



Jan/Feb/March/April 2015

A Newsletter for cancer patients, their families and friends about support services offered by the HealthAlliance 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 12401

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



### *The HealthAlliance* **ONCOLOGY SUPPORT PROGRAM**

We are dedicated to ensuring that no one faces cancer alone. Our group of compassionate oncology social workers, graduate social work interns and dedicated volunteers offer individual and group support to those affected by cancer. OSP's innovative programs promote prevention & healthy survivorship through exercise & meditation classes, cancer-related educational programs and workshops in nutrition, integrative medicine and the healing arts. As a bridge between HealthAlliance and the community, we offer a nurturing environment at the Herbert H. and Sofia P. Reuner Cancer Support House that promotes wellness and celebrates the fullness of life!

### **SUPPORT SERVICES:**

**Arts & Healing Classes**

**Counseling**

**Educational Programs**

**Support Groups** for Women, Men,  
Family Members, Caregivers, Children & Parents

**Integrative/Complementary  
Medicine Workshops**

**Lectures and Discussion Groups**

**Lending Library:** Books, Audio Tapes & Videos

Programs  
inspired by our  
**Linda Young  
Healing Garden**





## ONCOLOGY SUPPORT PROGRAM STAFF

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

**Founder:** Barbara Sarah, LCSW-R

### **Social Workers:**

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

Valerie Linet, LCSW, ext. 101, valerie.linet@hahv.org

Jennifer Halpern, PhD, LMSW, ext. 104, jennifer.halpern@hahv.org

Simone Angolina, LCSW, ext. 100

### **Administrative Assistant:**

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

### **Interns:**

Meg Riebesell — MSW, SUNY Albany School of Social Work

Amie Baracks — MSW, SUNY Albany School of Social Work

Vicki Bedford — MSW, Adelphi School of Social Work

**Volunteers:** Anique Taylor, Kathy Sheldon, Al Konigsberg,

Alexandra Geiger, Abigail Thomas and other fabulous volunteers



## **DESIGNATED WALK-IN HOURS**

The Reuner Cancer Support House is open  
**Monday through Friday.**  
Drop by during designated walk-in hours or  
call for an appointment.

**Monday 10 a.m. - 12 noon**

**Tuesday 2 p.m. - 4 p.m.**

**Wednesday 4 p.m. - 6 p.m.**

**Thursday 1 p.m. - 3 p.m.**

**Friday 10 a.m. - 12 p.m.**

From our Director:



**Greetings from the Oncology Support Program.** We thank all those who participated in our programs this past year whether as a patient, family member, friend, volunteer or health care professional. Together we have created a dynamic support community that offers comprehensive and integrative services to those facing cancer.

OSP's varied groups, individualized support and educational programs continue to be offered in the warm and welcoming setting of the **Reuner Cancer Support House**, while our dedicated staff provide compassionate care to patients at the **Mary's Avenue and Broadway campuses of the HealthAlliance Hospital**. Our recent community gatherings, including our annual holiday celebration and the retirement event for our beloved OSP

Founder, Barbara Sarah, cast light on how powerful it is when we come together, expressing gratitude and sharing our hopes.

We thank the **Benedictine Health Foundation** and the **HealthAlliance Foundation** for their continued commitment to **local cancer programming**. We also thank all of you, our generous donors and volunteers. What an amazing community in which we live and work...such talent, commitment and love directed toward those who are struggling with cancer. It is through your donations, time, and dedication that cancer patients and their loved ones are able to feel encouraged and held as they walk their journey. Here at OSP, we continue to be privileged to share that journey with those who face the myriad feelings and decisions that come along with a cancer diagnosis.

**We look forward to yet another year together, co-creating with all of you, the amazing support community called OSP.**



Warmly, *Ellen Marshall*, MS., LCSW-R, Director of the Oncology Support Program

## Dear Friends/Colleagues:



Thanks for your joyful, generous and loving presence (either in person or in spirit) to celebrate my version of retirement from this amazing Oncology Support Program.

I will carry you all with me as I move on:

\*Helping to create a Comfort Care Home for the Dying here in Ulster County thanks to the Circle of Friends for the Dying

\*Nurturing ongoing ties with many of you at the Memoir Group, OSP celebrations and educational events and the Linda Young Ovarian Cancer Advisory Board

\*Volunteering with The New Jim Crow Task Force at the Woodstock Jewish Congregation

\*Helping at Chiz's Heart Street

\*Celebrating Life with dear friends

\*Cancer Coaching, teaching Strategies for a positive life

\*Enjoying my children and grandchildren in Westchester and Kingston

\*Being present to every precious day...With love and gratitude for twenty marvelous years...OSP will continue to thrive!

— *Barbara Sarah*

## Happy Birthday

### JANUARY (Continued)

- 21 – Charlotte Biro
- 22 – Janis Bianco
- 23 – Linda Ross
- 25 – Charles Lippman
- 25 – Elizabeth Padusnak
- 28 – Barbara Yosh
- 31 – Ida Pannitti
- 31 – Rosalyn Cherry

### FEBRUARY

- 3 – Barbara Bovee
- 5 – Florence VanDemark
- 6 – Patricia Steyer
- 10 – Dawn Goldstein
- 16 – Barbara Sturtecky
- 17 – Phyllis Silvers
- 17 – Linda Schultz
- 18 – Barbara Wyman
- 20 – Lorraine Drechsler
- 24 – Nancy Lane
- 26 – Robin Beveridge
- 26 – Karren Trent Kalman
- 27 – John Pavlak
- 27 – Roberta Finkel
- 28 – Susan Spadanuta

### MARCH

- 3 – Ellen Baker
- 3 – Cheryl Gorman
- 3 – Diane Pineiro-Zucker
- 5 – Susan Hutcheon
- 7 – Gwen Harding Peets
- 7 – Rosie Interrante
- 8 – Dolly Wodin
- 8 – Faith Dumond
- 11 – Jeannie Brandt-Kidney
- 12 – Shirley Vaughan
- 15 – Yvonne Cable
- 16 – Trudi Abramson
- 17 – Lisa Piratzky
- 18 – Margaret Preza
- 19 – Beverly Canin

### MARCH (continued)

- 21 – Ann Horowitz
- 25 – Marion Ryan
- 27 – Janet Sharp
- 27 – Susan Hayes
- 27 – Catherine Luttinger
- 28 – Gerhard Jurgeleit
- 29 – Theresa Cafaldo
- 29 – Diana Witkus
- 29 – Pat Castellano
- 30 – Virgil Miller
- 30 – Jennifer Faison

