ultra-luxury traveler. In addition, she is the President of Fischer-Rosenthal Consulting, advising numerous hotels and hospitality groups on how to best attract and retain their

clientele. With a background in financial accounting, Richard Rosenthal now works in real estate, helping individuals buy and sell their homes in Manhattan with the Friedman Rosenthal Team at Brown Harris Stevens.

Stacy and Richard are committed to giving back by supporting and advocating for numerous non-profits with meaningful missions. As a breast cancer survivor diagnosed in 2001, Stacy champions cancer awareness-raising organizations such as the American Cancer Society, the Susan G. Komen Foundation, the SASS-ARENA Foundation for Medical Research and the NYOH Community Cancer Foundation. Richard serves as a board member for youth organizations such as Ramapo for Children and Steady Buckets.

Stacy and Richard live in Manhattan. They have a son, Max.

NYOH Community Cancer Foundation Board of Directors

David Shaffer, MD, PhD, President Jill Walsh, Vice President Darci Emerich, Treasurer Lisa Anne Proskin, Secretary Susan Bradley
Arsyl De Jesus, MD
Christopher Kennedy, MBA, Immediate
Past-President



Thank You to Our Sponsors and Supporters

Novelist









Playwright











Storyteller

Elk Street Group EMCO Construction Jackie Gorski, in memory of "Big Al" Hannoush Jewelers Mirati Therapeutics

Dr. Anthony & Mrs. Deborah Monticello,
in memory of Renée Fotouhi

Narrator

Albany Med Health System
Amazing Grace Transportation,
in memory of Felix O. Amasha
Capital Security
Duncan & Cahill, in memory of
Susan Christian
Dr. Arsyl De Jesus & Jonathan De Jesus

GTM Payroll
Impact Athletic Center, in memory of
Toni Lyng
Merrill Lynch Wealth Management,
Franke Stento Mohan Group
Repeat Business Solutions
The Cooley Group

Additional Thanks

Harney & Sons Fine Teas, Honest Weight Food Co-op, Orange Theory Fitness, Ready Mix Design + Letterpress, Send Me Waffles, Stretch Zone, Teal Becker and Chiaramonte, Trader Joes Halfmoon, Upton Coffee Company, and Wolf Hollow Brewing Company



Honorary Committee

Nischala Ammannagari & Satish Kodali Sue Bradley*, in memory of Cathy Connell Danielle Brown

Jamie Brown, in honor of Larry Ward

Gabriela Cardona

Gordon Christian

Dr. Rufus Collea

Darci & David Emerich

Dr. Makenzi Evangelist & Jason Hughes

Cindy Ferrari & Bryan Thomas,

in memory of Kathleen Schrempf Kane

Frances Ford & Matthew Cirincione, in memory of Mary Ellen Ford

Mary Frances & Donald Ford, in memory of Mary Ellen Ford

Julie-Ann Fortran & James Drislane, in kind and loving memory of Rod Fortran

Janet E. Gargiulo

Ellen & Matt Gokey, in honor of George Martin Michelle Golonka, in honor of Chris Greklek

Laurie Gorman

Joanna & Alex Hamilton, In honor of all those touched by cancer, their caregivers, and care teams

Kathleen Hockford

Larry & Candy Lagace, in memory of Bart Murray

Dr. Adriana Lisinschi

Sheri & Kevin Lyons, in memory of Donna Wingate and Dr. Fred Shapiro, in honor of Jill Walsh

John T. McDonald III

Paul & Sabrina Mosseau, in honor of Howard Hanna

Michelle Ostrelich & Howard Schlossberg Marc Pellegrino, in honor of Dr. David Shaffer Albert Poirier

Lisa Proskin* & Jonathan Pierce

Dr. Mihir & Mrs. Mariah Raval, in honor of NYOH patients

Molly Renaud

Joni Richter

Rachel Hye Youn Rupright & Alexander Monticello, in honor of Dr. Jamie Flerlage

Dr. David Shaffer* & Laney Gahagan, in honor of Louise Houston Shaffer

Elliot Sobel & Beth Gordon, in honor of

Dr. Nancy Lee & Dr. Lara Dunn of Memorial Sloan Kettering

Jake & Mindy Stookey

Patricia Stott, ANP, in memory of Carolyn Samuels

Dr. Karen Tedesco & Dr. John DeFrancisco

Jason & Alecia Thompson

Congressman Paul D. Tonko, in memory of

Frances Tonko "Miss Frances"

