



A newsletter for cancer patients, their families and friends

May/Jun/Jul/Aug/Sept 2017



ONCOLOGY SUPPORT PROGRAM 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.

Oncology Support Program HealthAlliance Hospital /Westchester Medical Center Health Network

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

Location: Herbert H. & Sofia P. Reuner Cancer Support House

80 Mary's Ave., Kingston, NY 12401 **Phone: (845) 339-2071 Fax: (845) 339-2082**

email: oncology.support@hahv.org

SUPPORT SERVICES



Individual and Group Support
Arts & Healing Classes

Wellness Programs

Educational Events

Integrative/Complementary Medicine Workshops

Lectures and Discussion Groups

Lending Library

Programs inspired by the Linda Young Healing Garden

ONCOLOGY SUPPORT PROGRAM STAFF

Director: Ellen Marshall, MS, LCSW-R, OSW-C, ext. 103, ellen.marshall@hahv.org

Founder: Barbara Sarah, LCSW-R

Social Workers:

Elise Lark, PhD, LCSW, OSW-C, ext. 102, elise.lark@hahv.org

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Doris Blaha, ext. 100, doris.blaha@hahv.org

Interns: ext. 100

Elizabeth Koelmel, Masters in Social Work, University of New England

Marina Russo, Masters in Social Work, Adelphi University



Front: (L. to R.) Valerie Elise, Ellen Back (L. to R.) Doris, Jennifer

From Our Director

Greetings from OSP. We welcome the spring and summer months with programs that support you and your loved ones in a host of ways. From cancer support groups to exercise & wellness classes, to programs in the healing arts, to educational workshops, you can always find something at OSP that helps you know you are not alone in facing the challenges of cancer.

Please join us at our 18th annual Survivors' Event in June when we have the privilege of celebrating your life during an inspiring evening including a candle lighting ceremony. The theme this year is "Gathering Goodness," reflecting on the peace, love and joy that surrounds us even during our most difficult times.

We thank all who have donated to OSP—in keeping your donations local you are supporting your neighbors and friends. Donations to OSP are always appreciated to help support our programming and for financial assistance to people in our community struggling with the consequences of a cancer diagnosis. (See how to donate to OSP below.) Please join the local fundraising events in September—the Bike for Cancer Care, which raises funds for the Rosemary Gruner Fund; and the Anchors Aweigh Cruise which raises money for our very own OSP.

As the HealthAlliance Hospital, in partnership with Westchester Medical Center, moves to a single campus at Mary's Avenue and the renovations begin, some of our classes may be moved temporarily from the Auditorium to other locations. Sorry for any inconvenience but the end result will be a renovated hospital better able to serve the needs of our community. In the meantime, the doors of our lovely Reuner Cancer Support House on Mary's Ave. remain open, Linda's Healing Garden is in bloom, vegetables are growing in our new container garden and most importantly, our social workers and volunteers are here to offer compassionate support. We look forward to sharing the next few months with you.

Sincerely, *Ellen Marshall* MS, LCSW-R, OSW-C



HELP SUPPORT OSP!

Your donation is tax-deductible & gratefully appreciated.

Make checks payable to:

Benedictine Health Foundation

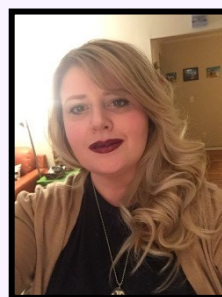
(OSP or Linda Young Ovarian Cancer Support Program in memo) OR

The HealthAlliance Foundation (OSP in memo)

Please mail check to:

Oncology Support Program

105 Mary's Ave. Kingston, NY 12401



Hello,

I am from New Paltz, New York where I graduated from SUNY New Paltz with a BA in political science. I am now working toward my MSW at Adelphi University. I am very much looking forward to doing my field placement at OSP in the fall. I am excited to be a part of all the exciting programs and groups they offer. I am eager to work with and learn from everyone.

—*Marina Russo*

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Greetings!

I am currently finishing an MSW program at the University of New England and I am excited to begin this internship at the Oncology Support Program! After earning my MA in Education, I have worked for the past 17 years in a Nursery-12th grade school in Woodstock, New York. I have worked with children, adolescents, teachers and families as a teacher, administrator, mentor and advisor. I look forward to learning from the team at the Oncology Support Program, using my past experience to add new insights and resources into this creative program that provides meaningful care and support for so many people.

—*Elizabeth Koelmel*





NURTURING NEIGHBORHOOD NETWORK

Facing a cancer diagnosis and could use one-on-one support from someone who's been through it? You might like to be matched with a Nurturing Neighbor. These volunteers are cancer survivors, specially trained through OSP to offer support. For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact **Valerie Linet** at ext. 101 or email: valerie.linet@hahv.org.

NURTURERS NEEDED!

If you are at least a year out from diagnosis and/or treatment and you'd like to offer one-on-one peer support through our Nurturing Neighborhood Network, please contact Valerie Linet.

Special THANKS to our Volunteers for their Dedication

Ann Hutton, Abigail Thomas, Rosanne Fox, Kathy Sheldon, Rob Kilpert, Marilyn Fino, Beverly Nielson, Annie LaBarge, Craig Mawhirt, Toby Krawitz, Ujjala Schwartz, Melissa Eppard, Debbie Denise, Tammara Taylor, our Nurturing Neighbors and other fabulous volunteers.

Special thanks to our 2016/2017 graduate interns, Elizabeth Rogers and Rebecca Hieter. We thank you for demonstrating such commitment and for sharing your special gifts with our community. We wish you both a bright future! We will miss you!!



