



Jan/Feb/Mar/Apr 2016



A newsletter for cancer patients, their families and friends about support services offered by the Oncology Support Program  
**HealthAlliance of the Hudson Valley**

The  
Herbert H. &  
Sofia P. Reuner  
Cancer  
Support House

**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

## **ONCOLOGY SUPPORT PROGRAM** *HealthAlliance of the Hudson Valley*

*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, OSW-C, ext. 103, [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org)

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

### **Social Workers:**

Elise Lark, PhD, LCSW, OSW-C, ext. 102, [elise.lark@hahv.org](mailto:elise.lark@hahv.org)

Valerie Linet, LCSW, ext. 101, [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org)

Jennifer Halpern, PhD, LMSW, ext. 104, [jennifer.halpern@hahv.org](mailto:jennifer.halpern@hahv.org)

**Administrative Assistant:** Doris Blaha, ext. 100, [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)



### **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.**

**Interns:** Elizabeth Thomas: SUNY Albany School of Social Work

Karen Schaefer: Adelphi School of Social Work

Richard Coleman: Boston University School of Social Work

**Volunteers:** Ann Hutton, Kathy Sheldon, Abigail Thomas, Rosanne Fox, Marilyn Fino, Ujjala Schwarz, Mary Jo Johnson, Brenda Relyea

### **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](mailto:ellen.marshall@hahv.org).



As the **New Year** begins we take a moment to reflect on **gratitude** and thank those who have shown such **dedication** to our community. We are thankful to the Hospital Foundations for their commitment to supporting local cancer programs. Special thanks to the **HealthAlliance Hospital Foundation** for organizing its first benefit for OSP. How wonderful that cancer survivors and hospital staff were able to dance together while cruising the magnificent Hudson River, all for a great cause. We also thank the **Benedictine Health Foundation** for organizing the annual **Gruner Bike Ride** which exceeded its million dollar mark this year. How inspiring to see families riding through the streets, cheered on by volunteers, all in the service of helping those financially impacted by cancer. We also extend gratitude for our OSP program members and volunteers who joined in song at our **annual Holiday Celebration**. We are so fortunate to live in such an extraordinary and caring community.

### **From our Director**

Our OSP staff of dedicated social workers, graduate interns and volunteers continue to bring you innovative programs. Not only do we offer **individual support** and **groups for women, men and caregivers** affected by cancer, we also have added a way for you to join our groups from the comfort of your own home. Although there is nothing like sipping tea with others in the comfort of the *Reuner Support House*, we now offer **computer access** to support groups as another way to stay connected. Recognizing the special concerns of young women diagnosed with cancer, we are starting a **Younger Women's Support Group** for women under the age of 55 who are diagnosed with **any type** of cancer. We also are beginning a **Couples Support Group**....how important it is to help couples communicate effectively during challenging times. Our **Coping Skills Group**, "**Finding Ease and Inner Balance**," will continue into the next few months as will our **Support and Discussion Group**, "**Explorations on Being Mortal**." We also extend our commitment to supporting your health, no matter where you are on your cancer journey. Our **Healthy Living Support Group**, the **Miso Happy Cooking Club** and our various **exercise classes** provide an opportunity for you to actively participate in your well-being. OSP has always shown its commitment to the **Healing Arts** by offering vehicles for creative self-expression and sharing....we thank **Abigail Thomas** and **Ann Hutton** for continuing to guide our **OSP memoir writing workshops** and we thank our writers for continuing to inspire us through their work.

We are truly a unique support community and we invite each and every one of you to call or stop by the Cancer Support House. The winter needn't be a time of isolation....we are here to welcome you with warm smiles and encouraging words....we are all in this together! Warmly, **Ellen Marshall** MS., LCSW-R, OSW-C

# Valentines for Volunteers

Tuesday, February 9

Snow date: Thursday, February 11

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!*



## Volunteer of the Quarter

We would like to honor our dear **Rae Skinner** for all she has given to our hospital and to our community over the years!

Many of you have seen Rae, carting her basket of art supplies to hospital rooms at both campuses. Or perhaps you have had the privilege of sharing creative moments with Rae during one of our many art programs at the Support House.

