



Spring/Summer Newsletter 2017



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



DONATE TODAY!

Greeting from the Board President



Dear Stand By Me Family, Eight years ago, in response to a strong community need, Stand by Me was born. Our mission? Our name really says it all—ensuring that Israeli-American cancer patients and their families living in Los Angeles would *never face cancer alone*.

From our humble beginnings, we have grown dramatically, building an organization unlike any other.

Stand By Me is the only group in Los Angeles that provides group therapy, psychological support, bereavement therapy, and social events in HEBREW. And we do it all without the infrastructure of paid staff.

We rely on our volunteers to be the gatekeepers of critical resources for the organization, and bring together a strong network to leverage support from within the community.

We are so grateful for all our volunteers that assist our members each and every day. Our work is only possible because of the love, passion, dedication, time and inspiration that they offer to our community when it matters most.

To increase our impact, we must continue building our volunteer network. I would like to encourage YOU to contact us if you have an interest in serving. Even one hour a week can make a significant difference in the lives of others.

This past spring, Stand By Me held a special Fundraiser Dinner to honor and thank our donors, which generated critical resources for our organization. Your support is what allows us to continue offering our services to the members of our community during the

darkest days of their lives. THANK YOU.

We're grateful for all our sponsors, supporters, and volunteers – and look forward to bringing in many others in support of Stand By Me's mission in the months to come.

Have a healthy, fun and safe summer.

B'ahava,

Gila 

Stories from our Stand By Me Family

This Stand By Me member was living alone in Los Angeles when he became ill. We took care of him in the hospital, bringing his favorite mocha drink and cake every day to brighten his spirits. Here are some words of thanks we received from his sister in Israel, after his release, to thank all the volunteers who supported him and took part in his recovery.


בהזדמנות זו ברצוני להודות לכל המתנדבים ובני משפחותיהם על האהבה והתמיכה שהענקתם לאחי בימים הראשונים בהם הוא היה מאושפז לבד בלוס אנג'לס הרחק ממשפחתו האהובה כבמשך 50 יום "המצויה כאן בארץ. על קפה המוקה היומי שהוא כל כך אהב עם המאפה ואח צוות העמותה והמתנדבים עזרתם לנו ללא לאות והבאתם אוכל, אהבה, חיבוק. אחי היה מצביע עליכן ואומר אלה מלאכיות!!! תודה, תודה, תודה. תבורכו אתן והארגון המדהים הזה שדואג לעם ישראל בכל מקום בעולם אוהבת ומתגעגעת

Stand By Me member Susan Shachory is battling stage 4 breast cancer. We are telling her inspiring story in order to encourage others:

My cancer was in remission for six years.

On October 19, 2016, the nightmare started again. I was at the hospital every week for blood work, scans and chemo. My son came from Israel and stood by my bedside. My daughter brought me flowers and begged me to eat. I was too sick to fly to Israel. We prayed to Hashem to let me live.

My neighbor called Stand By Me. They were strangers but they felt like family. Over time, they filled me with hope, courage and love, and stood by me every step of the way. This April, I found out I was in remission.

I love each of you for everything you've done, and everything you are. You are my angels; angels with wings that never get tired. 

Stand By Me Member Advocates in D.C.

Fern Gerard has been a Stand By Me member from the beginning, joining us when we were founded in 2009. She is fighting metastasized breast cancer stage 4 [HER2+], and recently went to Washington, D.C., to advocate for an experimental drug.

"That trip and presentation Fern made will pay off for PUMA and all the patients to follow!!" – her husband wrote.

We couldn't agree more. Here is her story:


My husband, my sister, and I recently returned from Washington, D.C., where we advocated in front of the FDA's ODAC (Oncologic Drugs Advisory Committee) to encourage approval of the drug Neratinib.

Neratinib is not on the market yet, but it is a special drug targeting my specific type of breast cancer, HER2+. I was able to start taking it last Hanukkah after my husband called Puma Biotechnology and I enrolled in their Compassionate Use program, through which they offer their drugs to patients who may not even qualify for their clinical trials – like me.

Before starting Neratinib, I was on oxygen 24/7, could barely walk, and my stomach was uncomfortably enlarged and bloated. Within the first week, I had started to feel better. Today, all of my cancer markers but one have dropped into the normal ranges. The one that hasn't, CEA, is still improving: In December 2016 it was around 970 points, and now it is all the way down to 62 points! (People without cancer have a range of 3-5 points for CEA.)

I related all of this at the meeting in D.C., in front of a panel of 16 oncologists and doctors from around the United States. I was not alone: Twelve of us (patients and family members) came as volunteers from the public to give three-minute speeches about our experiences with this drug.

After our presentations, the panel voted. The majority voted yes--**and we are happy to announce that this month, the drug was approved!** We are very proud to have been a part of helping make this drug available to more people with cancer.

Stand By Me has made me a part of their family since 2009. In all these years, I have never given up my desire and goal of healing. No matter how bad things look, I believe that I will overcome my current situation and condition. I hope that moment is here -- but no matter what, I know Stand By Me will love me, take care of me, and be there for me always. 

New Logo and New Video!



At the Fundraising Dinner, we unveiled Stand By Me's [new video](#) and new logo, which reflect the different elements of our work and mission: helping hands, loving hearts, and a big sense of family.

Fundraising Dinner

On May 11, 2017, we held our annual Stand By Me Fundraising Dinner in the warm and beautiful home of Gila Milstein. It was wonderful to see everyone--more than 220 people--come together to continue to support our cause. Almost every single person there had been touched by cancer in one way or another, and knew the importance of making sure no one faces cancer alone.

