



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

May/Jun/Jul/Aug 2023

ONCOLOGY SUPPORT PROGRAM of HEALTHALLIANCE HOSPITAL

is dedicated to supporting people living with cancer. OSP offers innovative programming, education and comprehensive psychosocial support. We honor the spectrum of human diversity and provide a nurturing environment that promotes dignity, wellness and celebrates the fullness of life.

Since 1994

**Individual and Group Support—Healing Arts Classes—Wellness & Integrative Programs—
Educational Lectures and Discussion Groups—Library of Cancer-Related Books/Resources**



**SUPPORT GROUPS/PROGRAMS are being held Virtually, In-person at CSH or as Hybrid.
Please contact OSP for more information about the group or
program you are interested in attending.**

Oncology Support Program

Mailing Address: 105 Mary's Ave., Kingston, NY 12401

Location: Herbert H. & Sofia P. Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

Phone: (845) 339-2071 Fax: (845) 339-2082

Email: oncology.support@hahv.org

Website: <https://www.hahv.org/oncology-support-program>



HealthAlliance

Westchester Medical Center Health Network

hahv.org

ADVANCING CARE. HERE.

Greetings from OSP



The HealthAlliance Hospital has moved from the Broadway to Mary's Ave. campus and we thank the nurses and administration for their effort and dedication in making this expanded and renovated hospital a reality. Oncology Support Program is just across the street at 80 Mary's Ave where we continue to offer individual and group support to people in our community affected by cancer.

This spring and summer, as the weather gets more welcoming, we look forward to seeing you in person at the Reuner Cancer Support House but due to popular demand, we will continue to offer many programs virtually. We have some creative and educational programs coming your way! In addition to our ongoing varied support groups, we will be offering a few special healing arts programs including a songwriting workshop, a portrait painting demonstration, a horticulture group, and a course on imagery and healing. We also have scheduled an informative program on Uterine Cancer with Dr. Tana Pradhan and another on the unique dental needs of cancer patients with Dr. Evan Rosen.

You are invited to our 23rd Annual Cancer Survivors Event which will take place on Friday, June 2nd, located once again at Robert Post Park along the scenic Hudson River (see pg. 15 for details). You are a "survivor" regardless of where you are on your cancer journey and we look forward to celebrating your life with you, your family and friends. So please join us for an evening of music, a candle lighting ceremony, delicious food, inspirational speakers and guest appearances by our dear Benedictine Sister Dorothy Huggard and OSP founder Barbara Sarah.

Whether you join us for a support group, healing arts program, wellness class, stop in for a wig fitting or meet individually with one of our OSP staff, we are honored to walk alongside you as you navigate the challenges of a cancer diagnosis. We look forward to connecting with you during the months ahead.

Sincerely,

—Ellen Marshall, MS., LCSW-R, OSW-C, Director of the Oncology Support Program

ONCOLOGY SUPPORT PROGRAM STAFF

OSP Director & Certified Oncology Social Worker: Ellen Marshall, MS, LCSW-R, OSW-C, ext. 103, ellen.marshall@hahv.org

Social Worker: Catherine Gleason, PhD, LMSW ext. 101, catherine.gleason@hahv.org

Social Worker: Dominique A. Paris, LMSW ext. 102, dominique.paris@hahv.org

Social Worker: James Askin, LMSW ext. 101 james.askin@hahv.org

Administrative Assistant: Doris Blaha, ext. 100, doris.blaha@hahv.org

Founder: Barbara Sarah, LCSW



I am honored to be working with members of my own community at the Oncology Support Program. Currently, I am a Therapist in training as part of the Masters of Mental Health Counseling Program at SUNY New Paltz. Previously, I spent many years working in the music tech industry. After life showed me unanticipated hardship, it became very necessary for me to give back to a community that has given so much to me. My role at the OSP is to support you and your family, to help you navigate the challenges that accompany diagnosis, integrate healthy coping strategies and support you on your journey.

Brianna Cordi



I look forward to working and learning within the OSP community as a counselor-in-training through the SUNY New Paltz Advanced Certificate in Mental Health Counseling program. I hold a master's degree in transpersonal psychology, with a focus in expressive arts, training in clinical hypnosis and EFT tapping, and experience working in a range of community healing spaces. I am honored to be welcomed into the OSP community and look forward to supporting you with creativity, presence, and care.

Carrie Ann Flemming

SUPPORT SERVICES AT OSP

If you would like to join a group, please call OSP at (845) 339-2071 or
email: oncology.support@hahv.org

Group facilitator will inform you if group is virtual, in-person at CSH (Cancer Support House) or Hybrid.

Women's Cancer Support Group

2nd Wednesdays, 12:00—1:30 p.m.

facilitated by Catherine Gleason, PhD, LMSW

May 10, Jun. 14, Jul. 12, Aug. 9

1st Wednesdays, 5:30—7:00 p.m.

facilitated by Carrie Ann Flemming

Jun. 7, Jul. 5, Aug. 9

Share common concerns and learn about living with cancer during and after treatment. For women of any age, at any stage, with any kind of cancer.