### APRIL

- 1 – Peg Schmidt
- 2 – Cynthia Eggers
- 3 – Mindy Gilbert
- 6 – Lauren Rose
- 8 – Debbie Pineiro-Zucker
- 9 – Barbara Piombino
- 11 – JoAnne Everett
- 11 – Joelle Williams
- 13 – Sallie Bollin
- 13 – Nancy Lunden
- 18 – Diana Klose
- 20 – Elvira Jones
- 20 – Terri Grossman
- 21 – Gail Handelman
- 23 – Jan Hooks
- 23 – Robert Lee (Bob) Smith
- 24 – Jeanne Edwards
- 24 – Blaze (Perri) Ardman
- 25 – Pamela Franklin
- 25 – Rosemarie Sasso
- 26 – Mary Bishop
- 28 – Al Konigsberg



## Happy Birthday

### JANUARY

- 1 – Linda McClusky
- 1 – Kathryn Ingham
- 5 – Lyne Burstine
- 8 – Pam Gottlieb
- 9 – Sarah Urech

### JANUARY (Continued)

- 9 – Allen Dinga
- 11 – Cathleen Decicco
- 14 – Lucci Kelly
- 15 – Elise Lark
- 16 – Natalie Palome
- 16 – Margi Roberts
- 18 – Mary Ann Bopp
- 18 – Barbara Stinson
- 20 – Sandra Greene

## We Lovingly Remember:



Wilbert Altman  
Bruce Benjamin  
Howard Bodie  
Lawrence Bouck  
Julie Bryant  
Pat Campbell  
Joseph Ciardi  
Betty Lou Coon  
Patricia Creighton

Grace DeGroat  
Carol Dwyer  
Luther Ellsworth  
Jeannie Fleming-Laik  
Michael Geisler  
James Getter  
Tom Goldstone  
Andrew Hamilton

Evamae Hughes  
Margaret Juhl  
Jayne Kashmir  
Monika Kaufman  
Janet Kolts  
Sally Kemple  
Anne Lawson  
Linda Lopresti

Frank Lynch  
Grace Martin  
Juanita Middlebrook  
Rita Nickel  
Mildred Petlak  
Ernest Peters  
Theodore Pfeiffer  
Pat Rowe

Sandi Sampson  
Charles Stoutenberg  
Shirley Swanson  
Donald Sweeney  
Preston Tonnesen  
Margaret Tubby  
Donald Volk  
Gary Wisnewski  
Geoffrey Wright



# SUPPORT SERVICES

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

First and Third Thursday. Jan. 15, Feb. 5 & 19, Mar. 5 & 19 and Apr. 2 & 16

11 a.m.-12:30 p.m. Women of any age, at any stage, with any kind of cancer. Contact ext.100 or email meg.riebesell@hahv.org

## Weekend Women's Support Group

Saturdays, Jan. 10 & 24, Feb. 14 & 28, Mar. 14 & 28, Apr. 11 & 25

10 a.m.-11:30 p.m. Women of any age, at any stage, with any kind of cancer. Contact Vicki Bedford at ext. 100 or email vicki.bedford@hahv.org

## Men's Oncology Support Group

Second Monday. Jan. 12, Feb. 9, Mar. 9 and Apr. 13

5:30-7 p.m. For men who have been diagnosed with any type of cancer. Social worker Simone Angelina facilitates this group. Contact the Oncology Support Program at ext. 100.

## Family/Caregivers Support Group in coordination with Jewish Family Services

Monday, Jan. 19, Feb. 16, Mar. 16 and Apr. 20

5:30-7 p.m. Provides a supportive and confidential setting for family and caregivers. For more information or questions please contact ext. 100 or email amie.baracks@hahv.org

## Metastatic Cancer Support Group

First Tuesday. Jan. 6, Feb. 3, Mar. 3, and Apr. 7

2-3:30 p.m. We welcome people diagnosed with any type of metastatic cancer (stage IV) to come and share. Contact Elise Lark at ext. 102 or email elise.lark@hahv.org

## Ovarian Cancer Support Group

Last Wednesday, Jan. 28, Feb. 25, Mar. 25 and Apr. 29

7-8:30 p.m. For women diagnosed with ovarian cancer. Contact Ellen Marshall at ext. 103 or email ellen.marshall@hahv.org  
**Gynecologic Cancer Support** If you have any type of gynecologic cancer, including ovarian, endometrial, uterine, cervical, vaginal and vulvar, please contact Ellen Marshall at ext. 103

## NURTURING NEIGHBORHOOD NETWORK

If you are dealing with a **cancer diagnosis** and could use some **one-on-one support** from someone who's been through it, **you might like to have a Nurturing Neighbor**. Nurturing Neighbors are cancer survivors specially trained through the OSP to be volunteers. For further information on being linked up with a Nurturing Neighbor or becoming one yourself, please contact Valerie Linet at ext. 101 or email valerie.linet@hahv.org.



## Loss Counseling in Time of Grief

The OSP, in partnership with Jewish Family Services, offers Free counseling with Toby Krawitz, LCSW, trained to work with bereavement. Contact OSP at ext. 100 to schedule an appointment.

## Finding Ease & Inner Balance: Coping Skills for Those Affected by Cancer

An Experiential, Educational Series

**Tuesdays, 2-3:30 p.m.**

**2/17, 3/17, 4/21, 5/19**

**Reuner Cancer Support House**

A **Four-part workshop** led by OSP social worker **Valerie Linet**

Open to **newly diagnosed** and **long-time cancer survivors**

as well as **caregivers**. (Pre-registration Required)

In a **safe, supportive space**, you will learn tools to increase energy and ease in the body and mind. Whether you have just received the news, are in remission, or are dealing with late stage cancer, you'll learn how your nervous system works and how to bring it into greater balance. Using mindfulness and body-centered techniques you can reduce anxiety and stress and learn to better handle strong emotions.

This is a **monthly, interactive skill-building series** rather than a traditional support group. The emphasis will be present-focused on learning to more effectively manage ones mental and physical health. Through practice, participants will more easily experience vitality, a sense of well-being, and a greater capacity to respond to the challenges of daily life with ease. Session topics include: *Riding the waves of diagnosis or recurrence; Preparing for and "recovering from" treatment and doctor's appointments; Transforming fear and anxiety into positive life energy; and Harnessing resources.*

In addition to Valerie's intensive training in meditation and Zen Buddhism, this workshop is informed by her experience as a trauma therapist and background in mind-body modalities designed to **address anxiety and trauma**, including ongoing training in Experiencing (SE). SE is a gentle yet powerful neurobiological approach to resolving trauma symptoms and relieving chronic stress, which was developed by Peter Levine. For more information on SE and its principles, visit:

<http://www.traumahealing.org/about-se.php>

**Please contact Valerie at 845-339-2071 for intake.**

## TheCaregiverSpace.org

A free social network that allows caregivers to share their experiences, find resources, cope with stress and combat the isolation of providing care for someone they love.