Jill* & Michael Walsh, in honor of

Dr. Dudek and the staff at the NYOH

Patroon Creek Office

Shannon Walsh

Christine Webber & Tobey Fischer, in honor of those who live with cancer

Susan Winchell & Steve Rosenzweig, in memory of Edward C. Winchell

Terry & Doug Wingate, in honor of Jill Walsh and in memory of Donna Wingate

Dr. Mohamad & Mrs. Hana Younes

*NYOH Community Cancer Foundation Board of Directors



Meet Our Storytellers

Howard Hanna



Howard is an athlete-storyteller with a profound commitment to sharing his cancer journey and making a positive impact on his community. He serves on the Board of Directors at Cancer Connection, using his platform to advocate for cancer patients and survivors. Howard believes that meaningful stories emerge from life's trials, outdoor exploits, profound dialogues, and unforgettable

moments. As a cancer survivor himself, he is driven by the mission of fostering community support and motivating others affected by cancer to embrace life's richness to the fullest extent possible.

Kate Hockford



Kate resides in Watervliet with her husband, Mike and daughters, Shannon and Erin. She also raises two cats and two dogs. When she is not working on projects for the non-profit she founded called Night Out For You Inc., she is living her best life between treatments. Her best life includes buying plants (lots of plants!), enjoying a cold adult beverage, and reading a good book: any genre will do. She also makes friends with anyone, so beware when you start a conversation!

Larry Lagace



Larry is a proud graduate of La Salle Institute and Union College and has lived in Colonie for almost his entire life. He worked for several local engineering firms, including Mechanical Technology Inc. and General Electric, throughout his lengthy career. Larry and his high school sweetheart, Candy, whom he married, have two sons and a daughter. In their leisure time, they relish moments at their summer home outside Greenwich, NY, and escaping to the Caribbean during the cold upstate winters.



Antoinette Lawson



Antoinette is an artist, performer, published author, entrepreneur, and cancer survivor. She founded Women With Voices, a theater company based in Albany. She has other creative accomplishments, such as designing her own boutique jewelry and co-owning Union St. Bins, a retail and bin store in Schenectady, with her partner Jamiel. Misdiagnosed with colorectal cancer three years ago, Antoinette is actively in treatment and continues to

advocate for education and awareness. She sends love to her mom, who is her rock and driving force in all that she does.

Deanna Wicklund



Deanna grew up as an "Army brat" in a family where everyone was dedicated to serving our country. Her frequent changes in duty station shaped her into someone with a diverse perspective and adaptability. Deanna graduated from Arizona State University and spent most of her professional career as a graphic designer. As a result of her leukemia diagnosis in 2013, she has dedicated the last 10+ years to serving the blood cancer community in the

518. She is the president of the Wicklund Warriors, a leukemia survivor, a wife, and a mother of four. #NoOneFightsAlone

Emily Rubin



Emily is an author and writing instructor. She was treated for breast cancer in 2008. Her debut novel, Stalina (2011), was a selection in the Amazon Debut Novel Award Contest. She is a recipient of an NYSCA Literary Arts grant, the Sarah Verdone Writer's Award, a finalist in the International Literary Awards, and a Pushcart Prize nominee. She runs the Write Treatment Workshops for Mount Sinai and NYOH Cancer Centers, has lectured

at Bard College, and taught fiction for Columbia University's Narrative Medicine
Program. Rubin lives and writes in Columbia County, NY.
Learn more about Emily at emilyrubin.net



The Evening of Stories Event Committee was thrilled with the number of individuals who submitted a story to be part of this year's event. With the kind permission of these storytellers, we share some of the heartwarming stories that were not featured on stage tonight. Stories have been edited for length.



I'm a 42-year-old single mom to two boys, ages 11 and 5. I'm a daughter, sister, aunt, and friend. I've been a teacher for 17 years. I'm neither a victim nor a survivor of cancer; I'm a fighter battling neuroendocrine tumor cancer, synonymous with carcinoid cancer.

After nearly two years of hot flashes, abdominal distress, and pain, an ultrasound and MRI conducted in November 2021 revealed "enumerable solid masses, likely malignant." A game changer.

In December of that year, a hepatologist in a nearby facility ordered further testing. I can still hear the resounding "pop" during the biopsy, the smell of the room, and how cold it was. If morbidity had a feel, I felt it. Results indicated a neuroendocrine tumor. That Friday was the last day I reported to work.