I have thoroughly enjoyed being part of and serving at the Oncology Support Program. The community of staff, my supervisor, volunteers, program members as well as patients I have met in the hospital have all made an impact on me. I also want to make special mention of the Creative Arts group which I co-

led with Marilyn Fino and Bev Nielson. It has been fun to share my enjoyment of art with them and all of the program members who attended the group. I will miss you!

—Elizabeth Rogers

18th Annual Cancer Survivors' Celebration "Gathering Goodness"

Inspirational

Speaker: Susan York



Friday, June 2nd, 6—8 p.m.

The Kirkland, 289 Fair St., Kingston

Honoring our cancer survivors and those who lovingly care for them including family, friends and health care providers.

Please join us for an inspiring and festive occasion including a light dinner.

Entertainment by Mountain String Band and Candle lighting ceremony.

On display: Artwork by Susan York and members of the OSP Creative Arts Group

Please RSVP by May 29th.

Call: (845) 339-2071 ext. 100 or email: oncology.support@hahv.org by May 29th

Park in County Lot (take a ticket but parking will be free upon departure)



I can't believe my time at OSP as come to an end! I felt welcomed the instant I began interning here at OSP, and I will be very sad to leave. It has been such an enriching experience for me and I am so thankful to meet such incredible human beings and work alongside with them.

I'd like to take this opportunity to thank those in the OSP community who have made my time here so special. I will miss you!

—Rebecca Hieter

SUPPORT SERVICES AT OSP

All groups are **FREE** of charge and meet at the Reuner Cancer Support House at 80 Mary's Avenue.

For more information or to join a group, please call the Oncology Support Program at (845) 339-2071.

Women's Cancer Support Group, facilitated by Elise Lark, PhD., LCSW. **First Thursdays, May 4, June 1, July 6, Aug. 3 & Sept. 7, 11 a.m.-12:30 p.m.** For women of any age with any type of cancer, at any stage. Contact OSP at ext. 102

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW, OSW-C. **Last Wednesday, May 31, June 28, July 26, Aug. 30, & Sept. 27, 7-8:30 p.m.** For women diagnosed with ovarian cancer. Call OSP at ext. 103

Men's Cancer Support Group, facilitated by Tom Tuthill, LCSW. **1st Wednesday, May 3, June 7, July 5, Aug. 2 & Sept. 6, 3:30-5 p.m.** A supportive and confidential setting for men who have been diagnosed with any type of cancer. Contact OSP at ext. 100

Family/Caregivers' Support Group, facilitated by Jennifer Halpern, PhD., LMSW. **3rd Mondays, May 15, June 19, July 17, Aug. 21 & Sept. 18, 5:30-7 p.m.** Provides a supportive and confidential setting to discuss the challenges of caregiving at any stage of disease. Social Worker is also available to meet with caregivers on an individual basis. Please contact OSP at ext. 104

Younger Women's Support Group, facilitated by Valerie Linet, LCSW & Melissa Eppard. **3rd Thursday, May 18, June 15, July 20, Aug. 17 & Sept. 21, 5:30-7 p.m.** This group focuses on issues common to young women with cancer including: talking to children about cancer, body image, managing work, sexuality and intimacy, relationships, fertility, self-advocacy. For women, age 55 and younger, with any type of cancer. Contact OSP at ext. 101

Coping Skills for Cancer: *Finding Ease & Inner Balance*



Reuner Cancer Support House
3rd Monday of the Month

May 15, June 19, July 17, Aug. 14 & Sept. 18
3:00-4:30 p.m.

Skills-based group led by OSP social worker Valerie Linet, LCSW-R, SEP. Open to newly diagnosed and long-time cancer survivors as well as caregivers.

(Pre-registration required. Please call Valerie at ext. 101 or email: valerie.linet@hahv.org)

Are you overwhelmed by your cancer diagnosis and treatment? Worried about cancer recurrence? Feeling stressed as a caregiver? In a safe, supportive space, you will learn practical ways to manage anxiety and increase a sense of well-being in the body and mind. Using mindfulness and body-centered techniques, you can reduce stress and learn to better handle strong emotions. This is a monthly interactive skill-building group rather than a traditional support or therapy group. Additional monthly practice sessions will be open to returning participants. Through practice, participants will develop a greater capacity to respond to the challenges of daily life and a cancer diagnosis. Classes integrate principles of **Somatic Experiencing (SE)**, **Dialectical Behavioral Therapy (DBT)** and **Mindfulness-Based Stress Reduction (MBSR)**.

Session topics include: *Riding the Waves of Diagnosis or Recurrence; Preparing for Treatment and Doctor's Appointments; and Transforming Fear and Anxiety into Productive Life Energy.*



OSP's Younger Women's Support Group

has partnered with **Young Survival Coalition.**

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

YSC is an organization dedicated to addressing the critical issues unique to young women who are diagnosed with breast cancer when they are under the age of 35. YSC sponsors conferences, offers resources and provides information and peer support to this community. To join our local YSC's Younger Women's Support Group social networking page, go to:

www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/



KID/TEEN/ FAMILY Connection

OSP Offers Support to Youth Facing Cancer in the Family

If you know a child or teen in need of support or would like to discuss how to talk to your child or teen about cancer, please contact **Valerie Linet** at **ext. 101** or **Ellen Marshall** at **ext. 103**.



Explorations on Being Mortal:

A support & discussion group

First & Third Wednesdays, from 1:30 to 3 p.m.

May 3 & 17, June 7 & 21, July 5 & 19, Aug. 2 & 16, Sept. 6 & 20
Reuner Cancer Support House

This experiential group is designed for those living with the day-to-day challenges of a **catastrophic illness of any kind, including stage 3 or 4 and recurrent cancer**. Together, participants will explore how to live more purposefully with the reality of our shared mortality within the individual context of life-and-body-altering illness.