Rae not only creates beautiful origami butterflies, needle-felted birds of every variety, watercolors of flowers she picks by the side of the road.... **Rae creates magic.** She has the unusual ability to turn a simple scrap into a work of art. In her **loving, gentle and encouraging way**, Rae has shared her talent with our community for over 12 years.

Rae recently sold her house in Kingston and has moved to Glens Falls to be closer to her family. We are sure that Rae will find an outlet for her creativity at her new locale...she is already looking for a nearby hospital where she can continue her volunteer efforts. We have promised to stay in touch and continue her legacy here in Kingston.



We have invited Rae to be our **guest of honor** at our Valentine for Volunteers event this February. Together, we will have a chance to thank our beloved **Rae Skinner**.

## March is Social Work Appreciation Month

### The Space Between: How OSP Social Workers Help

Written by Jennifer J. Halpern, PhD, LMSW

*All OSP social workers share many of the same goals and approaches. In addition, we have our own styles. This essay captures my particular style when I visit the Broadway Campus.*

#### **Who are you when you are not fighting cancer?**

When cancer and treatments ransack your emotions, your finances and your social life, you can lose track of who you are, who you were and who you can be. You may suddenly feel off-balance, unlike your old self and very alone.

The Oncology Support Program helps to make sure that you don't lose your sense of who you are during your cancer journey. That is part of our mission to ensure that no one faces cancer alone.

We direct you to basic but spirit-saving resources, including financial and legal aid and means to get transportation, neighborly support, wigs and meals. We offer support groups and stress reduction guidance, philosophical explorations and cooking classes. Hugs and warm smiles are always available.

If you can't get to our Support House, we may see you in the hospital. We'll bring our newsletter and mention our programs. We can warm up a cup of tea for you. After these formalities, we listen. It's our job to try to discover what will make you feel better while you're on this journey. Doctors, nurses and technicians manage your physical symptoms. We want you to feel well cared-for in all the other ways: emotionally, socially, financially—everything that makes you who you are. We want you to find yourself in the "space between", which is what I call the waiting time between tests, treatments or doctors' visits. That "space between" is where anxiety, fear and depression lurk.

We are here to help you cope, or maybe even flourish, whether it is by retelling your story or distracting yourself with a puzzle or TV or playing a ukulele. We can support you in figuring out what you need emotionally and practically. We can facilitate tricky conversations with your family—and you may find that the conversations are easier than you anticipated.

Most importantly, we help you reconnect with *you*, your values and your hopes as you and your loved ones adjust to the demands of cancer. So don't be surprised when I ask, "Who are you when you are not in this hospital bed?" It will help us discover what you might want to do in the space between the steps of the journey you're on today.

# 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

facilitated by Valerie Linet, LCSW & Liz Thomas, MSW Intern. First Thursday, Jan. 7, Feb. 4, March 3, April 7, 11 a.m.-12:30 p.m. For women of any age, at any stage, with any kind of cancer. Contact OSP at ext. 100 or 101

## Younger Woman's Support Group

facilitated by Valerie Linet, LCSW & Liz Thomas, MSW Intern. Third Thursday, Jan. 21, Feb. 18, March 17, April 21, 5:30-7 p.m.  
Issues common to young women which may be explored include: 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. 100 or 101

## Linda Young Ovarian Cancer Support Group

facilitated by Ellen Marshall, LCSW, OSW-C.  
Last Wednesday, Jan. 27, Feb. 24, March 30 and April 27 7-8:30 p.m. For women diagnosed with ovarian cancer. Call OSP at ext. 103

**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

## Men's Cancer Support Group

facilitated by Richard Coleman, MSW Intern.  
Second Wednesday, Jan. 13, Feb. 10, March 9, April 13, 5:30-7 p.m. 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 Monday, Jan. 18, Feb. 15, March 21, April 18, 5:30-7 p.m.  
Provides a supportive and confidential setting for family and caregivers. Please contact OSP at ext. 100 or 104

## To Love and Be Loved: A Group for Couples Living with Cancer

facilitated by Richard Coleman, MSW Intern.  
3rd Wednesday, Jan. 20, Feb. 17, March 16, April 20, 5:30-7:00 p.m.  
Relationships can be challenging, particularly when a partner has been diagnosed with a major illness. In this skills-based workshop, participants will learn and practice how to communicate effectively and enhance their loving support. This workshop is open to all couples who are dealing with cancer. Contact OSP at ext. 100