Breast Cancer Support Group

facilitated by Dominique Paris, LMSW

1st Fridays, May 5, Jun. 2, Jul. 7, Aug. 4

12:00—1:30 p.m.

A supportive group where women diagnosed with breast cancer can share experiences and learn from one another.

Men's Cancer Support Group,

facilitated by James Askin, LMSW

1st Thursdays, May 4, Jun. 1, Jul. 6 & Aug. 3

6:00—7:00 p.m.

A supportive, confidential setting for men who have been diagnosed with any type of cancer.

Caregivers' Support Group,

facilitated by James Askin, LMSW

3rd Wednesdays, May 17, Jun. 21, Jul. 19 & Aug. 16

6:00—7:30 p.m.

Mutual support for the unique challenges of caring for a loved one with cancer.

Younger Women's Support Group,

facilitated by Dominique Paris, LMSW

3rd Thursdays, May 18, Jun. 15, Jul. 20 & Aug. 17

5:30—7:00 p.m.

Group focuses on issues common to young women with cancer, including: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer, and self-advocacy. For women, age 55 and younger, with any type of cancer.

The Younger Women's Support Group is partnered with
Young Survival Coalition



<https://www.youngsurvival.org/meet-in-person>

<https://www.youngsurvival.org/>

Coping Skills for Cancer:

facilitated by Ellen Marshall, LCSW-R, OSW-C

1st Tuesdays,

May 2, Jun. 6, Aug. 1,

12:00-1:30 p.m.



facilitated by Carrie Ann Flemming

2nd Wednesdays,

June 14, July 12, Aug. 9,

5:30-7:00 p.m.

Whether we are newly diagnosed with cancer, a cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help us regulate our nervous system and find inner balance as we face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence.

This group integrates techniques of somatic experiencing, DBT, EFT, yoga breathing practices and mindfulness.

Linda Young Ovarian Cancer Support Group

facilitated by Ellen Marshall, LCSW-R, OSW-C

4th Wednesdays, May 24, Jun. 28, Jul. 26 & Aug. 23

7:00—8:30 p.m.



An informative and supportive setting for women diagnosed with ovarian cancer at any stage.



Living with Advanced Cancer

facilitated by James Askin, LMSW

2nd Mondays, May 8, Jun. 12, Jul. 10 & Aug. 14

2:00—3:30 p.m.

A group for individuals with advanced stage or recurrent cancer who wish to connect, share coping strategies and explore ways to find meaning and purpose in light of a life-altering diagnosis.

Loss and Bereavement Support Group

facilitated by Mare Berman, LCSW-R

2nd Wednesdays, 10:00—11:30 a.m.

May 10, Jun. 14, Jul. 12, Aug. 9

Grief is often many-layered. You may have experienced the death of a parent, a partner, a child or friend from illness. Other losses may be stirred up as we grieve. Through guided meditation, mindfulness, sensory awareness exercises and discussion, we will explore, share and process our unique loss stories in a non-judgmental environment that supports our healing.

OSP Memoir Writing Workshops

Members of the OSP community have an opportunity to support one another by writing and sharing life stories. Weekly prompts help inspire self-reflection & creative writing.

Tuesday Memoir Group

facilitated by
**Dara Marshall &
Brianna Cordi**
5:00-6:30 p.m.



Thursday Memoir Group

facilitated by
Abigail Thomas
3:00-5:00 p.m.

For information or to join a writing group, please call (845) 339-2071 or email: oncology.support@hahv.org
Groups are taking place virtually until further notice.



CREATIVE ARTS GROUP

Are you looking to tap into your creative side, but don't know where to start? This weekly group offers a vehicle for you to connect and share in the creative process. The group will include prompts to help you express your inner experiences through a variety of art mediums. Activities include drawing, painting, collage, watercolor, sculpture or whatever other medium you want to explore! No art experience is necessary.

Spring/Summer Group facilitated by Brianna Cordi and Marilyn Fino

Tuesdays, 1:30-3:30 p.m., Hybrid

For more information, call OSP at (845) 339-2071

or email: oncology.support@hahv.org

(Hybrid Group: Virtual and at the Cancer Support House)



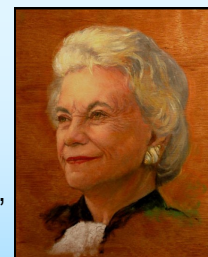
Special Portrait Oil Painting Workshop with Fred Marshall

Join us for a Special Demonstration by renowned artist, Fred Marshall. Fred is a consultant to Portraits Inc., his work has been on display at numerous galleries and his portrait of Sandra Day O'Connor is in the permanent collection of the Smithsonian Institution's National Portrait Gallery. His paintings can be viewed online at:

<http://www.fredmarshallstudios.com>

Tuesday, May 9, 1:30-3:30 p.m. at CSH

For more information, call OSP at (845) 339-2071



June & July Songwriting Workshop with Brianna Cordi

Songwriting is a practice that can help you tap into your emotions and creativity. This group will be guided by the interests of the individual members and will use music (lyrics, melodies, and rhythms) as a window into the soul. Activities include individual lyric writing and analysis, group song writing, music sharing and processing emotional connections to music. Join us as we explore your inner voice through music and song.