A space to find comfort, relief and connection with other caregivers who understand.

The Caregiver Space offers 24/7 access to members to freely discuss all the difficult emotions and stressors that accompany ongoing support to a loved one.

# Valentines for Volunteers

Tuesday, February 17

Snow date: Feb. 24

6:30-8:00 p.m.

Auditorium, HealthAlliance Hospital:  
Mary's Avenue Campus

The Oncology Support staff is pleased to invite our beloved volunteers to a pleasant evening of appreciation. We'll enjoy a festive dinner together followed by a recognition ceremony.

**We look forward to appreciating you!**



## Cozy Crafts & Knitting Circle

What better way to stay warm during the winter months than to share your craft with others around the kitchen table at OSP. We have some talented & skilled folks among us who would love to teach. Those who are less experienced can learn to knit, crochet, needle felt or learn other crafts are brought to the OSP table. This is an informal, member facilitated drop-in group so please call if you're interested!

Reuner Cancer Support House  
**Mondays: 1:30-3:00 p.m.**  
beginning Jan. 26th

Special thanks to the **HealthAlliance Foundation** and all who attended "**Cruising for a Cure**" which raised funds for local cancer programming.



Left to Right: **Melanie Young**, author of *Getting Things Off My Chest: A Survivor's Guide to Staying Fearless and Fabulous in the Face of Breast Cancer*, **Debbie Barton**, Breast Patient Navigator at the Fern Feldman Anolick Center for Breast Health, and **Craig Mawhirt**, contributor to *Holding On, Letting Go: an anthology of the writings of the HealthAlliance OSP Memoir Group*.

Surrounded by members of our community who attended our

**Annual Holiday Celebration**, **Yungchen Lamo**, who stilled the room with her amazing voice, dances to the song "*Peace like River*" accompanied by our social work intern **Meg Reibesell** on guitar. Thank you to those who shared their hopes for the **New Year**.



## Rise Up Singing



Research has indicated that singing can help elevate mood and increase immunity. Together, we will sing from the popular music book *Rise Up Singing*, which contains hundreds of universally known songs across genres and time periods. Come to listen or lend a voice. No prior singing experience is needed. Open to those with cancer along with their family and friends.

**Meg Reibesell, MSW** intern at the Oncology Support Program is a singer/songwriter and guitar player who loves to bring people together through music. She led the singing program at our Holiday Celebration. Meg is joined by **Julia Haynes, M.M.** (Masters Degree in Music)

**2nd and 4th Wed. 5:30-6:30 p.m. Reuner Cancer Support House**

Upon request, Meg is also available to sing and/or play guitar to patients in the hospital. She is happy to learn songs that are personally meaningful — soothing background music or interactive sing-along's. **Please let us know if you or a loved one might enjoy a visit! (call 845-339-2971 ext. 100)**



## Exercise & Wellness Classes

For more information or to register for any exercise class, please call (845) 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). \$8 suggested donation per class. (sliding scale as needed)

### Tai Chi

**Mondays, 10-11 a.m.**

#### Reuner Cancer Support House

Learn Long Form Yang Style Tai Chi. Tai Chi is 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

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

### Gentle Yoga

**Wednesdays, 9:30-10:45 a.m.**

#### ASB, Auditorium

Gentle yet powerful! Yoga-inspired movement, breathing techniques and guided meditation. Stretch and strengthen the body, while calming and focusing the mind. **Deb Albright** is a Kripalu-certified yoga and meditation instructor and W.I.T.S. certified personal fitness trainer. All levels including beginners welcome. Mats provided.

### SmartBells® Class

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

#### ASB, Auditorium

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

### Jazzercise Class

**Tuesdays: 5:30-6:30 pm (begin in March)**

#### ASB Auditorium

Join **Cathy Shaw** in a fun & effective way to get and stay shape and feel energized!. Each class combines elements of dance, resistance training, Pilates, yoga, kick-boxing, all tailored to the level of the participants.

## Miso Happy Cooking Club

**Happy 2015!!** Miso Happy's goals are to support prevention, healing and recovery through healthy eating practices using Macrobiotic principles. Classes usually meet on the 4th Tuesday of each month beginning at 10:30am in the Support House Kitchen. Class includes recipe handouts, tastings and occasional guest instructors. Advance registration is requested for all events via email to [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com) or to [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). Join **Kathy Sheldon** at the **Reuner Cancer Support House**. \$8 suggested donation. Winter class cancellation may occur due to inclement weather. Call ext. 100 for more information.

### January—Winter Break

**Tuesday, February 24**

#### Japanese Tapas, Ippin Ryori: Preparation to Presentation with Youko Yamamoto

This class will focus on Ippin Ryori or Japanese Tapas. Instruction will include cutting skills, cooking, preparation of sauces and proper plating and presentation of each dish. Niyakko (simmered tofu), Wakame salad, Kyuri No Rangiri salad (cold cucumber salad), Niishime (Japanese casserole) are a few of the easy, practical and delicious dishes Youko may demonstrate. Tastings will follow.

*Youko Yamamoto, chef, restaurateur of Gomen-Kudasai restaurant, 232 Main St., New Paltz, NY, prepares authentic Japanese food including noodle dishes with a focus on fresh natural ingredients in preparing delicious, nourishing homestyle food.*

**Tuesday, March 24—TBA**

**Tuesday, April 28**

#### Memory Loss? Attain Healthy Memory and Laser Like Focus through Whole Foods: A lecture with Bettina Zumdick

Alzheimer's is ranked as our #1 fear. Discover the secrets to a fully oxygenated brain! Stress, environmental and internal toxins, free radicals, poor nutrition, deficient oxygen levels in the blood, hypoglycemia and other contributing factors result in a vicious cycle in the brain, leaving us in a paradigm of fear, competition and chronic stress. Eating whole foods coupled with a moderate exercise program may well be the foundation to allow higher brain function to occur. Which foods are 'butchering' the brain and which foods/supplements and life style choices can positively impact brain function? Attend this class if you desire to think faster, have a laser-like focus, a crystal clear memory, mental acuity and peace of mind! A nourishing soup will be served after the lecture!