## Loss Counseling in Time of Grief

OSP offers help navigating the grief process. To schedule an appt. with Toby Krawitz, LCSW, bereavement counselor, contact OSP at ext. 100



## Participate in a Support Group from the Comfort of your Own Home!

It can be challenging to make it to a support group, particularly during winter months. Weather may be unpredictable, you may lack transportation, feel too tired to travel or you may be responsible for family members and unable to leave the house. Although there is nothing like sipping tea while connecting face-to-face, we want to **extend** our support groups to those of you who can't make it to the Reuner Cancer Support House.

Through **Google Hangouts** you will have **video access** to the support groups that meet at the Reuner Cancer Support House. You will still be able to be present in the room, giving and receiving support, but you'll appear on our television. (What a great way to become a T.V. star!)

In order to participate remotely you will need a computer equipped with a microphone and webcam. **If you're interested in utilizing this new feature, please contact OSP staff and we can walk you through the steps.**



## 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 ext. 101 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org)



## KID/TEEN/Family Connection

### OSP Offers Support to Youth Facing Cancer in the Family

Children and teens may be confused, angry, sad or scared when their parent or loved one has cancer. If you know a child or teen in need of support, or would like to discuss how to talk to your family about cancer, please contact **Valerie Linet** at ext. 101, **Ellen Marshall** at ext. 103 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org) or [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org)

## NURTURING NEIGHBORHOOD NETWORK



If you are dealing with a **cancer diagnosis** and could use **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 linking with a Nurturing Neighbor or becoming one yourself, please contact Valerie Linet at ext. 101 or email [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org).

## 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—Weds, 9:30-10:45a.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—Thurs., 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.

## FREE Hypnosis for Weight Control

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

Wednesday, Feb 3 & Apr 6  
7 p.m.

Join **Frayda Kafka**, Certified Hypnotist.

For more information please call  
845-339-2071 ext. 100

## Miso Happy Cooking Club

**Miso Happy** formed in 2005 to support prevention, healing and recovery through healthy eating practice. 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, 80 Mary's Avenue, Kingston, NY. Classes include recipe handouts, tastings and occasional guest instructors. Advance registration is requested for all classes via e-mail to [Kathy.sheldon@gmail.com](mailto:Kathy.sheldon@gmail.com) or to [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). Suggested class donation \$8. Call ext. 100 for more information.

We will take a winter break for January and February.

On Tuesdays at 10:30am, starting March 22

### The Gardeners Forum with Dorothy Baran, Jim Freer, Rob Kilpert, P. Chana Lunior and Constance Rudd

Have you always wanted to grow some of your own food, planting vegetables for healthy cooking? Do you love growing flowers and shrubs? Our Miso Happy experts are gathering to help you get started. Dorothy, Jim, Rob, Chana and Constance will provide an array of local information about resources and tips for how to do everything from improving soil integrity to planting a whole field, a small plot, a raised bed or just a simple container garden. Learn what to plant and where to buy seeds. This program will get you started and may offer farm garden tours in the summer to see different ways to create a successful garden. You do not have to be planning a garden or be gardener to attend. Anyone who wants to learn about the simple joy of cultivating the earth and growing your own food is welcome. Please register by Thursday, March 17th.

### A SPECIAL: Two Session Program with Bettina Zumdick Tuesday, April 26 at 10:30am

#### Harmonizing Thyroid & Kidney/Adrenal Gland Function

Using a Macrobiotic framework, Bettina will discuss how to support over-active or boost under-active thyroid function and strengthen weak kidneys and adrenal glands. We will learn to bring balance to these glands through diet and lifestyle activities. The following week, Bettina will bring in specific food recipes and remedies to improve glandular health utilizing sea vegetables and other foods. Bettina Zumdick, a senior macrobiotic chef, instructor, counselor, is a native of Germany, where she studied Macrobiotics in 1985, and simultaneously 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. Most everyone attending previous class sessions with Bettina praises her work as both knowledgeable and comprehensive.

SAVE the DATE: Tuesday, May 3

Cooking with Sea Vegetables with Bettina Zumdick

Please register for both class dates by Thursday, April 21.