Mondays in June and July, 4:00-5:30 p.m. at CSH

For more information, call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Transforming Chronic Illness or Cancer through Imagery with Nurit Nardi, MA, LMT, RCST

Imagery is the natural language of the subconscious and the body/mind responds to imagery-based suggestions. This 12 month program will offer imagery-based exercises that can help you deal with stress and wake up your innate healing capacities. Since each monthly session will focus on a particular theme and build on previous themes, we suggest that you commit to the entire series if possible.



Nurit's first encounter with Imagery began when she was diagnosed with breast cancer 25 years ago. "I am forever thankful to my Imagery teacher, Dr. Catherine Shainberg, for supporting and guiding me through those stressful times." Nurit Nardi is a Licensed Massage Therapist, a registered Craniosacral Therapist and was a teacher at the Swedish Institute for Massage Therapy in NYC for twenty years. She also holds a Masters Degree in Transpersonal Psychology, is a certified *Focusing* therapist and trainer and is certified by the School of Images in NYC to practice and teach Imagery and Dream work.

For more info about Nurit, go to: www.nuritshealing.com

Third Tuesdays, May 16, June 20, July 18, August 15, 12:00-1:30 p.m. (Hybrid Program)

For info and to receive the virtual link please contact OSP at (845) 339- 2071 or email: oncology.support@hahv.org



Uterine / Endometrial Cancer with Dr. Tana Pradhan— A Virtual Program

In this presentation, Dr. Pradhan of WMC will offer information about Uterine /Endometrial cancers, risk factors and available treatments.

Thursday, May 18, 11:00 a.m.—12:00 p.m.

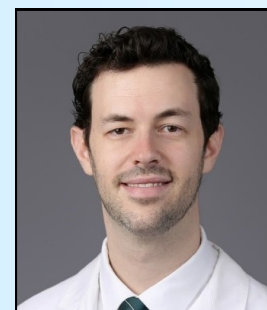
To register, please call (845) 339-2071 or email oncology.support@hahv.org

Dr. Tana Pradhan is the Chief of Gynecologic Oncology & Robotic Gynecologic Surgery at Westchester Medical Center. The Division of Gynecologic Oncology and Robotic Surgery at Westchester Medical Center which was established in 2009. The team provides radical and advanced gynecologic cancer surgery, risk-reducing surgery, infusion services, coordination with radiation oncologists, surveillance and survivorship visits for women with gynecologic malignancies. Dr. Pradhan completed her residency in obstetrics and gynecology at Saint Barnabas Medical Center, followed by a fellowship in gynecologic oncology at SUNY Downstate Medical Center. Dr. Pradhan is passionate about providing comprehensive care to women with gynecologic cancers and is actively involved in clinical trials and research. For info, go to: <https://www.westchestermedicalcenter.org/physicians/pradhan-tana-1045> or call:(914)493-2181

Addressing the Unique Dental Needs of Cancer Patients from Prescreening through Survivorship with Evan B. Rosen, D.M.D., M.P.H., F.A.C.P. (A Virtual Program)

Thursday, June 8, 5:30—6:30 p.m.

To register, please call (845) 339-2071 or email oncology.support@hahv.org



Dr. Rosen will discuss the dental issues that arise for cancer patients and the importance of being proactive by both screening cancer patients for dental issues prior to treatment and by ensuring long-term maintenance of the oral cavity after treatment and into survivorship. Dr. Rosen works with oncologists to ensure the oral health of patients with all kinds of cancer diagnoses and is committed to skillful and compassionate care in addressing the dental needs of each individual patient.

Dr. Evan Rosen is the President of Rosen Dental PC. He is the former Chief of Dental Oncology and Maxillofacial Prosthetics at the Miami Cancer Institute and a former Assistant Attending in the Dental Service of Memorial Sloan Kettering Cancer Center. Dr. Rosen has extensive experience in the treatment of patients in multidisciplinary teams, providing oral health screenings and managing patients undergoing head and neck radiotherapy, bone marrow transplants, stem cell transplants and chemotherapy. He has expertise in intraoral and craniofacial implantology as well as in creating prostheses to rehabilitate patients with defects/deficits of the face, jaws and surrounding soft tissues. Dr. Rosen is also active in clinical research and education. He is a Diplomate of the American Board of Prosthodontics and is a Fellow of the American Academy of Maxillofacial Prosthetics.

Dr. Rosen is in practice in Northern Westchester. For info, go to: <https://www.rosendentalpc.com/> or call: (914) 277-8400

KID/TEEN Connection Support Group



Children or teens may be confused, angry or sad when someone they love is diagnosed with cancer. They may feel isolated and benefit from support and connection with peers going through a similar experience. In order to meet the needs of our younger community, OSP is forming a Kid/Teen Support Group at the Reuner Cancer Support House. Participants will have an opportunity to share in a safe space, supported by OSP staff. The program will integrate creative and fun activities so that participants can benefit from a therapeutic and engaging experience.

