



Spring Newsletter



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Manager & Volunteers'
Director

To our Stand By Me family and friends,

We are happy to greet the Spring and its warmer weather!

These past few months have been very busy, as we gathered for support groups, for fun times, to celebrate Purim, and to get ready for Pesach!

Read on to hear about how your donations, support, and participation truly makes a difference in our patients' and their families' lives by providing valuable and much-needed services.



Please donate now so no one in our community faces cancer alone!

Events

An Evening with Dr. Wendy Treynor, Ph.D.

Wendy is a cancer survivor, speaker, author and social psychologist. She talked about her journey.

You can read about her work here <http://icanheal.org/blog>, or watch her videos <https://www.youtube.com/user/WendyTreynorPhD>

You can also read her book 'The Gift of Cancer' (www.giftofcancer.com).

Monthly Volunteer Meeting

We had a real treat for this month's meeting: A workshop with [Noa Shecter](#), a relationship and communication coach as well as a Stand By Me Volunteer. The title of the workshop was "**Change your thoughts; change your life.**"

We learned about improving our self-awareness in order to move out of our comfort zones, so that we can realize our potential!

Thank you, Noa!

Valentine's Day Art Class & Cards



Thank you Michal Hasson, the owner of [Fire Glass Studio](#), for having us back to create beautiful glass designs for Valentine's Day. Thank you also to Nira Gat who helped us make beautiful cards.

March Coffee Break



We invited Dr. Nira Ronen Harrington and Valentina Nir, instructors in the “Circle System,” to teach us about the power of the circle as related to Purim. The idea is to implement the method's simple and easy-to-use tools in all areas of our life, family, work, business etc.

Purim is the perfect time to explore these concepts, because it is the one day of the year that we experience role reversal and can change our essence.

Message Board

Please help us help others by spreading the word about Stand By Me. Our services are provided for free and in Hebrew and include:

Substantial Care: transportation, cleaning services, childcare, hot meals and challah delivery

Emotional Care: visitations, group therapy, psychologists, and therapists for patients and their families; social gatherings and holiday celebrations

Additional services: chiropractic treatments, aromatherapy, nutrition, acupuncture, Feldenkrais, beauty treatments and more

Thank You



[Nature Creation](#) for donating microwave heating pads & cold packs to include in Stand By Me Mishloach Manot. Nature Creation combines the benefits of hot & cold therapy with aromatherapy for pain and stress relief.

[Avani Dead Sea Cosmetics](#) for donating beauty products to include in Stand By Me's Mishloach Manot



Thank you to [Sifriyat Pijama B'America](#) for sending Purim Mishloch Manot to Stand By Me members!

Save the Date

MAY 15, 2016 | CELEBRATE ISRAEL FESTIVAL | RANCHO PARK, CHEVIOT HILLS RECREATION CENTER | 11 AM - 6 PM



05.15

11 am-6 pm



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Celebrate Israel on יום העצמאות, Israel's 68th Independence Day

The more people who buy tickets via the link below, the more funds Stand By Me will receive. Please share the information and this link with your friends and family on Facebook and via email... all sales generated through this link will result in 10% of the sales going to Stand By Me!

<https://www.Purplepass.com/?SID=StandByMeLA#130898/>

Volunteer with Us!

We need volunteers to help with:

- Visitation
- Phone calls and staying in touch with patients
- Child care / babysitting
- Driving / deliveries
- Food preparation



"No one is more cherished in this world than someone who lightens the burden of others."

Please reach out to our Volunteers' Director, Batya Levy, at: BatyaL@StandByMeLA.org

New Volunteer Orientation



[Hayuta Cohen](#), a Stand By Me volunteer, is a Registered Nurse (RN), Certified Hypnotherapist, and Medical Hypnotherapist.

She taught our volunteers about self-hypnosis - how to use it and why.

Hypnosis is a natural state, during which the conscious mind relaxes enough to minimize one's resistance to

suggestions, making it possible to bring about deep and lasting change.