Significant snow cancels program sessions.



## *Healthy Living Support Group: Change for Good Nourishing Ourselves During and After Cancer Treatment*

It may be particularly challenging to find the time and energy to take care of ourselves during and after treatment. We may need support to take **manageable steps that promote health and healing.**

In this group, we will learn to:

**Cook and prepare simple yet nutritious foods—Stock our kitchen with healthy staples—Plan ahead for times when we are tired or stressed—Invite nature and beauty into our lives—Become an active participant in our healing.**

Groups take place in the cozy kitchen of the  
**Reuner Cancer Support House.**

**Invite family and friends to be part of your healing circle.**

**4th Mondays**

**Jan. 25, Feb. 22, March 28, April 25**

**5:30-7:30 p.m.**

Facilitated by

**Ujjala Schwartz**, Health Educator, Certified Fitness Instructor, Licensed Esthetician and 20-year cancer survivor and stem cell transplant survivor.

**Mary Jo Johnson**, Licensed Acupuncturist, Master trainer for Stanford University's Chronic Disease Management Program, Oncology Massage Therapist and 15-year cancer survivor.

**Ellen Marshall**, Nutritionist, Oncology Social Worker and Director of OSP.

## *Warm yourself with Ujjala's Lentil Soup*

This lentil soup is easy to make and is not your typical lentil soup because of the special flavors that are added. Serves 6-8 servings.

Ingredients:

- 2 cups of red lentils (this type of lentil cooks up quickly)**
- 8 cups of vegetable or chicken broth**
- 3 tablespoons Coconut Oil**
- 5 garlic cloves, finely chopped**
- 1 cup of sweet onion, chopped into small pieces**
- 1 ½ cups carrots, chopped into small pieces**
- 1 ½ tablespoons of ginger root, finely chopped**
- 1 potato medium size, peeled and cubed**
- 2 handfuls of greens, kale or spinach**
- ½ tablespoon curry powder**
- 1 ½ teaspoon cumin powder**
- ¼ teaspoon cinnamon powder**

Preparation:

In large pot, heat coconut oil, add onion, garlic, carrots, and ginger. Sauté ingredients for about five minutes.

Add broth, lentils, potato and spices; reduce heat to a simmer and let cook for 15-20 minutes. Lentils and potato should be soft.

Toss in greens, stir and cook another 10 minutes.

Garnish with sprig of parsley and serve.

Can refrigerate for one week, or freeze for two months. If freezing the soup, it can be put into small containers for separate portions.



## *Explorations on Being Mortal:*

*A support & discussion group*

**First & Third Wednesdays, from 1:30 to 3 pm**

Reuner Cancer Support House

This experiential group is designed for those living with the day-to-day challenges of **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 as a clinician, integrative body-mind therapist, scholar, artist and social change agent to this group.

**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 registration, please contact **Elise Lark at 339-2071 x102** or [elise.lark@hahv.org](mailto:elise.lark@hahv.org).

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

4th Tuesday, 2-3:30 p.m.

January 26, February 23, March 22, April 26

Reuner Cancer Support House

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

(Pre-registration Required)



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.

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

Valerie brings her intensive training in meditation and Zen Buddhism to this workshop, which is also informed by her experience as a trauma therapist and background in mind-body modalities designed to address anxiety and trauma, including Somatic Experiencing (SE). The classes will integrate principles of SE along with those of Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR).

Prior to attending, please contact Valerie at (845) 339-2071 ext. 101 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org).

## Creating an Island of Ease in your Daily Life — A Tip from the OSP Coping Skills Group



by Valerie Linet, LCSW and  
Karen Shaefer, MSW Intern

Have you ever found yourself sitting in the doctor's office, heart racing, chest tightened, thoughts speeding, and it's hard to breathe? If so, your mind and body may have been in what's commonly called "fight or flight"

mode. This is our body's survival response designed to kick in when we feel threatened by danger. It's a primitive reaction, but in the modern world, stressful or anxiety-provoking situations— including overwhelm related to cancer diagnosis and treatment— can trigger this experience. Signs of this nervous system response include constriction (e.g., tightening of muscles) and speed (e.g., racing thoughts; desire to run). Sometimes, we might also find ourselves feeling "frozen," or stuck (e.g., unable to make decisions or temporarily paralyzed).