I don't remember Christmas 2021. My boys were happy—that was all that mattered. In January 2022, a DOTATATE PET scan indicated the primary tumor was in my ileum with metastasis to the liver, mesentery, lymph nodes, and spine. Surgery was not an option since my liver was encapsulated with tumors. I'd likely need a transplant.

An interventional radiologist recommended a specific liver therapy but wanted to consult with a colleague first. I'm so thankful for this. In mid-January, I had an appointment at The Recanati/Miller Transplantation Institute at Mount Sinai in Manhattan. After a battery of tests, Dr. Edward Wolin, director of The Mount Sinai Center for Carcinoid and Neuroendocrine Tumors, said a liver transplant was not advised.

Instead, I began a course of injections, oral medications, and hepatic embolizations to get my liver tumors under control. After a total of four embolizations, ending in



August 2022, I regained my strength and some weight, and I'd never felt better. I returned to work full-time in September 2022.

Early on, Dr. Wolin said he couldn't promise quantity of life, but he could give me quality of life, and that he did. For that, I am forever grateful. He gave my boys their mom back. He brought life back to me. I fought for it every step of the way.

Next, we needed to work on my failing heart. On April 24, 2023, I had surgery at Mount Sinai to replace my tricuspid and pulmonic valves. Several days later, I had a leadless pacemaker "installed" in an emergency procedure and on May 3, I returned home. I graduated from cardiac rehab in August.

But that fall, my yearly PET scan and bloodwork revealed my tumors had started to grow. In November, I began four sessions of PRRT (peptide receptor radionuclide therapy), a targeted, systemic radiation to be completed by April 2024.

I'm here today because I didn't stop advocating for myself. I have a tremendous team of doctors, a support group, and a positive mindset. While falling increasingly ill, I questioned my faith in God. After a candid conversation with my priest, I now believe I was chosen for this fight because I'm one of God's warriors.

I still work full-time. Having health insurance, receiving a paycheck, and continuing to feel like I'm living a normal life is necessary. Some of us are dealt a more challenging hand than others, but I firmly believe we are given only what we can handle. I still have a good quality of life, and I plan to continue living the best life I can for myself and my kids.

The most memorable experience of this journey so far was learning to ski with my boys during the winter of 2022. Throughout their lives, they'll remember their mom gave them the gift of skiing. I look forward to a spring and summer full of hiking, fishing, bike riding, kayaking, swimming, and visiting family.

On December 17, 2021, my life became a game of chess. I'm not a pawn, bishop, knight, rook, or king. I'm the Queen, the most powerful piece and the most powerful defender in the game. I'll fight to remain standing, attacking from any direction necessary and maneuvering through any challenge with grace and intelligence. I am a fighter.



Chapter One

My husband was standing in the kitchen, and I said to him, "Your color is off. You feel okav?"

"Yes. I'm fine."

The next day, I said, "Your color is off."

"I'm fine. Leave me alone. I lost 10 pounds," he said as he pulled out the waistband of his pants to show me the gap.

The next day, he went to the dentist, who put him under lights.

"You're jaundiced."

"Yeah. My wife has been bugging me."

And that's how our cancer journey began. He was diagnosed that week with stage four pancreatic cancer that had already metastasized.

Chapter Two

My sister-in-law Rhonda called from Florida to say she would be up in 3 weeks. I told her he might not last that long, so she came the following week to visit Rod. There were ten boxes of papers and photos that we brought from her parents' house. She and Rod went through them. Holding up a photograph, she would ask Rod if he knew who the people were, and when he said no. She dumped them and other memorabilia, too. She went home with a lot of Fortran family history and saved me worry.

Soon after we buried Rod in November 2017, a soccer friend asked if he could do anything for me.

"Don't you live near the dump?" I asked.

"Yes, and I have a truck."

Our shed was filled with several broken grills and a lawn mower, among other things. This friend took all of it and more to the dump. I was so grateful to be rid of things I couldn't handle and things that bugged me when Rod was alive.

Food, cards and donations in Rod's memory were appreciated, but these two gifts from family and a friend were the most meaningful. You can't wrap or put a bow around them. Never underestimate the power of a gesture, even if it involves the dump.



Chapter Four

Once all the paperwork generated by my husband's passing was processed and the dust had settled, I sat on the couch watching a Hallmark movie and thought, this is how I'll be spending my Saturday nights. This is my life now.