OSP Oncology Social Worker, **Elise Lark, PhD, LCSW, OSW-C**, brings a broad range of experience and passion to this group as a clinician, integrative body-mind therapist, scholar, artist and social change agent.

Rosanne Fox, M.D. is a psychiatrist with fellowship training at Memorial Sloan Kettering Cancer Center including meaning-centered group process. Her private practice focuses on the challenges of living with serious illness.

For further information and pre-registration (required), please contact **Elise Lark at 339-2071 x102** or elise.lark@hahv.org.

Ceremony of Remembrance

*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.*
~By Robert Frost

Please bring a poem, a token, a memory, and the enduring love in your hearts as we honor and remember those who have touched our lives.

Thursday, June 8, 2017

5:30—7:00 p.m.

Linda's Healing Garden
Reuner Cancer Support House



Completing Your Advance Directives

Oncology Support Program Social Workers are available to help you explore how to speak to your loved ones about your wishes if you become seriously ill and unable to speak for yourself.

We can help guide you in completing your Health Care Proxy which designates the person who you trust to make decisions on your behalf.

We can also review the MOLST Form (Medical Orders for Life Sustaining Treatment) which then needs to be signed by your doctor in order to become part of your medical record.

Our Social Workers recognize the emotional nature of conversation about end of life concerns and we are trained to offer you and your loved ones the support you may need.

Please call OSP if you would like to make an appointment with one of our OSP Social Workers: (845) 339-2071.

Bereavement Counseling

In order to provide you and your family with continuity of care, specially trained social workers at OSP provide free short-term bereavement counseling to family members who have experienced a loss due to cancer. OSP at (845) 339-2071 ext. 100 for more information or to schedule an appointment.



HAHV has a **Palliative Care/Symptom Management team** of doctors, nurses, social workers and spiritual counselors that has been helping patients manage troubling symptoms due to any life-altering disease, at any stage of illness. The team also helps patients and their families with concerns about goals of care, procedures and advance directives. OSP is proud to be home to the social workers who are an essential part of this team. Let us tell you or your loved ones more about palliative care and symptom management. Call OSP at (845) 339-2071.

Memoir Writing Workshops

Members of our community who are affected by cancer have an opportunity to support one another by writing and sharing memoirs. For info or to join a workshop, please call (845) 339-2071 ext. 100 or email: oncology.support@hahv.org



Thursday Group

facilitated by
Abigail Thomas,

author of: "Getting Over Tom," "An Actual Life," "Herb's Pajamas," "A Three Dog Life," "Safekeeping," "Thinking About Memoir" and "What Comes Next and How to Like It: A Memoir."

Thursdays: 3-5:30 p.m.
Reuner Cancer Support House

Friday Group

facilitated by
Ann Hutton,

writer for Ulster Publishing, Chronogram and other local publications

Fridays: 2-4 p.m.
Reuner Cancer Support House



The **OSP Memoir Group's** published anthology ***holding on, letting go*** is available for purchase! Checks payable to:
HOLDING ON LETTING GO MEMOIR GROUP
P.O. Box 3533, Kingston, NY (\$15 plus \$5 shipping)



Fountain of Youth Newsletter

Youth affected by cancer are invited to create content for a new issue by submitting art or writings.

For details, please contact **Valerie Linet** at (845) 339-2071 ext. 101 or email: valerie.linet@hahv.org

Creative Arts Workshop

A drop-in group



facilitated by Bev Nielson and Marilyn Fino

Find the artist within in a supportive atmosphere that fosters your creativity.

Explore collage, painting, drawing, pastels, needle felting and other artistic techniques

No prior art experience necessary
SPECIAL GUEST ART INSTRUCTORS (TBA)

Tuesdays, 3:00-5:00 p.m.
Reuner Cancer Support House

Artwork by Members of our Creative Arts Workshop now decorates the walls of hospital rooms on the Oncology Unit (3 East) at Broadway Campus. Thank you Oncology Unit Manager Erin Purvis for enabling these colorful pieces to brighten the spirits of people admitted to the hospital with cancer. Special thanks to **Elizabeth Rogers** (below) for facilitating the group that led to the creation of such beautiful artwork.



Healthy Living Support Group

This monthly program offers education and support to help you make healthy life-style choices that reduce the risk of certain chronic diseases and cancers. It is also for those who have cancer and want to learn how to nourish themselves, strengthen their immune systems and help prevent a recurrence.



Each session will include new information about nutrition, along with a **food demonstration** where we will learn to prepare **easy, nutritious and delicious** dishes.

We will each be encouraged to identify the **manageable changes** that promote wellness and support one another in achieving our health-related goals.

This program is facilitated by **Christina Sanabria, RD**, a Registered Dietician with HealthAlliance Hospital, **Ellen Marshall, MS, LCSW-R, OSW-C**, Oncology Social Worker & Director of OSP who also holds an MS in Nutrition and **Ujjala Schwarz**, Health Educator.

Special guests may be invited to demonstrate their culinary skills.

2nd Monday of the month: May 8, June 12, July 10, (no Aug. class), & Sept. 11

Reuner Cancer Support House



Gardening for Health & Healing

Gardening not only provides food for our bodies, it connects us with nature and nourishes the soul!

The OSP Gardening Group has fortified the soil of its three **container gardens** and has lovingly planted a number of seedlings. Join us as we continue to plant and care for the **vegetables and herbs** which we will harvest for our Wellness Support Group and the Miso Happy Cooking Club.