In the OSP group **Coping Skills for Cancer: *Finding Ease & Inner Balance***, we learn a bit about why our brains and bodies respond the way they do and, more importantly, how to help ourselves manage these difficult moments with greater ease.

Here is a **simple technique you can try at home, work, a doctors' office** or wherever you may find it helpful to soothe and comfort yourself. It also can give you important information about the state of your mind and body. You don't have to wait until to you are in "fight or flight"... consider this exercise as "**preventative medicine.**"

**"The Simple Soother"** Gently place one hand over your heart and one hand on your belly. You can adjust the pressure of your hands to what feels right for you. While your hands are in this position, notice how fast or slow your heart is beating and whether your breath is shallow or deep. Notice how it feels to have slight pressure on these two areas of your body. If this feels comforting to you, how does your body let you know? Does having your hands in this position change anything about the speed of your heart and breath? Give yourself a moment to take a few breaths. Feel the warmth of your hands as they rise and fall with the natural rhythm of your breathing. You can hold this position for as long as it feels right. (If you are in a place where you do not want the posture to be obvious, you can modify it by placing both hands on your stomach. You may also try this posture to help you sleep at night.)

## Memor Writing Workshops

Members of our community who are affected by cancer have an opportunity to support one another by writing and sharing memoirs.

THURSDAY group is facilitated by Abigail Thomas  
3-5:30 p.m.

FRIDAY group is facilitated by Ann Hutton  
2-3:30 p.m.

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



## Art Sharing Circle

Mondays: 1:30-3:00 p.m.  
Reuner Cancer Support House

Please join certified art teacher **Marilyn Fino** and social work intern and artist **Karen Schaefer** for a weekly drop-in group. We will supply needle-felting materials and Marilyn will teach us how to make anything from decorative pieces to needle-felted owls. You are welcome to bring your own knitting or crocheting or another craft to share.

Relax, enjoy the company of others and learn from one another. Contact OSP for more info or to join. If the weather seems threatening, call to make sure the group will be held. 339-2071 ext. 100

The **OSP Memoir Group's** published anthology **holding on, letting go**



Checks payable to:  
**HOLDING ON LETTING GO MEMOIR GROUP**  
P.O. Box 3533,  
Kingston, N.Y. 12402  
(\$15 plus \$5 shipping)

**FRIDAY, APRIL 1**  
**5:00 – 7:30PM**

**HealthAlliance Auditorium**  
Mary's Avenue Campus  
75 Mary's Ave., Kingston, NY



Join us for an evening of painting, fun and great memories.

Proceeds benefit the Healing Arts Program of OSP.

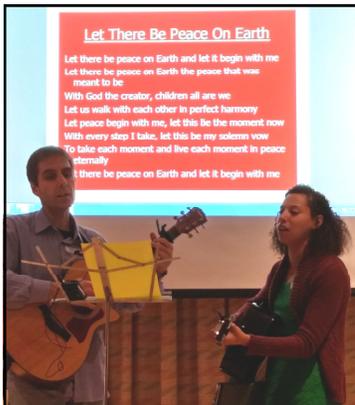
A complimentary glass of wine and other light refreshments will be served.

**Tickets can be found at**

<http://vinevangogh.com/upcoming-events/>

(Tickets will be available starting in *February*)

Event made possible by Megan Valyou, Manager of the Fern Feldman-Anolick Center for Breast Health.



**Above:**  
Jeffrey Roberts and Liz Thomas on guitar

**To the Right:**  
Rebecca Daley, Stephanie Kresser, Gus Kresser and Thomas Daley



*Special thanks to all who participated in our Annual Holiday Celebration in December. Cancer survivors and their families/friends filled the hospital auditorium with songs of joy and hope.*

## *Soaring through Song:*

### *Community Music Group*

Do you enjoy singing, playing or listening to music? **Soaring through Song**, our new community music group, is open to any member of the cancer support program who loves music. Bring an instrument, your voice or simply listen and enjoy the creative energy. Chord charts and lyrics will be provided. Want to share your favorite tunes? Bring a copy and we'll add it to the "set list" for the night. Every evening will conclude with a pot luck dinner. Please make sure to register! Contact **Liz Thomas, MSW Intern** at ext. 100.