If you know a child or teen who may be in need of support, please call OSP at: (845) 339-2071 or email: oncology.support@hahv.org **Dates and Times TBD**



For Pete's Sake Cancer Respite Foundation enables cancer patients and their loved ones to strengthen, deepen and unify their relationships by creating unforgettable respite experiences. The Oncology Support Program has partnered with FPS to nominate cancer patients, ages 21 to 55, to receive a **fully-funded Travel Respite** experience with their caregivers and children. If a patient is unable to travel due to advanced stage cancer, they receive a **Staycation Respite** experience in their own home. For more information, go to: takeabreakfromcancer.org

WELLNESS/EXERCISE PROGRAMS

If you are interested in attending, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Classes are Virtual until further notice. Donations appreciated.



Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m. Learn Long Form Yang Style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



Medical Qi Gong with Betty Gilpatric: Fridays, 8:00-9:15 a.m. Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-based Qigong was developed by Dr. Yan Yang, PhD, who is a researcher and instructor at Memorial Sloan Kettering. There are also a few YouTube videos you can watch on your own. The links are:

Warm Ups : <https://youtu.be/FhmcPM0U9e0> **8 Brocades of Silk:** <https://youtu.be/8q1PVbh2ysM>



Yoga with Marianne Niefeld: Wednesdays, 10:00-11:00 a.m. A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.



Miso Cooking Club with Kathy Sheldon, RN and Bettina Zumdick (Virtual until further notice)

The Miso Cooking Club formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. All classes feature Bettina Zumdick, chef, teacher, author and co-director of Planetary Health. For more information about Bettina or to view a listing of her own class offerings go to: www.culinarymedicineschool.com

Tuesday, May 2, at 11:30 a.m.

Spring and Summer Cooking

As we await the flowers to bloom, and plan our vegetable garden, let's learn a few recipes to welcome spring and to prepare for the heat of summer.

We will create some cooling summer recipes that can help.

The Miso Cooking Club will be taking a summer break. There will be NO classes in June, July & August. — *Kathy Sheldon.*

Classes will be recorded and made available to those registered. Advance registration is requested to: kathy.sheldon@gmail.com or doris.blaha@hahv.org



Linda's Healing Garden

The Linda Young Healing Garden Horticulture Therapy Group with Carrie Ann Flemming & Brianna Cordi

Please join us for an experiential group that nourishes the body mind and spirit. During our time together, we will plant herbs and flowers, share plant stories and learn about the healing properties of plants. Participants will have the opportunity to work in the soil, tend to plants, and be in the natural world as a source of grounding, connection, and healing.

Wednesdays in June & July, 2-4:00 p.m. Linda's Healing Garden at CSH

For more information, call OSP at (845) 339-2071

Personalized Wig Fittings at the Cancer Support House

OSP has an inventory of donated wigs that are available free of charge. **Nina Marinova** has been a licensed hairstylist for over 10 years and has been volunteering to assist with wig fittings.

To schedule an appointment, please **call OSP at (845) 339-2071**



Integrative Cancer Support & Educational Group

monthly virtual programs moderated by **Tara Ryan,**

cAncer HOPE Coach, Immunotherapy Pioneer & Advocate & Stage 4 cancer Survivor Thriver.

2nd Wednesday of month: May 10, June 14. 5:30-6:30 p.m

For information, contact harataram@aol.com



Changing how you breath can change how you feel! “Coherent Breathing” can help reduce anxiety

We all experience anxiety, but when cancer enters our daily lives that anxiety is compounded multi-fold. Perhaps you're in treatment and dealing with the stress of chemotherapy, or about to meet with your Oncologist to get news about your latest scan. Perhaps you have completed treatment but find yourself fearful of a cancer recurrence. OSP programs can help: in our Coping Skills Group, we practice stress management skills and in our Healing Arts Programs, we find creative outlets...but what happens when you're on your own and anxiety rears its head? The good news is that simple breathing techniques can help you calm yourself down.

Coherent breathing is one of the simplest and most effective breathing techniques that can help you regulate your heart rate and calm the “fight-or-flight” response. It increases parasympathetic and decreases sympathetic nervous system activity. It is simply a controlled type of breathing in which you inhale and exhale more deeply and longer than usual. Our natural tendency is to breathe at the rate of 2 or 3 seconds per inhale. In coherent breathing, the goal is to extend the length of both the inhale and exhale to around 5.5 seconds. You can start by simply increasing the length of your inhalations and exhalations to eventually reach the suggested rate. Whether it is practiced as part of yoga or meditation, or simply on its own as a relaxation strategy, coherent breathing is a simple and easy way to reduce stress and help regulate your nervous system.

The following YouTube links offer a pleasant way through chimes or music to pace your breathing:

[Coherent Breathing's Iconic 2 Bells](https://www.youtube.com/watch?v=E2qCSu75cOk) <https://www.youtube.com/watch?v=E2qCSu75cOk>

[Music for Coherent Breathing](https://www.youtube.com/watch?v=IRLQ6VtI1qQ) <https://www.youtube.com/watch?v=IRLQ6VtI1qQ>

HELP WITH CHEMOTHERAPY RELATED NAUSEA

Nausea and vomiting are less common with chemotherapy today, thanks to newer cancer drugs and medicines to treat or prevent these side effects. Oncologists take a proactive approach to prevent nausea and vomiting because these side effects can be difficult to control once they begin, so make sure you work with your medical provider to stay ahead of any problems.