President Gila Milstein said: "At Stand By Me, we personalize all our services to what each and every person--and their family--needs. We are a unique organization with volunteers who are ready 24/7 to give help, hope, encouragement and support."

Mike Burstyn and Rabbi David Wolpe shared their personal experiences of battling and overcoming cancer, while Eli & Alice Boozaglo graciously donated their time to entertain us with beautiful music. It was an inspiring evening and our most successful dinner yet, raising vital funds to expand our reach and increase the number of people we can help.



Events



Celebrate Israel Festival 2017

We had a blast celebrating Israel's 69th Independence Day and commemorating the 50-year anniversary of Jerusalem's reunification. We were honored that Stand By Me could participate in this extraordinary event. We were able to bond with the Los Angeles Jewish Community and come together as one!

Our booth was a tremendous success. While the kids were having fun getting tattoos, decorating t-shirts, and crafting unique jewelry, our volunteers were able to increase the community's awareness of Stand By Me. Thanks to our hardworking helpers, we welcomed new volunteers and shed light as to how Stand By Me can benefit

many families.

If you are interested in volunteering with us, please contact us as soon as possible.

You can give us a call at 818-664-4100 or email us at

info@standbymela.org

We appreciate all the help we can get!

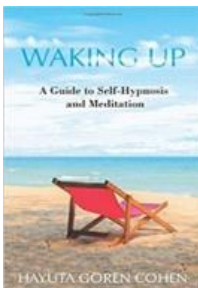


Mother's Day Coffee Break

We devoted our monthly coffee break to celebrating Mother's Day... and all of the extraordinary mothers in our community. We gifted beautiful cosmetic sets to all the mothers and enjoyed a delicious breakfast at Unique Bakery.



Stand By Me Volunteers' Meeting



This month we learned about "Tools to Living a Calm and Stress-Free Life," with Hayuta Cohen, who discussed her new book: "Waking Up: A Guide to Self-hypnosis and Meditation." We spoke about Wayne Dyer's method for eliminating self-doubt, which clears space for the power of intention to flow, allowing you to move forward positively through your day. We also agreed that "if you change the way you look at things, the things you look at will change."

Thank you, Hayuta, for empowering us with perspectives on how to enjoy life to its fullest! 🍷

Thank You



Stand By Me is only able to carry out our life-changing work because of the generous support of our many friends. In this newsletter, we would like to express our special thanks to the following individuals and organizations:

To **Tikva Professional Pedicure and Manicure**

Thank you, Tikva Capelouto, for pampering us and making us feel gorgeous with your expert beauty skills. It was wonderful to feel so cared for and loved.

To **Natural Touch by Lettal Arbiv**

*Thank you, facial and skin care specialist Lettal Arbiv, for treating our members to amazing facials, exfoliations, and many other skin care treatments. Your expertise and care have created a fun and loving environment for all our members. **Note: Lettal has also generously offered to treat other Stand By Me members; contact us directly for more information.***

To **Miri Lavi Beauty Products and [Chiara Cosmetics Skin Care](#)**

In honor of Mother's Day, Miri Lavy, CEO of Chiara Cosmetics, gave every mother of Stand By Me cosmetic packages that were filled with body lotions and fragrant shower gels. We were all extremely grateful and thankful for the generous gifts made by Ms. Lavi.

To [Roladin Restaurant](#), **Moti Shawarma**, and new restaurant [Natanya Kosher Cuisine](#)

Welcome to the Stand By Me community! Thank you both for devoting time, energy, and compassion to support our families with food on Shabbat. Thank you for your continuous care and dedication and making sure we have hot and delicious meals to eat every week. 🧡

Cancer Research Updates

📰 More on precision care, from [Wired](#) magazine

📰 The [Biden Cancer Initiative](#) officially opens

📰 Working with the immune system to fight cancer using 'sticky' nanoparticles, from [Phys.org](#)

📰 Technion Professor Avi Schroeder's [personalized cancer therapy](#) tests the efficacy of different chemotherapies inside a patient's body prior to treatment.

Health Corner

Homemade Healing Tea

Ingredients:

- 1/2 tsp. cumin seeds
- 1/2 tsp. coriander
- 1/2 tsp. fennel
- 5 cups water

Steps:

1. Boil water
2. Add the seeds and boil for 10 more minutes
3. Reduce heat and let the tea simmer for five minutes
4. Cool and strain through a fine metal strainer into a glass jar or bottle.
5. Enjoy warm or cold



This recipe may be simple, but it's full of benefits. Cumin, coriander, and fennel have been used as medicinal herbs dating back to the time of the ancient Greeks.

Cumin:

- Helps to lower blood sugar levels
- Rich in iron
- Reduces inflammatory processes and other mediators that cause asthma.
- Helpful in treating colon and breast cancer (the seeds contain thymoquinone, dithymoquinone, thymohydroquinone and thymol, which are anti-carcinogenic agents)

Coriander:

- Benefits hair
- Aids digestion
- Contributes to curing cold and flu
- Helps rheumatoid arthritis
- Helps cure diseased skin

Fennel:

- Contains various antioxidants and other compounds that are extremely beneficial
- Boosts the immune system
- Supports liver and heart functioning
- Helps to calm spasms in the respiratory system
- Aids weight loss
- Improves digestion
- Promotes breast milk flow

- Increases mental alertness
- Keeps lymph system clean
- Good source of fiber

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) that 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. 🍷

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

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



Thank you to all Stand By Me Volunteers who consistently commit their time and energy to support Stand By Me and help others. 🍷

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