**4th Thursdays — 5:30-6:30 p.m.**

**Jan. 28, Feb. 25, March 24 & April 28**  
Reuner Cancer Support House



## Legal Services of the Hudson Valley comes to OSP!

### FREE Legal Services for our Cancer Community.

Kerry Salkin, attorney with Legal Services, will be available at the **Reuner Cancer Support House** to assist with various legal issues including:

- **Benefit Denials**
- **Foreclosures**
- **Bankruptcy**
- **Domestic Violence issues**
- **Wills and Powers of Attorney**
- **Pooled Trusts**

### The First Thursday of the Month

Jan. 7, Feb. 4, Mar. 3 & Apr. 17

**10:00 a.m. to 2:00 p.m.**

Please call (845) 339-2071 so that we can schedule an appointment with the attorney.

## Choices & Wishes: Advance Directives Workshop Tuesday, April 12, 5:30 to 7:30 pm Reuner Cancer Support House

Advance Directives provide the opportunity to define your end-of-life choices regarding treatment guidelines when circumstances arise where you can no longer speak for yourself. Two important steps help ensure that your wishes will be honored. The first step involves reflecting on your life philosophy and putting your wishes in writing. Second, it is essential to discuss your choices with loved ones and your health care providers, and to provide them with copies of your documents. Participants will learn about three types of Advance Directives: the **Health Care Proxy**, **Living Will** and **MOLST** (Medical Orders for Life Sustaining Treatment). You will be guided in completing the documents appropriate to your individual needs.

Facilitated by: **Brenda Relyea, RN, & Elise Lark, PhD, LCSW, OSW-C**. To register, contact Elise Lark at **ext 102** or **elise.lark@hahv.org**

If you would like to meet **individually** with an OSP social worker to explore your choices and prepare Advance Directives at an alternate time, please call to make an appointment at (845) 339-2071.



**A cancer diagnosis can be overwhelming.** When you meet with your doctor or other members of your health care team, you will hear a lot of information. It helps to formulate your questions ahead of time and to take a list of those questions to your appointments. The National Cancer Institute at the National Institutes of Health has a useful website that gives examples of questions (by topic) that you may want to ask your doctor.

Go to: <http://www.cancer.gov/about-cancer/coping/questions>.

### Here are a few suggestions:

#### Questions to ask your Doctor about Your Diagnosis:

- \*What type of cancer do I have?      \*What is the stage of my cancer?      \*Has it spread to other areas of my body?
- \*Will I need more tests before treatment begins?      \*Which ones? Will I need a specialist(s) for my cancer treatment?
- \*Will you help me find a doctor to give me another opinion on the best treatment plan for me?      \*How serious is my cancer?      \* What are my chances of survival?

#### Questions to Ask Your Doctor about Your Treatment:

- \*What are the ways to treat my type and stage of cancer?      \*What are the benefits and risks of each of these treatments?      \*What treatment do you recommend?      \*Why do you think it is best for me?      \*When will I need to start treatment?      \*Will I need to be in the hospital for treatment?      \*If so, for how long?      \*What is my chance of recovery with this treatment?      \*How will we know if the treatment is working?      \*Would a clinical trial (research study) be right for me?      \*How do I find out about studies for my type and stage of cancer?

**Our OSP staff can help you formulate questions so that you can get the most out of appointments with your medical team. For assistance please call (845) 339-2071.**

**The National Cancer Institute website provides information on a range of cancer-related topics. Go to: [cancer.gov](http://cancer.gov)**

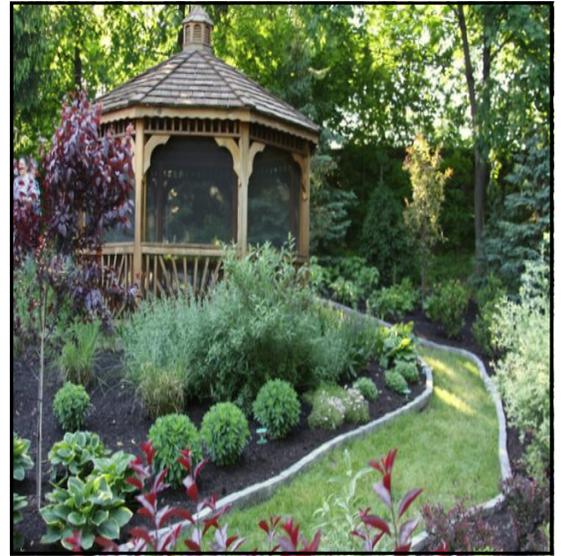
# The Linda Young Ovarian Cancer Support Program