This workshop is facilitated by **Rob Kilpert**, the Founder of Healing Fields Farm, LLC, where he grows a multitude of crops. His gardening techniques are inspired by the principles of biodynamics.

4th Monday of the month: 5:15-6:30 p.m.

May 22, June 26, July 24, Aug. 28, & Sept. 25

Reuner Cancer Support House Kitchen

Please call to register: (845) 339-2071 or email: oncology.support@hahv.org

Ujjala's Asparagus Leek/Scallion Soup (serves 6)

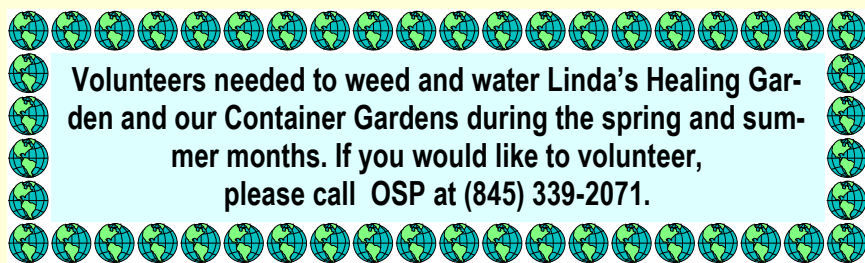
Ingredients: 2 medium thinly sliced leeks, (white part only); 6 scallions, thinly sliced (2 reserved for garnish); 32 oz. vegetable stock; 1 tsp. dried marjoram or thyme; 1 1/2 lb. thinly sliced asparagus (stem ends trimmed); 1 can organic cannellini beans (15 oz.); (rinsed and drained); 1/4 cup sliced toasted almonds for garnish; 1 tbsp. olive oil; pepper, sea salt or Braggs to taste.



Directions:

Heat olive oil, add leeks and 4 scallions. Cook until tender, about 5-6 minutes. Add broth, marjoram or thyme, salt and pepper. Bring to a boil, reduce heat and simmer, partially covered, until vegetables are soft, 12-15 minutes. Remove from heat and cool slightly.

Puree soup in blender until smooth. Re-heat. Serve and garnish with almonds and remaining scallions or add tips of asparagus. Enjoy!



Volunteers needed to weed and water Linda's Healing Garden and our Container Gardens during the spring and summer months. If you would like to volunteer, please call OSP at (845) 339-2071.



Support our Local Cancer Community and Bike for Cancer Care

Working in partnership with the **Gruner Family**, the Benedictine Health Foundation established the **Rosemary D. Gruner Memorial Cancer Fund** in 2004 to provide for individuals and their families who are facing financial challenges while receiving cancer treatment.

The Fund has provided over 1700 cancer patients with more than \$750,000 in financial assistance.

If you are interested in supporting this fund that helps our local cancer community, you can either volunteer, start a team or ride!!

Date: Sunday September 17, 2017

Start & Finish: Dietz Stadium

170 North Front Street Kingston, N.Y.

To register, volunteer & see event details: www.bikeforcancer.org

Support our local cancer community by cruising on the Hudson and raising funds for the Oncology Support Program



Anchors Aweigh Cruise aboard the Marika Yacht

DATE:

September 28, 2017

TIME:

Boarding at 5:30.

Departs at 6pm, returns at 8.



LOCATION:

Dock at the Maritime Museum, The Rondout, Kingston, NY

\$40 per person

Includes dockside refreshments, onboard buffet, DJ & dancing, and a memory moment for those affected by cancer. Cash bar.

For information or to register, call the HealthAlliance Foundation:

(845) 334-2760

or email: foundationupdate.org



Proceeds benefit the **Oncology Support Program (OSP)**

Exercise Classes

\$8 suggested donation.
Sliding scale as needed.

For more information or to register for any exercise class, please call (845) 339-2071 ext. 100 or email: oncology.support@hahv.org

Tai Chi

Mondays, 10-11 a.m.

Reuner Cancer Support House

Learn Long Form Yang Style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility. **Annie LaBarge** has taught Yang Style Tai Chi for Bard's Lifetime Learning Institute and Marist's Center for Lifetime Study.

Qigong Class

Tuesdays, 7-8 p.m.

ASB, Auditorium or Reuner Cancer Support House (with notice)

Exercises to train the breath, body and mind—holistic training for self-reliance, self-adjustment and strengthening the constitution. Gentle movements that are suitable for people of all ages! Classes taught by **Jeff Bartfeld**.

Gentle Yoga

Wednesdays, 12:00– 1:15 p.m.

Kingston Library, Franklin Street

A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing. Classes taught by certified yoga instructor Marianne Niefeld.

SmartBells® Class

Thursdays, 9:30-10:45 a.m.

ASB, Auditorium or Reuner Cancer Support House (with notice)

Exercise for health and fun! Smartbells® uses revolutionary sculptured weights to increase flexibility, strength & balance with gentle movement. **Angel Orloff, L.M.T.**, is a licensed massage therapist, Shiatsu specialist and certified Smartbells® instructor.



FREE: "Moving For Life DanceExercise for Health®" Exercise for Cancer Recovery

Moving For Life DanceExercise for Health® is able to offer free classes to our community due to the generous support from the New York State Dept. of Health; Community –Based Cancer Support and Wellness Program. .

The program was developed by **Dr. Martha Eddy, Ed.D, RSMT, CMA**, an exercise physiologist, who holds an Doctorate in Movement Science and Education from Columbia University. Her strong belief in the power of movement to change and enhance lives led her to create this gentle yet invigorating aerobic exercise & dance workout to help women heal emotionally and physically after cancer.

The National Cancer Institute reports that women who are physically active after breast cancer diagnosis have a 26-40% lower risk of reoccurrence compared with women who don't do aerobic exercise.