There are also things you can do to make a difference.

Tips to help with Nausea:

- Eat 6 to 8 small meals per day instead of 3 large meals.
- Try not to skip meals since an empty stomach can worsen nausea.
- Sip on beverages such as fruit juices, sport drinks, “flat” carbonated drinks, coconut water, mint teas.
- Try bland foods instead of fatty, greasy, or spicy foods.
- Eat dry foods like crackers, toast, dry cereal, breadsticks, or pretzels when you wake up and every few hours to settle your stomach.
- Try ginger candies, crystallized ginger or ginger root tea.
- Avoid strong smells, such as perfumes, body lotions, and room deodorizers.
- Consume cold rather than hot foods.
- Try sour foods (sour candy, pickles, lemons or limes).

For recipes, go to: cookforyourlife.org



Acupressure for Nausea

Acupressure is similar to Acupuncture but can be done by applying pressure to certain points with your own hands.

For more information on Acupressure for Nausea, go to:

<https://www.mskcc.org/cancer-care/patient-education/acupressure-nausea-and-vomiting>

<https://www.healthline.com/health/pressure-points-for-nausea#liv-3-or-lv-3>



The **Oncology Support Program** partners with the **Resource Center for Accessible Living** to help you address questions about **cancer and finances**:



**Should I apply for Disability and how do I go about doing so?*

**How might establishing a "Pooled Trust" help me qualify for Medicaid as a secondary insurance?*

**Do I qualify for the Medicare Savings Plan or EPIC and how may these help me?*

Meet with **Debbie Denise, Benefits Advisor of RCAL** for an informational session at the Cancer Support House;
1st Wednesdays, May 3, Jun. 7, Jul. 5, Aug. 2, 2:00—4:00 p.m.
 To make an appointment, please call OSP at ext. 100

Ostomy Support Group

Do you have questions that you would like answered by a Nurse who specializes in wound healing and ostomy support? Would you like to share experiences and learn from others in order to maintain or improve your quality of life while living with an ostomy? You are welcome to join this informative and supportive group.

2nd Tuesday of the month, May 9, Jun. 13, Jul. 11 & Aug. 8, 4:00-5:00 p.m.

facilitated by **Barbara Peterson, RN, CWOCN, Certified Wound Ostomy Continence Nurse**

Program is in-person at CSH. For more information, please contact OSP at ext. 100



For more support, go to: <https://www.ostomy.org/our-mission-history/>

Need Support with Advance Directives?



Advance Directives communicate your wishes regarding medical treatment in the event that you are unable to make decisions due to changes in your health or mental status. This allows your loved ones to know and honor your wishes regarding end-of-life care. OSP is here to help if you would like to discuss your thoughts with a social worker who can also help you complete forms such as: **Health Care Proxy, Living Will and MOLST** documents. If you would like to make an appointment, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org.

Hudson Valley Hospice & Hudson Valley Medical Health Choices Palliative Care Services



Hospice is committed to enhancing quality of life, symptom and pain management for patients at end of life who are no longer pursuing curative treatment. Hospice is available at a person's home, in certain nursing facilities and in some local hospitals including the HealthAlliance Hospital. Hospice also provides bereavement services to families of its enrollees. **Hudson Valley Medical Health Choices Palliative Service** is also available for patients still in active treatment who might benefit from help with symptom management. For information, call (845) 485-2273 or go to: www.hvhospice.org



Jim & Lisa's CIRCLE HOME at 100 Wurts Avenue in Kingston has opened!

This lovely house offers a safe, comfortable, home-like space where individuals, with a prognosis of three months or less to live, can dwell in an atmosphere of peace and tranquility at their end of life. Residents are cared for by a professional staff and trained community volunteers. It is the first comfort care home for the dying in the Mid-Hudson Valley, a goal made possible by a bequest of the late Jim Gohlke, who was a beloved member of the Oncology Support Program. For more information, go to:

<https://circlehome.org/> or call: (845) 802-0970



ONLINE SUPPORT PLATFORMS

LotsaHelpingHands.com and CaringBridge.org



Free websites provide an all-in-one intimate, safe place where those living with chronic illness, their caregivers, family and friends can share information and request meaningful help 24/7.