Chapter Five

The summer after Rod passed, the water heater sprung a leak, and the washing machine washed its last load. Could anything more go wrong at once? In the last seven years, I've replaced the furnace, air conditioner, sidewalk, roof, and gutter covers. We always made these decisions together, and it was hard making them alone. The worst came when my sewing room flooded, and I had to learn how to catch and dispose of mice. I've painted, redecorated, and bought new furniture. And when I finished hanging pictures, a job Rod always did, I sobbed.

Chapter Six

I attended a spousal bereavement group. This forum was helpful. There was this man who had a quick wit and would always break a dark mood with a joke and a smile. He lost his wife, also to cancer, two years before me. One day, about six months after Rod passed and I was beginning to feel more like myself, I saw him in my church. I took a deep breath and asked him if he wanted to get a cup of coffee, and he said yes. I think he was annoyed with me because I wouldn't let him pay for the coffee and muffin. Over two hours we talked about walking the rail trail in the spring when the weather got better. And walk we did...and talk we did about everything: our spouses, how they passed, our kids, and our faith. We shared much as friends.

Then the fall came, and he needed a plus one for a charity event. It felt like a test. Did I know how to dress, hold a fork, chew with my mouth closed, and carry on a conversation? I must have passed the test because when he took me home, he kissed me and called me babe.

I said, "I'm sorry you have to find another name because that was Rod's name for me."

Chapter Seven

Six years later, we are still a couple. Our relationship has been mostly ups, with a few downs. We have traveled extensively. He is a CPA, so I have learned more about accounting than I ever imagined. He has gone out of his way to get me to a quilt store in Pennsylvania for a fabric fix, attended several quilt shows, and helped me put up and take down a quilt show.



Many local charity events later, I have met very interesting people, learned about the wonderful work they do, and I have a sparkly new wardrobe! We are doing things together we hoped to do with our spouses. I still miss Rod terribly. I have learned to be more open-minded, more flexible, and more patient. We are enjoying life. We are moving forward. We are enjoying life after death...



My journey started in 2022 when I was 39 years old. I'd been having terrible back pain since the previous December.

In mid-May, I was putting charts into boxes at work. When I tried to lift the box, my back pain went from a four to a nine. I'd been using a cane to walk for a couple of weeks because my right leg kept giving out. I'd never recovered my strength from the knee surgery I'd had two years earlier. Now, I scheduled a tele-med appointment with my physician for the next day.

My doctor was concerned and ordered a pelvic MRI STAT. The next morning, he called to say, "You have metastatic cancer in your hip. Unfortunately, I believe you have breast cancer."

In April, I'd called to schedule my annual visit, wanting to get some lumps checked out in my left breast. I could only get an appointment in May. At that visit, my doctor said he wasn't concerned and believed they were two large cysts, so I postponed my mammogram until the end of June. Now, I was kicking myself. I moved my mammogram appointment up, and a subsequent biopsy confirmed cancer.

When I had my visit with Dr. Dudek at NYOH, he ordered a CT scan. I woke up the morning following the scan unable to sit, walk, or stand without pain. Then Mandy called to say I needed to get to the hospital because I could become paralyzed. After further testing, the on-call doctor called for my biopsy results and confirmed I had breast cancer. A tumor had grown so large into my spinal cord that I no longer have T11 of the spinal vertebra. I had back surgery and now have carbon fiber hardware. That was the longest and scariest week of my life.

My cousin came to visit me. I asked a nurse about my tests, and she showed me the



image of the tumor. It looked like ET's finger trying to break through. To this day, my cousin and I laugh about it.

The nurse brought me a tablet so I could review my records. There, my cousin found out I have stage four cancer. I could see it in her face, the worry. That was the first time I'd seen that term. I'd never heard about metastatic cancer before. I only knew what I'd seen in movies or from people I knew who had cancer. It hit me hard. Around my 40th birthday in April, I was told there was a suspicious thyroid nodule. The doctor recommended a biopsy, which confirmed thyroid cancer. I had surgery in July and then received iodine radiation treatment. I later learned it was stage three.

In November, my life changed yet again. Not only am I a patient, but now I've become a caretaker for my mom, who was also diagnosed with breast cancer. It's a small blessing that she caught hers early, at Stage 0. I try to reassure her that this is a good thing, but she doesn't believe it. Now, I have to stay strong for both of us. We're both stubborn, so it's almost impossible at times. But I take a few breaths and remind myself not to give in.