Classes combine aerobic dance, strengthening and flexibility exercises, music and somatic movement and are personalized to meet the needs of participants. Movements can be done seated or standing and are safe and accessible to women at all phases of cancer treatment. The program prioritizes women with breast cancer, at any stage, and breast cancer survivors but is open to the entire community and especially beneficial to people with chronic illnesses.

*Ongoing Classes are taught by
Certified MLF Instructors:
**Florence Poulain &
Dana Davison***

Martha Eddy will present various topics on the **first Friday** of each month prior to the movement class addressing **lymphedema, joint pain and peripheral neuropathy**

Fridays: 10:00-11:00 a.m.

**Kingston Library
Franklin Street, Kingston**

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



Greetings from Marianne Niefeld, our new yoga instructor!

It's a great pleasure to share my joy of teaching Kripalu yoga with the Oncology Support Program community this Spring and Summer. Kripalu is a gentle form of yoga that awakens the deepest levels of self-awareness, posture by posture, breath by breath. And with this awakened awareness arises a new level of caring and compassion for yourself and others.

I've been practicing yoga for 15 years, and have felt its wonderful impact on my own state of mind and body, knowing how to quiet my mind, reducing stress – and even sleeping better!

Spring is here – a time of renewal, birth, and growth. I hope you can join me as we grow together as well! **Namaste, Marianne**



Left to Right: Jayden Meyle, Monica Meyle, Kathy Sheldon, Amber Masaino, Darshana Alba

Miso Happy Cooking Club

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices. The principles of plant-based eating are utilized in the program. Kathy Sheldon welcomes the community to join in this program at the Reuner Cancer Support House.

Classes include recipe handouts, tastings, socializing and fun. Advance registration is requested for all classes via email to: oncology.support@hahv.org or kathy.sheldon@gmail.com.

Suggested class donation \$8.

Tuesday, May 9 at 10:30am

"Soup to Can - A Creative Way to Save Kitchen Time" with Kathy Sheldon

A hands-on class creating two delicious soups and learning how to increase the shelf life of many dishes with mason jars. This is a straightforward, fast, time-saving skill that will make your life easier. You will receive a small mason jar of soup to take home for future use. As there is a specific menu for this project, Kathy will prepare a few dishes to enjoy for lunch. An optional suggestion: All are invited to bring a macro quality dish to share for the meal.

Kathy Sheldon has been teaching and facilitating the Miso Happy Cooking Club since 2005. She has been involved in the Natural Plant-Based Foods movement for many years and in 2001, began studying macrobiotics when her husband was diagnosed with Leukemia.

Tuesday, May 30 at 10:30 a.m.

"Summer Cooking: Tantalizing Dishes to Keep You Cool When Things Heat Up" with Amber Maisano

As the days grow warmer and longer, we can prepare our bodies for the dog days of summer. The heat of summer calls for fresh, raw or lightly cooked dishes such as salads, light soups, shorter cooked vegetable dishes and light fruit-based desserts. Amber will explain the fire energy of summer, and help guide us in understanding and making choices that will make a seamless shift from spring to summer.

Amber Maisano has served as General Manager as well as Executive Chef and Kitchen Manager at Kushi Institute. As Kushi Institute Faculty she taught cooking classes and shiatsu as well as macrobiotic lifestyle and philosophy. Based in the Berkshires, she serves the global community, sharing macrobiotics as a personal macrobiotic chef, shiatsu practitioner and wellness counselor. Visit her web page and blog at AmberMaisano.com and sign up for her free newsletter.

"A Miso Happy Day Outdoors" possibly for a hike and picnic. Details TBA

Tuesday, August 29, at 10:30am

"Late Summer Cooking: Change is in the Air and the Kitchen" with Bettina Zumdick

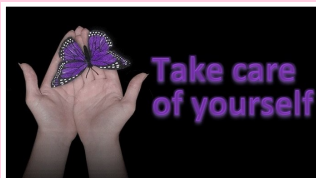
As summer winds down with cooler, shorter days and winter squash returns to the farm markets, it is time to begin preparing our bodies for autumn's cool splendor. Amber will talk about the energy of the season and how to adapt our diet to move comfortably into fall's crisp days.

Bettina Zumdick, a senior macrobiotic chef and instructor, is a native of Germany. She studied Macrobiotics in 1985 and Food Science at the University of Muenster. She has taught and counseled Macrobiotics in Europe and the US for over 27 years.

Tuesday, Sept. 26 at 10:30am

"Autumn is Happy Food Time"

Details and Instructor TBA



Mothering Yourself... A morning of delicious self care

We know the toll that cancer and treatment can take on your energy and sense of well-being. Allow us to pamper and indulge you on the day before Mothers' Day.... you deserve it!

Enjoy a morning of Guided Meditation, Restorative Yoga, Skin & Hair Care, Nurturing Food and Gentle Movement.

Our loving team is ready to mother you!

Ujjala Schwarz—Licensed Aesthetician
 Tamara Taylor—Certified Weaveologist
 Teresa Greene—Licensed Cosmetologist
 Jean Wolfersteig—Restorative Yoga Instructor
 Florence Poulain—Moving for Life Instructor
 Ellen Marshall—Oncology Social Worker & Nutritionist

Saturday, May 13, 10:00 a.m. to 2:00 p.m.

Location: Reuner Cancer Support House
Program is FREE but please call OSP
at (845) 339-2071 to register.
Nutritious lunch & snacks provided!



FREE CONSULTATION WITH WIG SPECIALIST Tammara Taylor

If you are experiencing hair loss related to cancer treatment, OSP offers consultations with Tammara and perhaps even a free wig that fits! Thanks to Tammara for offering her loving expertise to help women with cancer feel better about their appearance.