Leukemia & Lymphoma Society Online Chats. Free, live sessions moderated by oncology social workers who help guide discussions and provide resources, information and support. Topics include: *Living with NHL, Living with Myeloma, Living with CML, Living with Acute Leukemia and Young Adults Living with Leukemia, Lymphoma & Myeloma.* **Go to:** www.LLS.org/chat



CANCERcare® provides free online or telephone support groups led by oncology social workers to help people affected by cancer along with information about cancer and resources. Call 800-813-HOPE (4673) <https://www.cancercaresupport.org>



Breast Cancer Options

(845) 339-HOPE ■ www.BreastCancerOptions.org

Support, Health Advocacy & Information
Breast Cancer Support Groups including Mixed, Young Survivors & Metastatic Groups.
Camp Lightheart for children of breast cancer survivors
Annual Metastatic Breast Cancer Retreat



SHARE Help for women facing breast or ovarian cancer. (English & Spanish)

Call: 844.ASK.SHARE or (844) 275-7427



Mesothelioma.net
Over 20 years of fighting for mesothelioma patients and families

<https://mesothelioma.net/> 1-800-692-8608

An organization dedicated to providing mesothelioma patients with information and support.

Online Resource Guide for the Hudson Valley Cancer Community

HUDSON VALLEY CANCER RESOURCE CENTER

hudsonvalleycancer.org



SUPPORT CONNECTION

Offers an ovarian cancer national toll-free phone support group.

Call (800) 532-4290 www.supportconnection.org



Clarity Foundation offers information on ovarian cancer treatment options, clinical trials, educational resources and provides an online support community.

<https://www.clarityfoundation.org> Call: (858) 657-0282



Patient Advocate Foundation provides case-management assistance, co-pay assistance and financial aid information to cancer patients and families.

Call 1-800-532-5274 or go to: <https://www.patientadvocate.org/>



CANCER SUPPORT COMMUNITY
COMMUNITY IS STRONGER THAN CANCER

Resources, Education, Connection to Clinical Trials and Online Community. Cancer Helpline (888) 793-9355

<https://www.cancersupportcommunity.org/>



SHARSHERET

Information and access to genetic testing and genetic counseling. Personalized support & resources for women with increased risk of genetic cancer. <https://www.sharsheret.org> (866) 474-2774



The **LUNgevity Foundation** is the nation's largest lung cancer-focused nonprofit, committed to changing outcomes for people with lung cancer through research, education, and support. For information, go to: <https://www.Lungevity.org>
For the Lung Cancer HELPLine, call (844) 360-5864

Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal counsel, Medicare counseling, Home care services, Med-Alerts, Transportation, Home-delivered meals to residents 60+ on a limited income. Go to: <https://ulstercountyny.gov/aging> or call: (845) 340-3456



Resource Center for Accessible Living (RCAL):

Assists with benefits applications and advisement, Medicaid coordination, Pooled Trusts, Nursing Home Transition & Diversion. (845) 331-0541



Legal Services of the Hudson Valley:

Free legal services for financially eligible individuals. (845) 331-9373



EPIC (Elderly Pharmaceutical Insurance Coverage Program):

Additional drug coverage and premium assistance for seniors (over 65) with Medicare Part D who financially qualify. (800) 332-3742



Jewish Family Services of Ulster:

In-home, non-sectarian supportive mental health counseling. Caregiver support. Shopping for seniors in coordination with the Jewish Federation. (845) 338-2980



Edible Independence:

Dietician and health department approved meals delivered to your home. (845) 331-MEAL (6325)



Ulster County Community Action Fruit/Vegetable Distribution

Kingston, Highland, Ellenville locations: (845) 338-8750 For more information, go to: <http://uccac.org/>



List of Food Banks & Food Pantries in Ulster County

<https://www.peoplesplace.org/food-pantry-directory/>

The People for People Fund

Assistance for temporary financial need (845) 343-1663 <https://www.peopleforpeoplefund.org/>



Catholic Charities (financial help)

(845) 340-9170 <https://catholiccharitiesny.org/>



Sparrow's Nest

cooks and delivers homemade meals to families struggling through a cancer diagnosis. Parents and guardians of children

who live in parts of five Hudson Valley counties, are actively receiving chemotherapy or radiation treatment or are recovering from surgery due to their diagnosis qualify for services.

For more information, call (845) 204-9421 or go to: <https://www.sparrowsnestcharity.org>

Local Financial Assistance for our Cancer Community



Rosemary D. Gruner Memorial Cancer Fund:

<https://benedictinehealthfoundation.org/financial-and-support-programs/gruner-fund/>

\$500 Hannaford's and/or Stewart's gas cards annually to financially eligible people in active cancer treatment. Contact the Benedictine Health Foundation. Call: (845) 481-1303. Fax: (845) 663-2221



Miles of Hope Fund for Breast Cancer Patients: www.miles-of-hope.org

Ulster County Contact: Cornerstone Family Healthcare Ariana Jimenez, Grants Coordinator Phone: 845-220-3127 Fax: 845-534-2940 Email: ajimenez@cornerstonefh.org

Dutchess County Contact:

Community Action Partnership of Dutchess County Liz Spira, CEO Phone: 845-452-5104 x103 Fax: 845-625-1510 Email: ESpira@dutchesscap.org

Other Contacts:

<https://miles-of-hope.org/programs/financial-assistance/>



Transportation Resources

- Seniors 60 or older: Free bus twice weekly to medical appointments and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling (845) 340-3456
- Seniors can call UCAT at (845) 340-3333 for a ride or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- ParatransitADA for those with a disability. Must complete an application. For information, call (845) 334-8135 or go to: <https://ucat.ulstercountyny.gov/ada-paratransit/>
- If you have active Medicaid and need assistance with transportation to medical appointments, call: (866) 883-7865 or (866) 287-0983 or schedule online with MAS. Go to: medanswering.com Advance notice required.
- Neighbor-to-Neighbor Program Volunteer drivers for eligible seniors. Call (845) 443-8837 or go to: [Program Neighbor-to-Neighbor Transportation Program: \(ny.gov\)](http://ProgramNeighbor-to-NeighborTransportationProgram.ny.gov)

The American Cancer Society's Road to Recovery Program



offers cancer patients free transportation to cancer-related medical appointments.