I try to be focused on the positives in life. I'm lucky to still be able to work. My boss is amazing and supportive. He understands everything I'm dealing with because his wife is going through lung cancer. I have great health insurance, so I don't have to worry about medical bills. On my bad days, when I can barely walk because my body hurts so much, my kids jump to help me. I am grateful for NYOH, and I am lucky to have a small but dedicated and loving support group of friends and family.





In 2011, I was diagnosed with breast cancer, had bilateral mastectomies by choice, and needed no other treatment besides hormone blockers. I felt relieved and oddly excited. The diagnosis made me eligible to be part of a Breast Cancer Survivor dragon boat team! I've always loved boating—sailing, canoeing, kayaking and stand-up paddleboarding. Dragon boating looked like so much fun.

I joined Hope in the Boat, a Capital District team, in 2013. I loved dragon boating, my teammates, and competing, and I even learned to steer the boat. I was hooked! I had married my partner of 26 years, had the job I'd always wanted, a great place to live, and dragon boating. Life was good.

But life never remains the same. In late summer of 2014, during another surgery, the surgeon found tumors that indicated metastasis from breast cancer, and I might have only a few months to live.

Two days later, the surgeon came into my room and gleefully announced, "It's lymphoma!" When I asked him why he seemed so happy, he said, "Because we can treat it!"

I had an extremely rare form of lymphoma. The treatment regimen at Memorial Sloan Kettering Cancer Center (MSKCC) was grueling—six rounds of in-patient chemo requiring several drugs before each round, 96 hours of continuous IV chemo, then another chemo drug and steroids. I wasn't sure if I'd survive or if I wanted to. But by spring 2015, I was in remission.

The expert at MSKCC believed a stem cell transplant might help prevent a recurrence. Remission meant I could donate my own stem cells and have those put back in after having chemo to kill my bone marrow in an autologous stem cell transplant. I spent three weeks in isolation at MSKCC and three weeks at the NYC Hope Lodge, then finally came home. I returned to work after 51 weeks of medical leave. I have a few lasting deficits, but I've mostly managed to work around them.

However, what came out of this ordeal is really what this story is about.

When I returned to the dragon boating in 2016, I couldn't paddle as well as I wanted,



but I still intended to be part of Hope in the Boat. The team had always had difficulty finding a coach. I knew I could fill that role. In the summer of 2017, I took on that responsibility, and I've coached ever since.

I might not have done this if not for the deficits the treatment left, nor would I understand as well how to be a good guide for a team of breast cancer survivors. Hope in the Boat functioned as a sort of support group for me while I was sick. Every person on the team has known the trauma of a life-threatening illness. We've all lost family members, friends, and teammates to breast cancer.

Dragon boating is an excellent physical activity, but a 42-foot-long boat on the Mohawk River powered only by women with paddles can be scary for people anxious about being on the water. The person steering the boat is responsible for the safety of everyone in it, something I take seriously. I try to be trauma-informed about how I teach new paddlers and work with more experienced paddlers to enhance their skills. Mostly, I want to be sure everyone has fun and looks forward to coming to practices. People say they enjoy them, and we've continued to improve each year.

Every four years, a BCS dragon boat festival gathers thousands of breast cancer survivors from around the world to race in honor of those who survived and so many who did not. In 2018, in the Arno in Florence, I steered in my first international race. In 2023, a few of us traveled to New Zealand to join forces with women from the US, Canada, Italy, Argentina, and New Zealand. These festivals have been one of the beautiful gifts of surviving breast cancer.

I've survived cancer twice. I value the life I've been granted, and I value my teammates more than I can say. They feel like an extended family, and I appreciate the trust they've put in me and the friendships we share.

Cancer brought challenges, but it also brought gifts. I am still here. I do good in the world where I can. And I can proudly say I coach a fantastic team of breast cancer dragon boat athletes. Paddles up!





In August 2021 at age 41, I was diagnosed with rare, stage three triple-negative breast cancer. I found a lump, but like 75% of women, I have dense breast tissue, so I didn't panic. Because of the pandemic, I'd skipped the mammogram I'd gotten yearly beginning at 35, since breast cancer ran in my family.

On day five, the stupid lump haunting me, I saw my doctor. Ultrasound and mammogram showed abnormal tissue. Six days after my biopsy, there it was in my patient portal: positive for adenoid cystic carcinoma, which I learned mostly occurs in women over 65, attacks salivary glands in the head or neck, which appears in the breast <.1 percent of the time. Paralyzed with fear, all I could say was, "I don't want to die."