Call OSP at (845) 339-2071 to arrange for a consultation at the Reuner Cancer Support House.

FREE Look Good Feel Better sponsored by American Cancer Society

Trained cosmetologists come to OSP to show you specific techniques to help make the most of your appearance while undergoing treatment.

ACS provides a free bag of cosmetics for you to take home!

Friday, May 19 & August 18
10 a.m. - 12 p.m.

Reuner Cancer Support House

PLEASE CALL 1-800-227-2345 – Required



Hypnosis for Smoking Cessation

with
Peter Blum, C.Ht., M.S.C.



Are you considering how to stop smoking?

Peter Blum, certified hypnotherapist, will be offering an introductory class during which participants will learn how hypnosis works. They will have the opportunity to experience a group hypnosis session.

Over the past 30 years of practicing medical and clinical hypnosis, Peter has helped hundreds of people to get rid of the tobacco habit. He has worked in medical settings and wellness resorts, and he has a private practice in Woodstock. Hypnosis is increasingly being acknowledged as a gentle and effective short-term tool for therapeutic change. For more information about Peter's work, consult his website:

soundsforhealing.com

Wednesday,

June 21 & September 20

5:30-7:00 p.m. (\$10 suggested donation)

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



Join our **FREE** Smoking Cessation Program **The BUTT Stops Here**

Facilitated by *Larry McGrath*,
 Director of Respiratory Therapy

Mondays & Wednesdays 6-7 p.m.
May 15, 17, 22 and 24
September 11, 13, 18 and 20

4 Sp. Conference Rm. (4th fl.) of
 Mary's Ave. Campus

To register for the class, please call
 (845) 339-2071 ext. 100 or email:
oncology.support@hahv.org

If you would like to receive individual support
 to help you stop smoking,
 contact Larry McGrath: (845) 334-3181

The Linda Young Ovarian Cancer Support Program

is committed to supporting women diagnosed with Ovarian Cancer and educating the community about symptoms and early detection.

For information about the program, please contact Ellen Marshall at (845) 339-2071 ext. 103



Know the symptoms:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Other symptoms may include: fatigue, indigestion, back pain, constipation, pain with intercourse, menstrual irregularities.

Know what to do:

If you have these symptoms almost daily for more than two weeks or have symptoms that are unusual for your body, see your gynecologist. Experts recommend a pelvic/rectal exam, a CA-125 blood test and a transvaginal ultrasound. If ovarian cancer is suspected, seek out a gynecologic oncologist. Go to: foundationforwomenscancer.org



Linda's Healing Garden

created through generous donations to the Linda Young Ovarian Cancer Support Program

SHARE – Self-help for women facing breast or ovarian cancer

www.sharecancersupport.org Toll-free hotline: Call (866) 891-2392

Telephone peer-led Support Groups for women with metastatic breast cancer or recurrent ovarian cancer and for young women with metastatic cancer. Call (212) 382-2111 for info.

Support Connection – www.supportconnection.org

Offers an ovarian cancer national toll-free phone support group. Call (800) 532-4290.



Jason Elias, MS., L.Ac has a practice in New Paltz at Integral Health Associates and in New York City.

He is the author of four books: *Healing Herbal Remedies*, *Chinese Medicine for Maximum Immunity*, *Feminine Healing*, and *Kissing Joy As It Flies*.

The Wisdom of Chinese Medicine: Support for people with cancer — Jason Elias, MS, L.Ac.

Traditional Chinese Medicine and Five Element Theory is an ancient system that focuses on the flow of energy through body pathways (meridians). According to this system, when energy is flowing properly, there is health; and when blocked, disease may result. How can the principles and practices of Chinese medicine help promote balance and support a person diagnosed with cancer?

Jason Elias is a local acupuncturist, herbalist and internationally acclaimed author who has been in practice for 40 years. His quest for the roots of healing has taken him from a degree in psychology to studies at Esalen, Japan, Philippines and India.

After his wife was diagnosed with breast cancer a couple of years ago, Jason's interest in integrating the principles of Chinese medicine with medical/western approaches to cancer treatment became more personal. He worked closely with his wife's oncology team at Sloan Kettering Hospital and crafted a program for his wife which

helped her strengthen her system as she underwent traditional chemotherapy and radiation. Jason is eager to share his experience and expertise with our community. He will give us safe, practical tools to help us support our energy during and after cancer treatment.

Monday, May 22, 7:00—8:30 p.m. Reuner Cancer Support House

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

Light refreshments provided!



Need help with transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- If you are **60 years of age or older**, complete an application with **Office for the Aging (NY Connects)** by calling **340-3456 or 340-3571**.
- Seniors can call **UCAT** at **(845)340-3333** for a **Para Transit Application** or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- Call the **Neighbor to Neighbor Program** **(845) 802-7661** on Tues., Wed. or Thurs., 10am—2pm
- Register with **Jewish Family Service** **(845) 338-2980** and request a volunteer driver. (Serves Kingston only.)
- If you have active Medicaid, call **(866) 287-0983**
- Call the **American Cancer Society** at **1-800-227-2345**
- **Angel Wheels to Healing** **(800) 768-0238** provides non-emergency, long-distance ground transportation to qualifying patients who are traveling for treatment.
Online application: <http://angelwheels.org>



Clinical Trials for Cancer

Clinical trials are key to developing new methods to prevent, detect and treat cancer.

