



Winter Newsletter



Leadership and Management

Gila Milstein, President

Arik Chaim, Secretary

Dr. Daniel Lieber, Advisor

Dr. Daniel I. Brison,
Advisor

Sigal Ankri, Co-Founder
& Patients' Director

Batya Levy, Office
Manager & Volunteers'
Director

Ofra Etzion, Las Vegas
Director

To our Stand By Me family and friends,

Greetings in 2016. Wishing you all a happy and healthy civic year!

To our cherished donors and supporters, your contributions go a long way. Thanks to you we can make an immediate 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

Thanksgiving Feast and Support Group



We celebrated Thanksgiving with Stand By Me family and friends. Everyone in the group gave thanks for our everyday miracles and blessings. Of course, a celebration wouldn't be complete without food, and we were in for a big surprise - Batya prepared a feast with gourmet, organic, super-healthy food! THANK YOU BATYA!

Here's to another year of togetherness, friendship and laughter.

Hanukkah Art Glass Décor Creation



Thank you Michal Hasson, the owner of [Fire Glass Studio](#), for your enthusiasm and skill. We are so grateful that you took the time to teach Stand By Me members the use of glass in art and design as they created one-of-a-kind Hanukkah art glass

décor.

Beautiful Annual Hanukkah Party





Shiran Shpitz (center) and her staff
from Shiran's Little Gym and Kids
Entertainment



DJ Gilad Emesh



From left to right: Miri Shepher, Isaac
Shepher, Gila Milstein, Adam Milstein,
Naty Saidoff



Nira Gat (center) and friends



We had a wonderful time at the annual Stand By Me Hanukkah party!

Tremendous thanks to Rabbi Feinstein of Valley Beth Shalom for making our Hanukkah party so special by lighting the candles with the parents, children and grandchildren. We wish you good health and hope that you are able to continue leading our Hanukkah celebration for many years to come.

Thank you also to VBS' staff, especially Orit Rappaport, and to our amazing volunteers for making the event such a success! You helped us illuminate lives with your donations, talents, planning, and time.

- **Eyal Elgrably**, thank you for commemorating our events and parties!
- **Nira Gat**, thank you for helping us create the Hanukkah party's greeting card!
- **Safira Katsir**, thank you so much for all the goodies - you sweetened our Hanukkah party.
- **Yafit Saban**, thank you for leading an arts-and-crafts corner and encouraging creativity.
- **Etty Moshe**, of [Etty Party Planners](#), thank you so much for planning and creating our Hanukkah party -- you did an excellent job.
- **Shiran Shpitz and her staff Veronica and Loren from Shiran's Little Gym and Kids Entertainment**, thank you for the wonderful performance!
- **Gilad Emesh and Eytan Shimoni**, your music filled the air and made the event all the more enjoyable. Thank you!
- **Ilanit and Eli Fitlovitz**, thank you for the gift of free yogurt for all, from Menchies Frozen Yogurt!
- **Nuritte, Irit, Safira, Ruth, Tsilla, the Danino Family, Michal, and**

Oreen, thanks so much for your dedication and commitment whenever you were called upon for help.

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

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

Stand By Me Video

Ani Kore אני קורא

We are proud to have a library of 40+ wonderful books in Hebrew. Ora Liebrecht gave us the first batch and



Please watch our video from last year, which shows the vital role that Stand By Me plays in helping cancer patients and their families.

initiated the idea, and we would love to offer our Stand By Me members even more books. Please consider donating your used books to our library.

Please see [this link](#) for a large image of our collection. If you are interested in borrowing any of the books, please reach out to Batya at BatyaL@StandByMeLA.org

Good Luck to Our Patients!



Good luck to Fern who has continued her clinical trial at the University of Pennsylvania. We are all thinking about you.

To all of our members who are going through treatments - we wish you a speedy recovery.



Recommended Websites

Check out the [World Research Foundation](#), a network to help people stay informed about allopathic and alternative medicine techniques and treatments.

Health Corner

"A healthy outside starts from the inside" -- Robert Urich

Yummy and Healthy Vanilla Mousse Dessert (with upgrades if desired!)

Ingredients:

2 cups roasted cashews (*first soak in water for 6-8 hours!*)

2 tablespoons of natural honey

1 tablespoon vanilla

1/3 cup water



Preparation:

Process all ingredients in a blender until creamy and smooth. Add more water for desired consistency. Simple as that!

Upgrades

Vanilla mousse with fruit:

- **Cut 2 cups of delicious fruit (e.g. mango, berries, pineapple).**
- **Process in a blender until it forms a paste (you can add a tablespoon of honey to sweeten slightly).**
- **The paste can be mixed with the mousse, or you can drizzle it over the mousse as a sauce.**

Chocolate mousse:

- **Add 1 tablespoon of 100% cocoa powder**
- **Add honey for sweetener**

We encourage you to send in your own healthy recipes! We'll be happy to share them.

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.***



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