Visits with surgeons and NYOH set off a whirlwind of life-changing decisions. My final plan involved a double mastectomy with immediate implant placement— nipple-sparing if possible—and lymph node removal.

At NYOH, I saw Dr. Ammannagari along with Yassah Sim, NP, who've been amazing. Dr. A recommended chemo but no radiation since my lymph nodes were clear. After a second opinion from Sloan Kettering, the two offices formulated my chemo plan together.

Chemo, with all its dreaded side effects, made me nervous, sad, and angry. I felt guilty burdening my loved ones, who needed to care for me. The side effects started right away: no energy, taste, or hair. The symptoms of menopause crept in. I thought Why am I doing this? The answer: I'm doing this for myself, those I care for, and to show cancer who's boss. But twenty weeks of chemo and drugs put my body through hell.

I'm forever grateful and humbled by all the support I've received. Writing about my cancer journey weekly helped me vent, cry, smile, and show my vulnerability. I'll share some of these entries with you:

Week 5, during chemo treatments

Week five, you have been a complete bitch...I'm short of breath and exhausted just doing small tasks. I have to look at the big picture to motivate myself to keep going.



The thought of one more of these red-devil treatments makes me want to cry... I've had multiple moments of sadness, denial, anger and frustration this week. I will not give into cancer...When I was four or five, I'd climb on my pony, Ralph, and he'd buck me off, over and over for hours. This journey reminds me of how determined I was not to let him win. Cancer's taken so much from me and my poor body at this point...I keep reminding myself how far I've come in the past three months...With love and support from my friends and family, we're going to do this.

Week 20

I AM OFFICIALLY DONE WITH CHEMO! I'm excited, overwhelmed, and almost in shock that I'm done with this part of the journey and closer to being in remission. I'll have my PET scan and see the docs in June, and I hope to say I'm cancer free...Next, I need to exercise and get stronger before my surgery in July. I've gained 40+ pounds in steroid weight and can't wait to get rid of it!

Last night, I completed the Corporate Challenge 5K. It was a struggle, but I got through it...my work family and my beautiful daughter supported me every step of the way. This is a new beginning, with new goals and outlook on how precious life is...I believe the storm has passed and the clouds are finally clearing. This journey has made me stronger mentally, and I've learned that life is a privilege. Please remember everyone can have new beginnings...Some people don't get their tomorrow...Count your blessings every day.

Week 27

I continue to be grateful, but I'm eager to move on...I feel stronger each day and want a purpose again. Cancer survivors fight for months or years, and afterward, we can feel lost...The cancer is gone, but the worry and fear continue. I'm so thankful I've been given this new chance at life, but I'll never be the same...You don't stop to think about this until you hear "You're in remission"...I've had the greatest support and love, and I'll conquer this next step one day at a time with all of you by my side.

There's so much more to tell—reconstruction battles, scares of recurrence, goals to raise money for breast cancer patients and education, my weight loss battle, and the push to move on mentally and physically, even two years later. Cancer has left scars, but they symbolize my pain, struggles, strength, love, courage, resilience, and most of all, life.



Howard-We're incredibly proud of your courage and resilience, and we feel privileged to be part your life's journeys. We'll always be here rooting for you and supporting you every step of the way.

> With love, Mom & your big sister, Sabrina

2023 Courage & Cancer: An Evening of Stories Event Photo









SERVING OUR COMMUNITY FOR

Everything TO MAKE YOUR PLACE A HOME



KITCHEN & BATH

DESIGN CENTER

An all in one easy-to-shop and inspiring location: CABINETS • PLUMBING FIXTURES • BATHROOM VANITIES • CLOSET SYSTEMS • HARDWARE • LIGHTING AND MORE!



FREE IN-STORE KITCHEN DESIGN CONSULTATION

FURNITURE | MATTRESSES | FLOORING | APPLIANCES | KITCHEN | BATH







307 North Comrie Avenue | Johnstown, NY 12095

△ ASHLEY APPLIANCES®PLUS

4908 State Route 30 | Amsterdam, NY 12010 **RandQ.com**



There for what matters



Supporting an Evening of Stories



You mind your business, we'll keep it clean.

1988 Central Ave. Albany, NY 12205 518.456.8484



Monticello is proud to support the **NYOH Community Cancer Foundation.**



Congratulations to all of this evening's storytellers!