To request a ride or if you are interested in becoming a volunteer driver, please contact ACS at (800) 227-2345 or visit: www.cancer.org/drive

May 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi 10:00-11:00am	2 Miso Cooking Club "Spring and Summer Cooking" 11:30am Coping Skills for Cancer 12-1:30pm Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	3 Gentle Yoga 10-11am Cancer & Finance 2-4pm	4 Memoir Writing Workshop 3-5pm Men's Support Group 6-7pm	5  Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	6 
7	8  Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm	9 <i>SPECIAL:</i> Creative Arts "Portrait Oil Painting" 1:30-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	10 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm Integrative Support Group 5:30-6:30pm	11 Memoir Writing Workshop 3-5pm	12 Medical Qigong 8:00-9:15am	13
14 Happy Mother's Day 	15 Tai Chi 10:00-11:00am	16 Transforming Chronic Illness or Cancer through Imagery 12-1:30pm Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	17 Gentle Yoga 10-11am Caregivers' Support Group 6-7:30pm	18 Uterine / Endometrial Cancer Educational Presentation 11am-12pm Memoir Writing Workshop 3-5pm Younger Women's Support Group 5:30-7pm	19 Medical Qigong 8:00-9:15am	20
21	22 Tai Chi 10:00-11:00am	23 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	24 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	25 Memoir Writing Workshop 3-5pm	26 Medical Qigong 8:00-9:15am	27
28	29  CLOSED	30 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	31  Gentle Yoga 10-11am			

June 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Memoir Writing Workshop 3-5pm Men's Support Grp. 6-7pm	2 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm Cancer Survivor Celebration Robert Post Park 5:30pm	3
4	5 Tai Chi 10:00-11:00am Songwriting 4-5:30pm	6 Coping Skills for Cancer 12-1:30pm Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	7 Gentle Yoga 10-11am Cancer & Finance 2-4pm LY Healing Garden Horticulture Therapy Group 2-4pm Women's Support Group 5:30-7pm	8 Memoir Writing Workshop 3-5pm Dental Needs of Cancer Patients 5:30-6:30pm	9 Medical Qigong 8:00-9:15am	10
11	12 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Songwriting 4-5:30pm	13 Creative Arts 1:30-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	14  Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm LY Healing Garden Horticulture Therapy Group 2-4pm Integrative Support Group 5:30-6:30pm Coping Skills for Cancer 5:30-7pm	15 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	16 Medical Qigong 8:00-9:15am	17
18 Happy Father's Day 	19  Tai Chi 10:00-11:00am Songwriting 4-5:30pm	20 Transforming Chronic Illness or Cancer through Imagery 12-1:30pm Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	21   Gentle Yoga 10-11am LY Healing Garden Horticulture Therapy Group 2-4pm Caregivers' Support Group 6-7:30pm	22 Memoir Writing Workshop 3-5pm	23 Medical Qigong 8:00-9:15am	24
25	26 Tai Chi 10:00-11:00am Songwriting 4-5:30pm	27 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	28 Gentle Yoga 10-11am LY Healing Garden Horticulture Therapy Group 2-4pm Ovarian Support Group 7-8:30pm	29 Memoir Writing Workshop 3-5pm	30 Medical Qigong 8:00-9:15am	

July 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tai Chi 10:00-11:00am Songwriting 4-5:30pm	4 Happy Independence Day  CLOSED	5 Gentle Yoga 10-11am LY Healing Garden Horticulture Therapy Group 2-4pm Cancer & Finance 2-4pm Women's Support Group 5:30-7pm	6 Memoir Writing Workshop 3-5pm Men's Support Grp. 6-7pm	7 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	8
9	10 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Songwriting 4-5:30pm	11 Creative Arts 1:30-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	12 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm LY Healing Garden Horticulture Therapy Group 2-4pm Coping Skills for Cancer 5:30-7pm	13 Memoir Writing Workshop 3-5pm	14 Medical Qigong 8:00-9:15am	15
16	17 Tai Chi 10:00-11:00am Songwriting 4-5:30pm	18 Transforming Chronic Illness or Cancer through Imagery 12-1:30pm Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	19 Gentle Yoga 10-11am LY Healing Garden Horticulture Therapy Group 2-4pm Caregivers' Support Group 6-7:30pm	20 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	21 Medical Qigong 8:00-9:15am	22
23	24 Tai Chi 10:00-11:00am Songwriting 4-5:30pm	25 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	26 Gentle Yoga 10-11am LY Healing Garden Horticulture Therapy Group 2-4pm Ovarian Support Group 7-8:30pm	27 Memoir Writing Workshop 3-5pm	28 Medical Qigong 8:00-9:15am	29
30 World Friendship Day 	31 Tai Chi 10:00-11:00am Songwriting 4-5:30pm					