*Bettina Zumdick, a senior macrobiotic chef, instructor, counselor, is a native of Germany, where she studied Macrobiotics in 1985. Simultaneously, she studied Food Science at the University of Muenster. She has taught and counseled Macrobiotics and other Body-Mind-Spirit related subjects in Europe and the US for over 27 years.*

### **FREE Hypnosis for Weight Control**

Excess body weight contributes to 1 in 4 cancer-related deaths.

**Wednesdays, JAN. 7, FEB. 4, MAR. 4 & APR. 1**  
**7 p.m.**

Join **Frayda Kafka**, Certified Hypnotist.

For more information please call 845-339-2071 ext. 100  
or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

# The Linda Young Ovarian Cancer Support Program

Provides information and support to women with ovarian and other gynecologic cancers, educates the public and medical community about symptoms and early detection of ovarian cancer, and offers financial assistance to women diagnosed with gynecologic cancers. Once thought of as a silent killer, we now know that between 80% and 90% of women with ovarian cancer experienced symptoms at the early stages. Early detection and treatment greatly improve survival. There is no test yet to diagnose Ovarian Cancer, so... **Awareness is Best.**

## 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.

([foundationforwomenscancer.org](http://foundationforwomenscancer.org))



A few members of our **Ovarian Cancer Support Group** who attended the **TEAL Cruise**  
Left to right: Vicki Passikoff, Gwen Harding-Peets, Janis Bianco, Juliet Harrison

Special **THANKS** to all those who donated to the **Linda Young Ovarian Cancer Support Program** and/or attended the **TEAL Cruise** in September.

**It was a rainy night but we all kept warm and dry on the luxurious boat, "The Marika."**

**This wonderful event, which included great food and music by the generous members of the band, "Just US," raised funds to support women in our community with gynecologic cancers while honoring the dear members of our Ovarian Cancer Support Group which has been running for 12 years!!**

**If you are unable to attend an Ovarian Cancer Support Group, there are still supports available to you!**

**SHARE** — Self-help For women with breast or ovarian cancer [www.sharecancersupport.org](http://www.sharecancersupport.org)  
Offers a toll-free hotline: Call (866) 891-2392

**Support Connection** — [www.supportconnection.org](http://www.supportconnection.org)  
Offers an ovarian cancer national toll-free phone support group. Call (800) 532-4290.

**January  
is Cervical  
Cancer  
Awareness  
Month**

## Cervical Cancer

There are two types of tests used for cervical cancer screening. **The Pap test** can detect cell changes and cervical cancer early, when it's easier to treat. **The HPV (human papilloma virus) test** finds certain infections that can lead to cell changes and increased risk of cancer. These tests provide important information. Speak to your health care provider about how often you should be screened for cervical cancer. If you have male or female members of your family under the age of 26, discuss the HPV vaccine. For information about free Pap tests for those eligible, contact the **Cancer Services Program (CSP)** at **(855) 277-4482**

## FEBRUARY IS CANCER PREVENTION MONTH — EXERCISE AND CANCER

There are certainly many things you can do to lower the risk of cancer for yourself and your family. Although our inherited genes (mutations passed along family lines) do influence our risk of cancer, most of the difference in cancer risk between people is due to factors that are not inherited. According to the American Association for Cancer Research's Progress 2014 Report, about half of the cancer deaths expected to occur in the United States this year are related to preventable behaviors. Modifying personal behaviors to eliminate or reduce these risks, where possible, can have a tremendous impact.

There is convincing evidence that **physical activity** is associated with a reduced risk of cancers of the colon and breast. Several studies have also reported links between physical activity and a reduced risk of cancers of the prostate, lung, and lining of the uterus (endometrial cancer). This makes sense since physical activity helps control **obesity** which significantly increases cancer risk.

### What are the recommendations regarding physical activity for the general public?

The Center for Disease Control and Prevention (CDC) recommends that adults “engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week,” or “engage in vigorous-intensity physical activity for at least 20 minutes on three or more days of the week.”

### How might physical activity affect cancer survivorship?

Research indicates that physical activity after a diagnosis of breast cancer may be beneficial in improving quality of life, reducing fatigue, and assisting with energy balance. A review published this year in the journal *Annals of Oncology* concluded that survivors of breast cancer who engaged in at least 150 minutes per week of moderately intense exercise had a 24 percent reduction in mortality compared with their sedentary peers. For survivors of colorectal cancer who exercise at that level, mortality reduction was 28 percent.

### Can you still exercise when you are in cancer treatment?

According to the American College of Sports Medicine, exercise programs may need to be modified to allow for “down” days in the treatment cycle. In the case of chemotherapy or biological therapy, this may mean avoiding or scaling back exercise on days when side effects from treatment are more pronounced. In the case of radiation therapy, exercise may need to be reduced, or in some cases avoided, toward the end of treatment and/or in the early weeks following treatment. If you are not regularly active and wish to start an exercise program during cancer treatment, you may need to start with low-intensity exercise, consisting of slow walks, and gradually progress exercise over time. If you will be receiving chemotherapy, it may be wise to wait one chemotherapy cycle to see the response to treatment prior to starting an exercise program.



### If you are undergoing treatment and want to exercise:

- \*Obtain approval from your oncologist before starting an exercise program;
- \*Have vital signs (temperature, pulse/heart rate, blood pressure, respiration rate) monitored regularly;
- \*Exercise with a partner, caregiver or exercise professional for safety reasons;
- \*Avoid public fitness facilities and activities (e.g., swimming), where there may be an increased risk of exposure to viral and/or bacterial infection.
- \*Avoid swimming if undergoing radiation therapy treatments or if you have an indwelling catheter (a tube that goes in the body), such as a central venous catheter or peripherally inserted central catheter.