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

## 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))

For more information about the **Linda Young Ovarian Cancer Support Program**, please contact **Ellen Marshall** at **339-2071 ext 103** or email: [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org)

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

[www.sharecancersupport.org](http://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](http://www.supportconnection.org)

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

For information about cancer resources go to:

**HUDSON VALLEY CANCER RESOURCE CENTER**

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

## **FREE** — 3rd Annual Hudson Valley Cancer Survivorship Summit

*Hudson Valley Cancer Resource Center* is hosting the region's **3rd Annual Cancer Survivorship Summit at the Hotel Thayer** in WestPoint.

**Saturday, April 16 — 9 a.m. to 3 p.m.**

The Survivorship Summit invites cancer patients, cancer survivors, caregivers and healthcare professionals to a variety of practical, educational and supportive workshops for life during and after cancer. The goal of the program is to empower, energize and provide practical tools for living and loving life after cancer. Learn that you are not alone in the cancer journey.

Participants can register online at [www.hudsonvalleycancer.org](http://www.hudsonvalleycancer.org) or call Hudson Valley Cancer Resource Center for more information at (845) 457-5000.

The Summit is **FREE** to all participants. **Continental breakfast and lunch provided.**

## Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

[hope@breastcanceroptions.org](mailto:hope@breastcanceroptions.org)

**Think Pink Locally**



## Need Help with Transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- Call the **American Cancer Society** at **1-800-227-2345**
- If you are **60 years of age or older**, complete an application with **Office for the Aging (NY Connects)** by calling **(845) 340-3456 or 340-3571**. (It takes over a week to be registered.) Once registered, call UCAT at **(845) 334-8120** to schedule a ride.
- Seniors can call **UCAT** at **(845)340-3333** for a **Para Transit Certification Application** or download the application at:  
<http://ulstercountynyny.gov/ucatsenior-services>.
- Call the **Neighbor to Neighbor Program** **(845) 802-7661** on Tues, Wed. or Thurs. 10-2 for an intake and appointment.
- Register with **Jewish Family Service (338-2980)** and a volunteer driver may be able to help. (Only serves Kingston.)
- Call **1-866-287-0983** if you have active **Medicaid**.



## We Need Volunteer Drivers!

For many cancer patients, getting to and from treatment is one of their toughest challenges.

### American Cancer Society's Road To Recovery

program provides free rides for cancer patients. Trained volunteer drivers donate their time and the use of their personal vehicles to help patients get to the treatments they need. If you would like to become a volunteer driver, please call the American Cancer Society at **1-800-227-2345** or visit **cancer.org/volunteer**.

Join our **FREE**

## Smoking Cessation Program The BUTT Stops Here



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

Facilitated by **Larry McGrath**,

Director of Respiratory Therapy

**Mondays & Wednesdays 6-7 p.m.**

4 Spellman Conference Room

**Dates: April 4, 6, 11, 13**

To register, please call **(845) 339-2071 ext. 100**

Hudson Valley Region



## Cancer Services Program

Your partner for cancer screening, support and information

**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.

## Hypnosis for Smoking Cessation

Join **Frayda Kafka**, Certified Hypnotist

First Wednesday of Month:

Jan 6, Feb 3, March 2, April 6

**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 Session are FREE to  
Employees of HealthAlliance**



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 benefit 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**



## Maternal-Infant Services Network (MISN)

MISN's **Community Health Advocacy Program (CHA)** helps people understand, access and utilize their insurance and provides assistance with grievances, appeals and finding solutions to their health care needs. Please call **1-800-453-4666** for information. Bilingual staff available.