August 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Creative Arts 1:30-3:30pm Coping Skills for Cancer 12-1:30pm Memoir Writing Workshop 5-6:30pm	2 Gentle Yoga 10-11am Cancer & Finance 2-4pm Women's Support Group 5:30-7pm	3 Memoir Writing Workshop 3-5pm Men's Support Grp. 6-7pm	4 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	
6	7 Tai Chi 10:00-11:00am	8 Creative Arts 1:30-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	9 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm Coping Skills for Cancer 5:30-7pm	10 Memoir Writing Workshop 3-5pm	11 Medical Qigong 8:00-9:15am	12
13	14 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm	15 Transforming Chronic Illness or Cancer through Imagery 12-1:30pm Creative Arts 1:30-3:30pm Group 3:30-5pm Memoir Writing Workshop 5-6:30pm	16 Gentle Yoga 10-11am Caregivers' Support Group 6-7:30pm	17 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	18 Medical Qigong 8:00-9:15am	19
20	21 Tai Chi 10:00-11:00am	22 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	23 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	24 Memoir Writing Workshop 3-5pm	25 Medical Qigong 8:00-9:15am	26
27	28 Tai Chi 10:00-11:00am	29 Creative Arts 1:30-3:30pm Memoir Writing Workshop 5-6:30pm	30 Gentle Yoga 10-11am	31 Memoir Writing Workshop 3-5pm		

Please join us for our 23rd Annual Cancer Survivors Celebration

“Facets of our Lives”

Delicious Light Supper

Music

Inspirational Speakers

Candle Lighting Ceremony

Friday, June 2

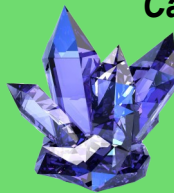
5:30 p.m.

Registration required

Please call OSP at (845) 339-2071

or email:

oncology.support@hahv.org



Location:
Robert Post Park
594 Park Rd, Kingston, NY



NURTURING NEIGHBOR NETWORK

*Are you facing a cancer
diagnosis? Would you*

*benefit from one-on-one support from
someone who's been through it?*

You might like to be matched with a
Nurturing Neighbor, a local volunteer
and cancer survivor trained through
OSP to offer peer support.

**For further information on linking with a
Nurturer or becoming one yourself,**
please contact

OSP at (845) 339-2071 or email:
oncology.support@hahv.org

DONATIONS

**THANK YOU FOR
YOUR SUPPORT.**

Italian American Festival

Janet Dow

Dolly Wodin

Donation of Seatbelt Port Pillows

Joyce Valenti

In Celebration of Kathy Sheldon
Constance Rudd

Fairly New Thrift Shop



SPECIAL THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Betty Gilpatric, Melissa Eppard, Jeanette Lamb, Annie LaBarge, Marianne Neifeld, Bettina Zumnick, Sara Loughlin, Ajamu Ayinde, Gary Brownlee, Alessandra Marino, Lindsay Quayle, Barbara Peterson, Dara Marshall, Nina Marinova, Debbie Denise, our Nurturing Neighbors and other fabulous volunteers.



READER SUBMISSIONS ARE WELCOME!

We invite you to submit writings which
may be included in our newsletter.

Please send to

ellen.marshall@hahv.org

The information in this newsletter is for educational
purposes only and is not intended to be used as medical
advice. Please consult your physician about questions
regarding your treatment.

You can also find this newsletter at:

<https://www.hahv.org/celebrate-life-newsletter>

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HealthAlliance Hospital, WMC Health Network
Oncology Support Program
105 Mary's Avenue
Kingston, NY 12401

Location:
Herbert H. & Sofia R. Reuner Cancer Support House
80 Mary's Avenue, Kingston, NY 12401

We are trying to go PAPERLESS.

If you currently receive our newsletter by postal mail but are able to receive it by EMAIL instead, please notify us by sending an email to: oncology.support@hahv.org

Financially Support the Oncology Program All Year Round!

At the Oncology Support Program, our services are free or available at a very low fee. This is possible thanks to the support of WMC/HealthAlliance as well as donations from the community. Please help us continue to support people affected by cancer by making a tax-deductible donation to OSP or the Linda Young Ovarian Cancer Support Program.

Make checks payable to: **The HealthAlliance Foundation** (Indicate OSP or LY in memo)

Mail check to: **Oncology Support Program, 105 Mary's Ave. Kingston, NY 12401 or**

go to: [Donate to HA Donation Page \(wmchealth.org\)](http://wmchealth.org) and in the section "What would you like your donation to support?" please select "HealthAlliance Oncology Support Center"

Name: _____ Email: _____

Address: _____

Please make my gift in memory of: _____

Please make my gift in celebration of: _____

Please send acknowledgement to: *Name* _____

Address _____