### Stop exercise and contact your doctor if you have any of the following symptoms during exercise or after an exercise session:

- Disorientation, dizziness, blurred vision or fainting
- Sudden onset of nausea, vomiting
- Unusual or sudden shortness of breath
- Irregular heart beat, palpitations, chest pain
- Leg/calf pain, bone pain, unusual joint pain or pain not caused by injury
- Muscle cramps or sudden onset of muscular weakness or fatigue



The exercise and movement classes offered by OSP provide a way for you to connect with others while engaging in physical activity. Check out our wonderful classes which are tailored to your needs: **Gentle Yoga, Smartbells, Jazzercise, Tai Chi, QiGong** and our new **three part** program “**Movement as Medicine.**” We are also delighted to announce that **Mike Arteaga Fitness Centers (Highland: 691-6161 & Poughkeepsie 452-5050)** and the **Kingston YMCA (338-3810)** are offering **FREE** time-limited memberships to recently diagnosed **cancer survivors** who are approved by their physician to engage in an exercise plan. What a great New Years gift to give yourself! Eating well and exercising are about nurturance and acceptance. Whether you are focused on cancer prevention, healthy survivorship or getting through active treatment, **respect your body as it feels today....tomorrow you may feel stronger. Set your own goals.... be gentle toward yourself...you deserve that loving and compassionate respect. .... Ellen Marshall**







## KID/TEEN & FAMILY CONNECTION

No matter our age, we are always affected when a loved one or caregiver has a cancer diagnosis. It is an OSP priority to offer support to young people affected by cancer.

### Cancer in the Family

## Support Group for Youth

(ages 8-13)

Fourth Monday from 4:30 - 6 p.m.

Jan. 26, Feb. 23, Mar. 23 and Apr. 27

Are you mad, sad or scared that your parent has cancer? Do you have mixed feelings?

You are not alone.

Come hang out with other young people who know what it's like. Make **art, share experiences, have fun and do activities** (art, gardening, writing.) We meet in a comfortable, supportive space. **Pizza is served.**

## Support for Parents

Parents are invited to speak with our staff in a group setting at the same time but in a different room of the Cancer Support House and join their children for pizza.

*How do we talk to our children about cancer in a way that is developmentally appropriate?*

### Children need to know:

- The name of the cancer
- How it will be treated
- How their own lives will be affected

To register your child or to join our parent group, please call Valerie at (845) 339-2071 ext. 101

## FOUNTAIN OF YOUTH NEWSLETTER FLOWS AGAIN



Our first and only issue of this peer newsletter was **created by teens** in 2005. While Issue #1 is a timeless gem...it's time for another edition! Stay tuned! **Youth are welcome to create content for this newsletter by attending our groups or submitting art and writing separately.**

Please contact **Valerie Linet** at ext. 101 or email [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org) for details.

**Pillow Fight for Cancer Girls** and their club director, Andrea Demosthenes of Kingston City Schools, donated pillow cases to our cancer patients. The girls raised funds to purchase

the luscious fabric and the pillow cases were sewn by inmates of Napanoch Prison.



*Left to Right:* Annie Demosthenes, Christine Demosthenes, Georgia Demosthenes, Natalie Browning, Olivia Prizzi, Brie Derella, Veronica Ruth

Students at **Riccardi Elementary School** of Saugerties



participated in **Breast Cancer Awareness Day** and sold pink lemonade and pink cookies which raised money for the Fern

**Feldman Anolick Center for Breast Health** at the Mary's Ave. Campus of HealthAlliance Hospital.

### front row:

Ashley Altieri (secretary), Maddie Jabs, Sophia Lawkins, Arielle O'Donnell (vice president), Isaac Finken and Gabby Papa

### back row:

Emily Sherman (social director), Aidan Whitmarsh (president), DJ Peters, Donovan Barros (treasurer), Simon Baker, Angel Martinez and Cassidi Vedder

Special thanks to **Jess Hays** who organized a **Holiday Benefit Concert** in December at the Unitarian Universalist Congregation in Kingston, featuring Helen Avakian, Kevin & Carol Becker, John Martucci and more!

Proceeds were used to bring joy to **children in our community with cancer** during the holiday season.

*"When I was a little girl I almost lost my best friend to childhood leukemia. I would have to say that this experience truly shaped and defined my life, and NOT in a negative way. It has made me realize how precious life is and how grateful we must be for every minute. It also pushed me to think of how I could help other children who are fighting cancer. I am now a junior at the Crane School of Music at SUNY Potsdam and I still want the same thing."*  
*Jess Hays*

# OSP HEALING ARTS PROGRAMS

## Memoir Writing Workshops

In these engaging workshops, members of our community who are diagnosed with cancer have an opportunity to support one another by writing and sharing memoirs. Please join us...there are many ways to gain support.

The **THURSDAY** group is facilitated by  
**Abigail Thomas**  
3-5:30 p.m.  
(there is a waiting list for this group)

The **FRIDAY** group is facilitated by  
**Al Konigsberg and visiting writers**  
2-3:30 p.m.

Please call (845) 339-2071 ext. 100 for more information or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)



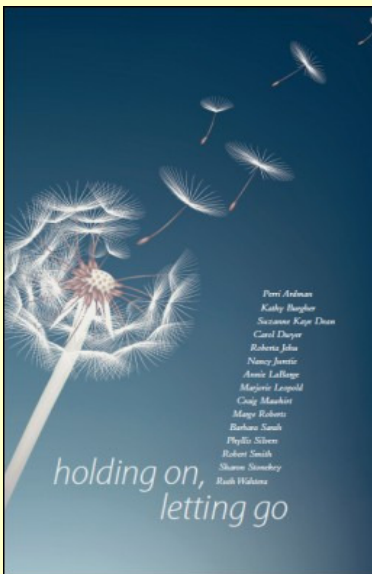
## How to Have Fun as A Poet

Join us for an exciting trip into mood, metaphor, meter and tone. Court memory, risk, danger, dreams — fantasy— or your own version of reality. Enjoy exploratory exercises that lead you into a non-linear use of words that may surprise you and enable you to express your deepest thoughts and feelings. **Come for the art of it, for the fun of it.** Come to read and fall in love with poetry. Discover the poetry only **you** can write. **All levels welcome.**

Guided by: **Anique Taylor**, who recently completed her MFA in Poetry from Drew University. She teaches Poetry, Creative Nonfiction, and the Creative Journal. She brings her present and past experience as an artist, poet, therapist, spiritual life coach and clown (!) to what she most deeply loves — teaching writing. She has work published and forthcoming in numerous literary magazines.