At Monticello, our mission goes beyond real estate sales. Over the years, we've invested over a hundred thousand dollars in our community, supporting initiatives that champion the economic vibrancy of the 518. Monticello's commitment to giving back and community investment have been a driving force since our inception. Our mission is to Love, Serve, and Innovate. We are dedicated to supporting our clients and communities with compassion and humility. Here are some of the dozens of local organizations we have supported through the years.

































































421 New Karner Rd, Colonie NY 12205 | 5511 Broadway, Saratoga Springs, NY 12866 MonticelloNYS.com | 518-396-5745



Risk Strategies, a top national specialty insurance broker, is proud to support the NYOH Community Cancer Foundation's Courage & Cancer: An Evening of Stories.

Congratulations to 2024 honorees Stacy Fischer-Rosenthal and Richard Rosenthal!



Michael Henry Senior Vice President, National Healthcare Practice p 610-293-1200 | m 610-715-9152 mhenry@risk-strategies.com

Risk Strategies. A Specialist Approach to Risk.

Property & Casualty | Employee Benefits | Private Client Services | Consulting | Financial & Wealth













A new standard in patient-first healthcare: not just being cared for—feeling cared for.

Now offering script-free screening mammograms!

At Akira, you can receive a full suite of medical imaging and support services in an environment designed to take some of the stress out of doing the things you need to do to maintain your health. Akira offers:

- · Screening and Diagnostic Mammogram
- · Breast and Pelvic Ultrasound
- Breast Biopsy
- · DEXA (Bone Density) Scan



400 Patroon Creek Blvd. Suite 104 • Albany, NY 12206 p: 518 239 5200 • f: 518 616 7200 • hello@akiracares.com

Hours of Operation: Monday - Friday • 7:00 am - 5:00 pm akiracares.com



About the NYOH Community Cancer Foundation

Our Mission

The mission of the NYOH Community Cancer Foundation is to alleviate financial hardship for community members diagnosed and living with cancer, allowing them to focus on treatment and improve their quality of life.

The Work of the Foundation

The NYOH Community Cancer Foundation provides financial assistance, patient education, and other resources to individuals diagnosed with cancer by:



Paying for rent and household bills or providing gift cards to purchase gas and groceries, we help cancer patients focus on their treatment instead of worrying about daily household stressors.



Providing free patient education and support programs to enrich the cancer journey for patients and caregivers. Our Foundation sponsors workshops, both virtual and in-person, covering topics like breast cancer, cancer and wellness, and therapeutic writing.



Distributing items such as blankets, port pillows, books for children about cancer, and patient care bags (with items such as socks, lotion, journals, etc.) for local cancer patients.

Who We Serve

Financial assistance and benefits are offered to all cancer patients receiving treatment or who have received treatment within 12 months and reside in the Capital District, as defined by Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington counties.

Our Impact

Scan the QR code to check our 2023 Impact Report.







Committed to delivering excellent health care services to help our patients continue to tell their story.



Congratulations

Stacy Fischer-Rosenthal and Richard Rosenthal

The 2024 Courage & Cancer: An Evening of Stories honorees



newyorkoncology.com

Albany • Albany Med • Amsterdam • Clifton Park • Hudson • Troy



Accelerate Your *Digital Footprint*

Superfecta Management manages your online presence, so you have time to manage everything else. From social media, content creation, and websites to consulting and brand design, we make sure you're leaving the right mark in the digital world.

superfectamanagement.com info@superfectamanagement.com





morgan linen service, inc.

Serving the businesses of the Capital Region and the Upper Hudson River Valley for over 120 years

145 Broadway Menands, NY 12204 Phone: (518) 465-3337 Fax: (518)426-1106

www.morganlinenservice.com





morgan linen service, inc.



Results that Move You.

Robert Bradley

Licensed Real Estate Salesperson (518)764-2180 bob@miucciogroup.com



Proud to support the NYOH
Community Cancer Foundation

Delivering the future of healthcare with flexible and adaptive solutions.









Inspired by this evening? Consider a donation to the NYOH Community Cancer Foundation.

The NYOH Community Cancer Foundation is a registered 501c3 and provides financial assistance, patient education, and other resources to individuals diagnosed with cancer. By paying for rent and household bills or providing gift cards to purchase gas and groceries, we help people living with cancer focus on their treatment, instead of worrying about daily household stressors.