If you would like help identifying trials that may benefit you, please feel to free call:

Arlene Cohen, MSN, OCN, Clinical Nurse Specialist, Oncology

(845) 802-7386 or email: acohen@hahv.org

Helpful National Internet sites:

<https://clinicaltrials.gov/>

<https://www.clinicaltrialsgps.com/>

Hudson Valley Region



Cancer Services Program

Your partner for cancer screening, support and information

FREE breast, cervical, colorectal screenings for uninsured or underinsured men and women

Breast Cancer Screening: Mammograms and

Clinical Breast Exams; Cervical Cancer Screening; Pap Test and Pelvic Exam;

Colorectal Cancer Screening: FIT Test

Call CSP:

(855) 277-4482

to find out if you are eligible.

CANCER SCREENING SAVES LIVES!



CancerCare® offers financial assistance for adults and children with cancer in New York's Mid-Hudson Valley region. Grants of up to \$300 are available to help eligible patients afford direct and indirect costs of cancer treatment. For information and to apply, please contact a CancerCare® Social Worker at **800-813 HOPE (4673)**

Diagnosed with Cancer & Struggling with Finances?

- ◆ Need Help applying for Disability?
- ◆ Have you been informed of **Pooled Trusts** as a way of managing with your Medicaid Spend-down?
- ◆ Do you know about **Spousal Refusal**?

Join **Debbie Denise** of Resource Center for Accessible Living for informational sessions at the Support House.

Tuesdays, May 16 & July 18, 2-4 p.m.

Reuner Cancer Support House

Please call to register

(845) 339-2071 or

email:

oncology.support@hahv.org

Resource Center for
Accessible Living



Legal Services of the Hudson Valley

can help people with cancer and their caregivers with

Free Legal Counsel on issues including:

Benefit Denials — Foreclosures

Bankruptcy — Wills

Powers of Attorney — Pooled Trusts

Permanency Planning for your Children

Call Legal Services at:







(845) 569-9110

or call OSP at **(845) 339-2071** and we will contact Legal Services on your behalf.

May 2017

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071





ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi, 10-11am – CSH	2 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	3 Being Mortal 1:30-3pm – CSH Men's Support Grp. 3:30-5pm – CSH	4 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	5 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	6 National Nurses Day 
7 Ellen Baker Memorial 1:30pm CSH	8 Ovarian Cancer Day  Tai Chi, 10-11am – CSH Healthy Living Group 5:15-6:30pm – CSH Kitchen	9 Miso Happy Cooking "Soup to Can" w/ Kathy Sheldon 10:30am CSH Kitchen Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	10 Gentle Yoga 12-1:15pm Kingston Library	11 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	12 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	13 Morning of Self Care 10am-2pm CSH
14  	15 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	16 Cancer & Finances 2-4pm – CSH Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	17 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	18 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	19 Moving for Life 10-11am Kingston Library Look Good Feel Better 10am-12pm CSH Memoir Writing II 2-4pm CSH	20
21	22 Tai Chi, 10-11am – CSH Gardening for Health & Healing 5:15-6:30pm – CSH The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm Wisdom of Chinese Medicine 7-8:30pm – CSH	23 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	24 Gentle Yoga 12-1:15pm Kingston Library The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	25 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	26 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	27
28	29  CLOSED	30 Miso Happy Cooking "Summer Cooking" w/ Amber Masiano 10:30am CSH Kitchen Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	31  Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH			

June 2017

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071


ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	2 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH Annual Cancer Survivors Day Celebration & Dinner 6-8pm The Kirkland, Kingston	3
4	5 Tai Chi, 10-11am – CSH	6 Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	7 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Men's Support Grp. 3:30-5pm – CSH	8 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Ceremony of Remembrance 5:30-7pm – CSH LY Healing Garden	9 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	10
11	12 Tai Chi, 10-11am – CSH Healthy Living Group 5:15-6:30pm – CSH Kitchen	13 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	14  ***** FLAG DAY Gentle Yoga 12-1:15pm Kingston Library	15 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	16 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	17
18 	19 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	20 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	21  Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Hypnosis for Smoking Cessation 5:30-7pm – CSH  INTERNATIONAL DAY OF YOGA	22 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	23 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	24
25	26 Tai Chi, 10-11am – CSH Gardening for Health & Healing 5:15-6:30pm – CSH	27 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	28 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	29 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	30 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	

July 2017

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071

ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3 Tai Chi, 10-11am – CSH	4 HAPPY  INDEPENDENCE DAY CLOSED	5 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Men's Support Grp. 3:30-5pm – CSH	6 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	7 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	8
9	10 Tai Chi, 10-11am – CSH Healthy Living Group 5:15-6:30pm – CSH Kitchen	11 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	12 Gentle Yoga 12-1:15pm Kingston Library	13 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	14 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	15
16	17 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	18 Cancer & Finances 2-4pm – CSH Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	19 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	20 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	21 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	22
23	24 Tai Chi, 10-11am – CSH Gardening for Health & Healing 3-5pm – CSH	25 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	26 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	27 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	28 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	29
30	31 Tai Chi, 10-11am – CSH					

August 2017

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071

ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	2 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Men's Support Grp. 3:30-5pm – CSH	3 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	4 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	5
6	7 Tai Chi, 10-11am – CSH	8 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	9 Gentle Yoga 12-1:15pm Kingston Library	10 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	11 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	12
13	14 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH	15 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	16 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	17 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	18 Moving for Life 10-11am Kingston Library Look Good Feel Better 10am-12pm CSH Memoir Writing II 2-4pm CSH	19
20	21 Tai Chi, 10-11am – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	22 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	23 Gentle Yoga 12-1:15pm Kingston Library	24 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	25 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	26
27	28 Tai Chi, 10-11am – CSH Gardening for Health & Healing 5:15-6:30pm – CSH	29 Miso Happy Cooking "Late Summer Cooking" w/ Amber Masiano 10:30am CSH Kitchen Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	30 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	31 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH		