**Tuesdays: 4-6 p.m.** Reuner Cancer Support House  
For more information or to register please call 339-2071  
or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

The **OSP Memoir Group's** published anthology, **holding on, letting go** is available for purchase:



"You will never hold a book that is richer in love, life, death, family, and the human heart and humanity."  
—Anne Lamott

Checks payable to:  
**HOLDING ON LETTING GO  
MEMOIR GROUP**  
P.O Box 533  
Kingston, N.Y. 12402  
(\$15 plus \$5 shipping)

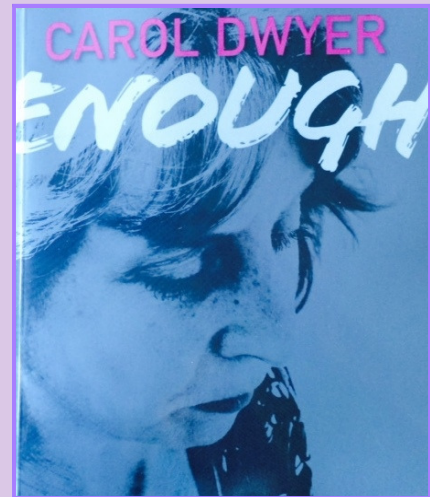
## I Take This Day

*I take this day  
Where joy is  
Here  
Not there  
Here  
Do you see?  
Miracle happens here  
Not there  
Not where mind wanders  
Thinks it's better there  
Not here  
I take this day  
And say simply  
I accept  
Joy  
Here*

*Jerrice J. Baptiste*

From Jerrice's poetry book  
**Wintry Mix**  
For information, go to:  
**AuthenticPoetry.com**

Our dear *Carol Dwyer's* book,  
**ENOUGH**,  
has been published as a limited edition but is  
available for purchase.



Carol's writings go deep into the heart of how she experienced metastatic breast cancer. What a wonderful way for those of us who knew Carol to keep her alive in our hearts. And for those who didn't have such a privilege, this book is filled with Carol's wisdom and the full range of her emotions. We **thank you Carol**, for sharing yourself with us in yet another form. Carol's readings are also available on **youtube**; search for: **Carol Dwyer**

To purchase her book, please make checks payable to:  
**FRIENDS OF CAROL DWYER**  
P.O Box 533 Kingston, N.Y. 12402



## LUNG Cancer Screening for those at High Risk

Lung cancer causes **more deaths than the next three most common cancers combined** (colon, breast and pancreatic.)



Smoking contributes to over 80 percent of lung cancer deaths  
(American Lung Association)

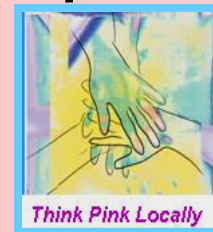
If you are between the **ages 55-76** and have a prolonged history of **heavy smoking** (30 pack year history; 1 pack per day for 30 years or 2 packs per day for 15 year,) **speak to your health care provider about lung cancer screening.**

### Smoking affects those you love in many ways

Exposure to smoke in one's daily environment increases risk for lung cancer by 20-30%



## Breast Cancer Options



Support  
Health Advocacy  
& Information

(845)339-HOPE(4673)

hope@breastcanceroptions.org

www.breastcanceroptions.org

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



An award-winning program developed by Seton Hall!  
Open to all!

Facilitated by *Larry McGrath*,  
Director of Respiratory Therapy  
**Mondays & Wednesdays 6-7 p.m.**  
Admin Lobby Conference Room  
March 18, 23, 25, 30

To register, please call (845) 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

## Hypnosis for Smoking Cessation

Join *Frayda Kafka*,  
Certified Hypnotist

First Wednesday of Month:  
Jan. 7, Feb. 4, March 4, April 1  
5:30-7 p.m.

\$25 per session  
Reuner Cancer Support House

To register, please call (845) 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

*The Hypnosis Sessions are FREE to Employees of HealthAlliance*

## Cancer Services Program of the Hudson Valley

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

Breast Cancer Screening:

Mammograms and Clinical Breast Exams

Cervical Cancer Screening: Pap Test and Pelvic Exam

Colorectal Cancer Screening: Fecal Occult Blood Test

Call **CSP: (855)-277-4482**

to find out if you are eligible

**CANCER SCREENING SAVES LIVES!!!**

Interested in Finding Out More About

## Clinical Trials?



Clinical trials are key to developing new methods to prevent, detect, and treat cancer. If you would like help navigating the computer, understanding the complex wording, and/or identifying trials that may be of benefit to you, please feel free to email or call **Arlene Cohen, MSN, OCN**

Clinical Nurse Specialist, Oncology

[acohen@hahv.org](mailto:acohen@hahv.org) or (845) 802-7386

For information about cancer resources go to:

**HUDSON VALLEY CANCER RESOURCE CENTER**

[hudsonvalleycancer.org](http://hudsonvalleycancer.org)

## *Movement as Medicine:*

### *Opening to the Universal Healing Spirit of Movement and Dance*

A 3-Part Workshop on Saturday afternoons,

**March 28, April 11, April 25 1:00-3:30pm**

HealthAlliance Hospital: Mary's Ave. Campus, Auditorium

*"The Body is made of Emptiness and Rhythm. At the ultimate heart of the body, at the heart of the world, there is no solidity. Once again, there is only the dance." ~George Leonard*

Movement, music and dance inspire and transport us; they offer a way to touch and engage our capacities for healing and growth. Together, we will create a sacred space in which to be fully present in body, mind and heart, with intention. Integrating elements of yoga, qi gong and tai chi, participants are invited to explore and discover personal rhythms, themes, and issues, through both guided and self-motivated movements. Group energy and interaction will provide support and connection. Group members will also be encouraged to create a personal "retreat" space of their own design, to rest, journal and chuckle! The three sessions are designed to build on one another as well as to cultivate relationships among the group and our movement practice. **All levels of dance and capacities for movement welcome!**

**Celeste Graves-Hoyal** is a Movement Arts Professional, primarily focusing on the implementation of dance, yoga and tai chi therapeutically, for health, well being and wholistic fitness. She has a Masters Degree from New York University in Dance Therapy, is a certified Phoenix Rising Yoga Therapist and is certified through Dr. Paul Lam's international institute to teach Tai Chi for Health.

For more information, Celeste can be reached at [cghmoves@hvc.rr.com](mailto:cghmoves@hvc.rr.com) or 845-810-2742. [www.celestegravesfitness.com](http://www.celestegravesfitness.com)

**Elise Lark, PhD, LCSW**, is a social worker at the Oncology Support Program. She is also a licensed massage therapist and has maintained a practice in the healing arts since 1988. Elise developed SYNtegration Therapy, uniquely blending somatic and psychotherapeutic modalities with the expressive arts, including creative movement.

For registration and further information, contact Elise at [elise.lark@hahv.org](mailto:elise.lark@hahv.org) or 845 339-2071, ext. 102.

### **WORDS OF WONDER:**

#### **Guided Imagery for Getting Well**



Guided imagery is a powerful application of mind-body medicine. Stories, metaphors and mythic imagery can have a dramatic effect on the body and immune system.