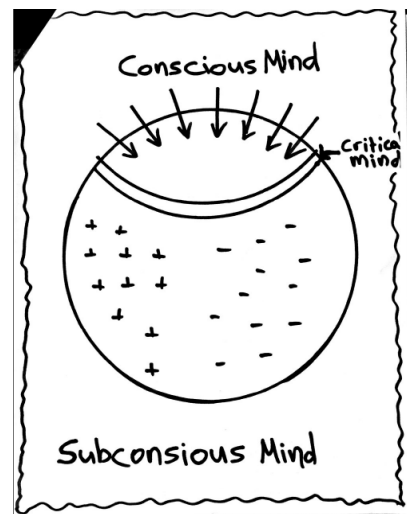
Hypnotherapy (the use of hypnosis for therapy) can help with such issues as relationships, stress, fears, anxieties, smoking, weight, pain, school, athletics, business, language, insomnia, and much more.

Hayuta works with adults and children, and she was kind enough to share her tips on how to hypnotize yourself with us:

1. Sit in a quiet, restful place.
2. Take three deep breaths (breathe in through your nose, filling your stomach with air, and breathe out through your mouth)

3. Relax the body from the soles of your feet up to your head (or the opposite)

4. Count from 10 to 1, and tell yourself that you are entering a deeper state of quiet and serenity with each number. Picture yourself entering in to a hypnotic trance.



5. After you reach number 1, say "complete serenity," or any other calming word or expression (relax, sleep, etc.)

6. Now that you are here, you can:

- Picture good things (go to your happy place, see yourself in the future after you've reached your goals, etc.)
- Give yourself positive messages

Rules for messages:

- **Positive**
- **Simple**
- **Present**

- For example, "Every day and in every way, my life is doing better."
Repeat the feedback that is the most important to you 10 times.

Good job!

Health Corner

One to remember Purim, one to look forward to Pesach!

Gluten-Free Hamentaschen

from *Edible Harmony*

Ingredients:

2 cups of almond flour
1/2 cup of coconut oil
1/4 cup of honey
6 tbsp of coconut flour
1/4 tsp of fine sea salt
1 tsp of vanilla extract
1/2 cup of favorite fruit preserve (see recipe below or use store-bought)



Preparation:

- Preheat oven to 300 degrees Fahrenheit.
- Combine all the ingredients together, except for the coconut flour and fruit preserve, using a food processor or immersion blender.
- Transfer the dough to a bowl and start adding the coconut flour while kneading the dough until you get a Play-Doh consistency.
- Put the dough between 2 pieces of parchment paper and flatten the dough with a rolling-pin.
- Make circles using a cookie cutter or the top of a glass.
- Put 1-2 tsp of the fruit preserve in the middle of each circle
- Fold the edges of the circle to make a triangle. Use the parchment paper to help you fold them. (If the dough is too soft and crumbly, try refrigerating it for 20 minutes).
- Put the oven rack 1 or 2 slots below the middle, to make sure the bottom of the cookie is baking as well.
- Bake for 12-15 minutes or until they start to turn light golden.

- Allow the cookies to cool on the cookie sheets for 3-4 minutes, then carefully transfer them to a cooling rack for an additional 10 minutes.

Optional Fruit Preserve:

1/4 cup of pitted prunes
 1/4 cup of dry apricots
 1/4 cup of raisins
 3 *deglet* dates
 1/2 cup of orange juice

*Combine all ingredients in a small saucepan.
 Simmer for 15-20 minutes over medium/low heat.
 Allow for it to cool down.
 Run it through a food processor until a jam is formed*

Tasty & Healthy Pesach Apple Cake
from Irit Shalom, a Stand By Me member

Ingredients:

1/2 C of almond flour
 4 tsp coconut flour
 1 tsp cinnamon
 1/2 tsp baking soda
 a pinch of salt
 2 apples cut in to cubes
 1/2 C coconut oil
 1/3 C honey
 4 eggs (if you do not eat eggs, you can substitute chia seeds + 3 tbs water for each egg)



Preparation:

- Mix eggs, honey, and oil
- Mix in other ingredients
- Place in oven at 325 degrees Fahrenheit for 40 minutes.

Nutrition is an essential aspect of life, especially for those whose immune systems could use a boost. In fact, nutrition for cancer patients can differ from what we usually think of as “eating healthy.” According to the National Cancer Institute, “eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.”

*Nutrition is a personal thing and one size does not fit all. Therefore, before taking any advice from the web, please make sure to **consult with your physician.***