



Fall/Winter 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



Greeting from the Board President



Dear Stand By Me Family,

On Nov. 12, 2017, we gathered with the Stand By Me Family and the women of an incredible sports organization, Mamanet, for a fundraising tournament which raised awareness of early detection of breast cancer. Mamanet selected Stand By Me to be the recipient of the proceeds of the tournament, which were raised in order to support our life-changing work.

I would like to personally thank Galit Peled, who heads the Los Angeles Mamanet chapter, for initiating the tournament and dedicating it to Stand By Me.

As I was honored to say at the event:

"No matter the outcome of your matches today...the truth is that you are all winners.

You are all winners because today you stood up for a cause that affects our entire community....

You came together to raise awareness about the importance of early detection of breast cancer...



You came together to make sure that no one in our Israeli-American community *faces cancer alone.*"

That is the goal of Stand By Me -- to give people hope and strength for the future and courage and confidence to endure the hardship of the present.

We are here to give families peace of mind knowing that SBM will provide a professional caregiver to their loved one when they need it most.

Or a ride to the doctor when they're too weak to drive.

Or a hot meal when they're too sick to cook.

You all understand the immense need for our organization -- there are so many more families that need Stand By Me's support.



DONATE TODAY!



Fighting cancer is hard – finding help shouldn't be.

B'ahava,

Gila ♥

New Website



We're excited to announce that [our new and revamped website is live!](#)

Our updated site introduces a fresh take on our organization, including changes to navigation with dropdown menus. We've also improved the structure of our content, allowing you to gain more value from a quick read!

Annual Volunteer Appreciation Dinner

On August 16, we hosted our annual volunteer appreciation dinner, at **Good Life Academy**, to thank these incredible individuals for all they do.

First, we treated them to dinner catered by the delicious **Tel Aviv Grill** restaurant and **Unique Bakery**.

Then, we gifted our volunteers a keychain to say thank you for their hard work, loyalty, and their devotion to our organization. Volunteers are the backbone of Stand By Me.

Thank you to Sivan Kobi from **Sister Kakes** for creating and donating an incredible cake with Stand By Me's new logo, and to **Shaul Ivgi** for sponsoring DJ **Gilad Emesh** and singers **Guy Goresh** and **Michal Boneh**. They made sure to keep us on our feet with live music, making our night even more celebratory and fun.





Rosh Hashana Coffee Break

During this past Rosh Hashanah, we gathered at **Unique Bakery** for Stand By Me's monthly coffee break to celebrate and wish each other a Shana Tovah U'metuka. Each patient, along with their family, received a new year basket filled with fun treats to start the new year right! Thank you to **Sadaf** for his donation of tead bags and to **Sigal Ankri** for creating such beautiful baskets.



Sukkot Party

We had such a lovely evening celebrating Sukkot under the stars. There was great food, music, and we had a fun time with friends and families, new and old.

Rinat and Eyal Shemesh have created a tradition of opening their home and we thank them for being such gracious hosts.

We can't thank **Shaul Ivgi** enough for spoiling Stand by Me's guests with a fun photo booth, for sponsoring the photography of the event, taken by Royalty Creation Studios, and for sponsoring the entertainment for the evening: **Pini Cohen** and his band **Lilo** performed and sang for the Stand By Me community. He had our guests dancing the whole night long!

Thanks to **Yafit Saban**, the kids were able to get their creative juices flowing in the Sukkah with fun arts and crafts projects, while the others were welcomed with fabulous music from **Guest DJ Orran Shlomo**. His music selection was perfect for the atmosphere and we all had a great time.

You can see all the happy pictures from that night right here, thanks to **Eyal Elgrably's** amazing photography.







Breast Cancer Awareness Month

In honor of Breast Cancer Awareness month, Stand By Me patients were invited for a challah bake... in pink! The pink challahs were meant to raise awareness of breast cancer and encourage all women to talk to their healthcare providers about mammograms and other methods of early detection, as well as what can be done to reduce the risk of breast cancer. Each member received a pink scarf in commemoration.

Mazal Rubenstein, a Stand By Me volunteer and a two-time breast cancer survivor, shared her

experience and her journey dealing with cancer, and how Stand By Me helped and supported her during such an extremely difficult time.

A *big* thank you to **Hila Elbaz** for inviting Stand By Me's patients and honoring each one of them. Thank you for helping us spread the word.

Each Stand By Me member received a pink gift bag donated by **Dikla Lemberger**.

The event was hosted by **Yaniv Cohen**, who opened up her home and her heart to the women in the community, to raise breast cancer awareness.

Monthly Meeting

Climbing to the Roof of America

We hosted Eitan Aizenshtein, a Stand By Me volunteer, who shared his story about climbing to the highest peak in the western hemisphere, Mount Aconcagua. Located in Argentina, Aconcagua is called 'The Roof of the Americas' because its 6,962-meter altitude makes it the highest peak on the continent!

He discussed his preparation, training, and the obstacles and risks he faced, as well as details about the mountain. We heard about the age-old struggle of man vs. nature, along with his doubts and fears, and daring moments of near failure and great success. He brought his climbing equipment along for us to get a visual understanding of his ascent. Finally, Eitan shared how climbing, training, and its philosophy guides his everyday life, reminding him never to give up.



Health Corner

Baked Sweet Potato Falafel with Tahini Dressing

Falafel Ingredients:

- 1 cup cooked garbanzo beans
- 1 large baked sweet potato
- ½ cup chopped parsley
- ¼ cup chopped cilantro
- 1 clove of garlic
- ¼ cumin
- salt (optional) and pepper to taste



Directions:

1. Pre-heat oven to 350 degrees
2. Line a tray with baking paper
3. Add all the ingredients to the food processor and pulse for a few seconds
4. Using a spoon, scoop mix into small falafel balls.
5. Bake for 30 min. (each over is different) until brown

Dressing Ingredients:

- ⅓ cup tahini
- 1 minced garlic clove
- 3 tablespoons fresh lemon juice
- 1 pinch sea salt
- ¼-½ cup water
- 2 tablespoons chopped parsley (optional)

Mix all the ingredients together and serve with the falafel. You can also add it to a chopped Israeli salad, or any of your favorite salads!

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. ♥

Bon Appétit!

A Message from a New Research Study



BRCA Testing Saves Lives

Women and men with a *BRCA* gene mutation have a greater risk of developing several types of cancer. Most of those at risk do not know that they carry a *BRCA* mutation.

Genetic testing provides knowledge that can reduce cancer risks and improve outcomes for those who carry a *BRCA* mutation.

A New Model for BRCA Testing

BFOR is an independent research initiative, headed by leading experts in the fields of cancer research and genetics. It is developing a new model to increase access to *BRCA* genetic testing. This model offers the convenience of direct-to-consumer genetic tests under the guidance of a trusted medical care provider.

There is no cost to participate in BFOR. Participants must be age 25 or older, have at least one grandparent of Ashkenazi Jewish (Eastern European) origin, and reside within the metropolitan areas of Los Angeles, Philadelphia, Boston, or New York. 95 percent of American Jews are Ashkenazi.

Learn more at BFORStudy.com

The BFOR study is a not-for-profit research project and has no commercial interests

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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