**Ajamu Ayinde**, M.A., A.C.H., Certified Medical Hypnotherapist and NLP Master Practitioner with advanced training in pain management and catastrophic illness will return to OSP for a group guided imagery session

**Friday, April 17<sup>th</sup> from 11:00 a.m. to 1:00 p.m.**

at the Reuner Cancer Support House.

Ajamu's guided imagery sessions, *Transforming Stress and Transforming Body Image* were recorded and are on DVD available through our lending library, or on YouTube; search for **Ajamu Ayinde**.

**Ajamu Ayinde** provides hypnotic support to clients across the country via [Skype@sambamindman](mailto:Skype@sambamindman). For more information, please go to his website: [harnesstheadvantage.com](http://harnesstheadvantage.com)

To register for the **Guided Imagery Session** in April, please call 845-339-2071 ext. 100 or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

### **Advance Directives Workshop**

#### **Choices & Wishes Workshop:**

#### **Completing Your Advance Directives**

**Tuesday, April 7 & 21 5:30-7:30 p.m.**

**Facilitated by:**

**Brenda Relyea, RN, and Elise Lark, PhD, LCSW**

Reuner Cancer Support House

Please join us for a free **two-part workshop** on Advance Directives, providing an opportunity to define your end-of-life wishes regarding treatment guidelines and to appoint a Health Care Agent. We will discuss and help you complete any or all of three documents: a **Health Care Proxy, Living Will, and MOLST** (Medical Orders for Life Sustaining Treatment).

For further information and registration, please contact Elise Lark at (845) 339-2071 ext. 102 or email [elise.lark@hahv.org](mailto:elise.lark@hahv.org)

Please register early as space is limited.

We recommend attending both sessions.

### **Meaning-centered Reflection & Discussion Group**

**Coming up! 8 consecutive weeks, May 20 through July 8, 1:30-3:00p.m.**

**(Registration required; limited to 8 people)**

**with Elise Lark, PhD, LCSW and Rosanne Fox, MD**


This theme-focused group, inspired by the work of Viktor Frankl, is designed to help people with advanced cancer (stage III or IV) enhance a sense of meaning, peace, and purpose in their lives. **For more information and to schedule a pre-registration interview, please contact Elise Lark at 845-339-2071 ext. 102 or email [elise.lark@hahv.org](mailto:elise.lark@hahv.org)**



# January 2015

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
				<p>1</p>  <p>2015</p> <p>CLOSED</p>	<p>2</p> <p>CLOSED</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>Tai Chi, 10-11am – CSH</p>	<p>6</p> <p>Metastatic Spt. Grp. 2-3:30pm – CSH</p> <p>Poetry 4-6pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>7</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Hypnosis for Smoking Cessation 5:30-7pm – CSH</p> <p>Hypnosis for Weight Control 7pm – CSH</p>	<p>8</p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Work- shop 3-5:30pm – CSH</p>	<p>9</p> <p>Memoir Writ- ing II 2-3:30pm CSH</p>	<p>10</p> <p>Weekend Women's Support Group 10-11:30am CSH</p>
<p>11</p>	<p>12</p> <p>Tai Chi, 10-11am – CSH</p> <p>Men's Support Grp. 5:30-7pm –CSH</p>	<p>13</p> <p>Poetry 4-6pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>14</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Rise up Singing 5:30-6:30pm – CSH</p>	<p>15</p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Women's Support Grp. 11am-12:30pm – CSH</p> <p>Memoir Writing Work- shop 3-5:30pm – CSH</p>	<p>16</p> <p>Memoir Writ- ing II 2-3:30pm CSH</p>	<p>17</p>
<p>18</p>	<p>19 Martin Luther King Day</p> <p>Tai Chi, 10-11am – CSH</p> <p>Family/Caregivers Support Grp. 5:30-7pm – CSH</p>	<p>20</p> <p>Poetry 4-6pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>21</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Rise up Singing 5:30-6:30pm – CSH</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p>22</p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Work- shop 3-5:30pm – CSH</p>	<p>23</p> <p>Memoir Writ- ing II 2-3:30pm CSH</p>	<p>24</p> <p>Weekend Women's Support Group 10-11:30am CSH</p>
<p>25</p>	<p>26</p> <p>Tai Chi, 10-11am – CSH</p> <p>Cozy Crafts &amp; Knitting Circle 1:30-3pm – CSH</p> <p>Kid/Teen/Family Connection Support Group 4:30-6pm – CSH</p>	<p>27</p> <p>Poetry 4-6pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>28</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Rise up Singing 5:30-6:30pm – CSH</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p>29</p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Work- shop 3-5:30pm – CSH</p>	<p>30</p> <p>Memoir Writ- ing II 2-3:30pm CSH</p>	<p>31</p>

# February 2015

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	<b>2</b>  Groundhog Day Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH	<b>3</b> Metastatic Spt. Grp. 2-3:30pm – CSH Poetry 4-6pm – CSH Qigong 7-8pm – ASB, Auditorium	<b>4</b> World Cancer Day  Gentle Yoga 9:30-10:45am ASB, Auditorium Hypnosis for Smoking Cessation 5:30-7pm – CSH Hypnosis for Weight Control 7pm – CSH Hypnosis for Weight Loss 7pm – CSH	<b>5</b> Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	<b>6</b> Memoir Writing II 2-3:30pm CSH	7
8	<b>9</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Men's Support Grp. 5:30-7pm – CSH	<b>10</b> Poetry 4-6pm – CSH Qigong 7-8pm – ASB, Auditorium	<b>11</b> Gentle Yoga 9:30-10:45am ASB, Auditorium Rise up Singing 5:30-6:30pm – CSH	<b>12</b> Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	<b>13</b> Memoir Writing II 2-3:30pm CSH	<b>14</b> Happy Valentine's Day  Weekend Women's Support Group 10-11:30am CSH
15	<b>16</b>  Presidents' Day Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>17</b> Coping Skills 2-3:30pm – CSH Poetry 4-6pm – CSH Valentines for Volunteers 6:30-8pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	<b>18</b> Ash Wednesday Gentle Yoga 9:30-10:45am ASB, Auditorium	<b>19</b> Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	<b>20</b> Memoir Writing II 2-3:30pm CSH	21
22	<b>23</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Kid/Teen/Family Connection Support Group 4:30-6pm – CSH	<b>24</b> Miso Happy Cooking (Japanese Tapas) 10:30am-1pm CSH Kitchen Poetry 4-6pm – CSH Valentines for Volunteers 6:30-8pm ASB, Auditorium (Snow date) Qigong 7-8pm – ASB, Auditorium	<b>25</b> Gentle Yoga 9:30-10:45am ASB, Auditorium Rise up Singing 5:30-6:30pm – CSH Ovarian Support Group 7-8:30pm – CSH	<b>26</b> Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	<b>27</b> Memoir Writing II 2-3:30pm CSH	<b>28</b> Weekend Women's Support Group 10-11:30am CSH