September 2017

HealthAlliance Hospital: Mary's Ave. Campus
ing

ASB = Administrative Service Building

Oncology Support Program 845-339-2071

CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	2
3	4  CLOSED	5 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	6 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Men's Support Grp. 3:30-5pm –CSH	7 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	8 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	9
10	11 Tai Chi, 10-11am – CSH Healthy Living Group 5:15-6:30pm – CSH Kitchen The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	12 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	13 Gentle Yoga 12-1:15pm Kingston Library The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	14 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	15 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	16
17 Bike for Cancer Care Gruner Fund Dietz Stadium, Kng www.bikeforcancer.org 	18 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	19 Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	20 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Hypnosis for Smoking Cessation 5:30-7pm – CSH The Butt Stops Here 6-7pm – 2 nd Fl Conf. Rm	21 Happy 1st Day of Rosh Hashanah Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH 	22 Equinox  Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	23
24	25 Tai Chi, 10-11am – CSH Gardening for Health & Healing 5:15-6:30pm – CSH	26 Miso Happy Cooking "Autumn is Happy Food Time" 10:30am CSH Kitchen Creative Arts 3-5pm – CSH Qigong 7-8pm – ASB, Auditorium	27 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	28 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Anchors Aweigh Cruise Aboard The Marika 5:30-8pm Docked at Maritime, Kng.	29 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	30



We invite you to be a part of our **Birthday Directory!** OSP will send each month via email a list of birthdays for the following month. Please submit your name and birth date (month and day) so that we can celebrate with **YOU** as a community!! Please call Oncology Support or email doris.blaha@hahv.org with your information.



Happy Birthday

We Lovingly Remember: ♥

Ellen Baker
 Christopher Basil
 Karen Beck
 Linda Bertone
 Liz Bibbo
 Diane Binder
 Robert Boyer
 Richard Burch
 Thomas Caffrey
 Cynthia Caporale
 Ronald Chouinard
 Janet Curry
 Paul Edelson
 William Goldberg
 Jerome Jenkins
 Gerhard Jurgeleit
 Frayda Kafka
 Esther Lemmerman
 Jeri Loughlin
 Gertrude Markle

Donna McCloskey
 Ruth McDonough
 George Nau
 Ronald Page
 Ida Pannitti
 Sal Paone
 Stanley Papich
 Wieslaw "Robert"
 Plato
 Margaret Rider

Donna Slater
 Rachel Slinsky
 Cheryl Stedner
 Nancy Terwilliger
 Donna Vail
 Wilfried Vogler
 Arthureen Warren

Ellen Baker
 Beloved Volunteer
 Memorial for Ellen will
 be held at OSP on
 Sunday, May 7 at
 1:30 p.m.



Thank You

FOR YOUR GENEROUS SUPPORT

In Honor of
Elizabeth Polan
 James Glynn

Special Gratitude
 to **Robert (Bob) Smith** for his
 generous donation which has been
 earmarked for financial assistance

"*Thirty -One Bags*"
 donated by Angela Cron
**New Paltz Women's Golf
 Association**

In Memory of Gerhard Jurgeleit

Janine Mower

Mr. & Ms. Frank Blaha
 Holding On Letting Go Memoir
 Group

Nancy & Nathan Sambul

In Memory of Ellen Baker
 Ulster County Horse Council
 Andrea Epstein
 Ida & James Economos

Mr. Lou Kolano
 Mr. & Mrs. Richard Menken

In Memory of Ruth McDonough

Mr. & Mrs. John Mizerak
 Ms. Lori A. Mizerak
 Mr. & Mrs. Thomas A. Reed
 Janice Beaver
 Vernon & Ruth Outwater
 Richard and Mary Lafleur



Do you wish to receive future newsletters by e-mail instead of regular (snail) mail? Email: doris.blaha@hahv.org to receive the future issues of *Celebrate Life!* by email in pdf format.

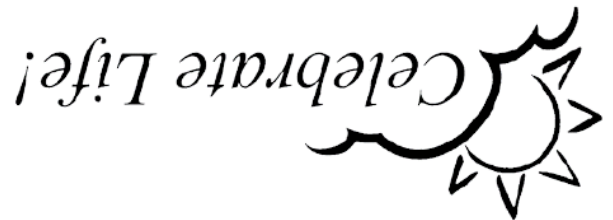
The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

You can also find this newsletter at:

www.hahv.org/service/cancer-support-program

Newsletter

Editor: Ellen Marshall
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HealthAlliance Hospital, WMC Health Network

Oncology Support Program

105 Mary's Avenue

Kingston, NY 12401

Located at:

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

The last of the human freedoms
is to choose one's attitude
in any given set of circumstances.
—Victor Frankl

READER SUBMISSIONS ARE WELCOME!

We invite you to submit writings which may be included
on our newsletter or placed on the HAHV/OSP website!

Please submit to ellen.marshall@hahv.org.

SUBSCRIPTION INFORMATION

To be on our mailing list please call: 845-339-2071

or email: doris.blaha@hahv.org

or send your name & address to:

Oncology Support Program

HealthAlliance Hospital, WMC Health Network

105 Mary's Avenue, Kingston, NY 12401

YOUR DONATIONS MATTER!

To support OSP Programming or Emergency Financial
Assistance, please make a *tax deductible* contribution.

Make checks payable to:

Benedictine Health Foundation

(OSP or Linda Young Ovarian Cancer Support Program in memo)

OR

The HealthAlliance Foundation (OSP in memo)

Please mail check to:

Oncology Support Program

105 Mary's Ave. Kingston, NY 12401