# March 2015

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	<b>2</b> Tai Chi, 10-11am – CSH  Cozy Crafts & Knitting Circle 1:30-3pm – CSH	<b>3</b> Metastatic Spt. Grp. 2-3:30pm – CSH  Poetry 4-6pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>4</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Hypnosis for Smoking Cessation 5:30-7pm – CSH  Hypnosis for Weight Control 7pm – CSH	<b>5</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>6</b> Memoir Writing II 2-3:30pm CSH	7
<b>8</b> Daylight Savings Begins  	<b>9</b> Tai Chi, 10-11am – CSH  Cozy Crafts & Knitting Circle 1:30-3pm – CSH  Poetry 4-6pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>10</b> Poetry 4-6pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>11</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Rise up Singing 5:30-6:30pm – CSH	<b>12</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>13</b> Memoir Writing II 2-3:30pm CSH	<b>14</b> Weekend Women's Support Group 10-11:30am CSH
15	<b>16</b> Tai Chi, 10-11am – CSH  Cozy Crafts & Knitting Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>17</b>   Coping Skills 2-3:30pm – CSH  Poetry 4-6pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>18</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<b>19</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>20</b> Equinox  Memoir Writing II 2-3:30pm CSH	<b>21</b> World Poetry Day  
22	<b>23</b> Tai Chi, 10-11am – CSH  Cozy Crafts & Knitting Circle 1:30-3pm – CSH  Kid/Teen/Family Connection Support Group 4:30-6pm – CSH  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<b>24</b> Miso Happy Cooking 10:30am-1pm CSH Kitchen  Poetry 4-6pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>25</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Rise up Singing 5:30-6:30pm – CSH  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.  Ovarian Support Group 7-8:30pm – CSH	<b>26</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>27</b> Memoir Writing II 2-3:30pm CSH  Annual Sample Sip & Savor 5:30-8:30pm 15 Canfield St., Kingston	<b>28</b> Weekend Women's Support Group 10-11:30am CSH  Movement as Medicine 1-3:30pm, CSH
<b>29</b> 	<b>30</b> Tai Chi, 10-11am – CSH  Cozy Crafts & Knitting Circle 1:30-3pm – CSH  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<b>31</b> Poetry 4-6pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium				

# April 2015

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
			<b>1</b>  Gentle Yoga 9:30-10:45am ASB, Auditorium Smoking Cessation 5:30-7pm – CSH Hypnosis for Weight Control 7pm – CSH	<b>2</b> Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	<b>3</b> Memoir Writing II 2-3:30pm CSH	<b>4</b>
<b>5</b> Happy Easter 	<b>6</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH	<b>7</b> Metastatic Spt. Grp. 2-3:30pm – CSH Poetry 4-6pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Advanced Directives 5:30-7:30pm – CSH Qigong 7-8pm – ASB, Auditorium	<b>8</b> Gentle Yoga 9:30-10:45am ASB, Auditorium Rise up Singing 5:30-6:30pm – CSH	<b>9</b> Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	<b>10</b> Memoir Writing II 2-3:30pm CSH	<b>11</b> Weekend Women's Support Group 10-11:30am CSH Movement as Medicine 1-3:30pm, CSH
<b>12</b>	<b>13</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Men's Support Grp. 5:30-7pm – CSH	<b>14</b> Poetry 4-6pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	<b>15</b> Gentle Yoga 9:30-10:45am ASB, Auditorium	<b>16</b> Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	<b>17</b> Words of Wonder: Guided Imagery 11am-1pm CSH Memoir Writing II 2-3:30pm CSH	<b>18</b>
<b>19</b>	<b>20</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>21</b> Coping Skills 2-3:30pm – CSH Poetry 4-6pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Advanced Directives 5:30-7:30pm – CSH Qigong 7-8pm – ASB, Auditorium	<b>22</b>  Gentle Yoga 9:30-10:45am ASB, Auditorium Rise up Singing 5:30-6:30pm – CSH	<b>23</b> Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	<b>24</b> Memoir Writing II 2-3:30pm CSH	<b>25</b> Weekend Women's Support Group 10-11:30am CSH Movement as Medicine 1-3:30pm, CSH
<b>26</b>	<b>27</b> Tai Chi, 10-11am – CSH Cozy Crafts & Knitting Circle 1:30-3pm – CSH Kid/Teen/Family Connection Support Group 4:30-6pm – CSH	<b>28</b> Miso Happy Cooking (Healthy Memory) 10:30am-1pm, CSH Kitchen Poetry 4-6pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	<b>29</b> Gentle Yoga 9:30-10:45am ASB, Auditorium Ovarian Support Group 7-8:30pm – CSH	<b>30</b> Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH		



# SAVE THE DATE

## The Annual Sample Sip and Savor

### Friday, MARCH 27, 5:30-8:30pm

Enjoy an evening of delicious food, drinks and entertainment!  
A fundraiser for the Oncology Support Program & the Rosemary D. Gruner Fund.

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You can also find this newsletter at  
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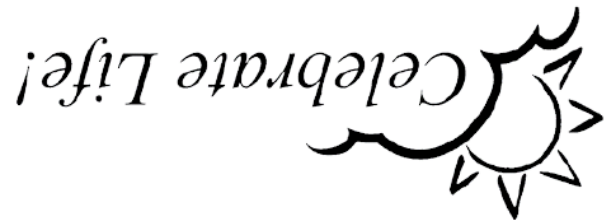
#### Newsletter

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Graphic Design: Doris Blaha  
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Located at:  
Herbert H. & Sofia R. Reuner Cancer Support House  
80 Mary's Avenue, Kingston, NY

HealthAlliance of the Hudson Valley®  
Oncology Support Program  
105 Mary's Avenue  
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*“The invariable mark of wisdom is to see  
the miraculous in the common.”*

*Ralph Waldo Emerson*

#### **READER SUBMISSIONS ARE WELCOME!**

Please submit brief articles to Doris Blaha by email at [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) or fax (845) 339-2082 or by mail. Deadline for May/June/July/August 2015 issue is April 1, 2015.

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