**Thru My Eyes** is a New York based non-profit organization that creates **free legacy videos**, for parents of a child

**21 years or younger**, who have been diagnosed with a life-threatening illness. Through a generous grant from **Miles of Hope**, the organization is able to bring its services to the Hudson Valley. Professional videographers and trained social work interviewers are made available at no cost to help guide parents through what might be a very challenging task in presenting a gift of lasting messages to their children and other family members. If you are interested in more information pertaining to creating a living legacy, contact **Thru My Eyes** by calling **(914) 725-1836** or email **info@thrumyeyes.org**. All interviews are kept confidential.

*"If I'd had a candid video of stories and intentional sharing of relatives or friends who have passed, it would be treasured forever. More than letters, this recording of myself gives my kids a sense of who I am and maybe how I move in the world, through my voice, my gestures, and my energy. I can't think of a bigger gift to give my children."*

~ Erica Chase-Salerno (OSP member)

The non-profit organization, **Circle of Friends for the Dying**, is sponsoring its **30th Death**



**Café on Saturday, March 5, 9:30 a.m. to noon**, in the Auditorium of the HealthAlliance Hospital Mary's Avenue Campus.

As part of a global movement to increase the awareness of death to help people make the most of their finite lives, Death Cafés provide a safe and relaxed environment for people to talk freely about dying and death and related issues.

**No fee or registration required.**

For more information, email

**info@cfdhv.org** or go to

**www.facebook.com/CFDDeathCafe**

## A "Home for the Dying" to fill a crucial need in our community

The non-profit organization **Circle of Friends for the Dying** recently purchased a single-family house in the upper Rondout area of Kingston, with plans to transform the house into a "Home for the Dying." One or two terminally ill people with a prognosis of 3 months or less will be eligible to spend their last months at the Home. Trained volunteer caregivers will provide care under the medical supervision of the local hospice agency. There will be no cost for the services provided. Circle of Friends for the Dying will offer an extended or surrogate "family" and a real *Home* to those who might otherwise face death alone or in an institutional setting. The family-sized house will be the first of its kind in Ulster or Dutchess Counties and fills an important need in our community, particularly since there is no residential Hospice facility in existence in our area.



Circle of Friends for the Dying was founded in 2012 with the mission to provide compassionate competent end-of-life care to the dying and their families. "The vision of establishing a 'good place to die' is about our innate capacity to care for one another. It is about changing the ways we think, talk about, relate to, and care for those who are dying. It's about creating a good place to live," says oncology social worker *Elise Lark, PhD, LCSW, OSW-C* who is Founder of Circle of Friends for the Dying. "We are so pleased that neighbors, community leaders, and healthcare professionals have embraced this project."

There are 25 such Homes in northern New York State; the first Home opened in Rochester in 1984. Through her research, Elise found that while no two Homes for the Dying look alike, they are all unmistakably, homes. Like a private residence, they are lively places. There are social spaces and rooms for quiet and privacy. Residents can partake in the everyday activities of home life. They can choose to visit with company in the living room or garden, or join their families or volunteers for a meal in the kitchen. An informal, friendly atmosphere promotes a sense of ease and everydayness. Summing up the experience of his fathers' stay at one of the Homes, one family member said, "It is just like being in your own home!"

Circle of Friends for the Dying plans to accept its first residents in 2017 and is now raising funds for renovations and operating expenses. For more information about how to get involved or to make a donation, please call **(845) 802-0970** or visit:

**[www.cfdhv.org](http://www.cfdhv.org)** or **[www.facebook.com/cfdhv](http://www.facebook.com/cfdhv)**.

# January 2016

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  CLOSED	2
3	4 Tai Chi, 10-11am – CSH	5 Qigong 7-8pm – ASB, Auditorium	6 Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – CSH	7 Smartbells® 9:30-10:45am ASB, Auditorium  Legal Services of HV at OSP 10am-2pm Appt. Necessary – Please Call  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	8 Memoir Writing II 2-3:30pm CSH	9
10	11 Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	12 Qigong 7-8pm – ASB, Auditorium	13 Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5:30-7pm – CSH	14 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	15 Memoir Writing II 2-3:30pm CSH	16
17	18   Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	19 Qigong 7-8pm – ASB, Auditorium	20 Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Couples Group 5:30-7pm – CSH	21 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Group 5:30-7:00pm – CSH	22 Memoir Writing II 2-3:30pm CSH	23
24	25 Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Healthy Living Support Group 5:30-7:30pm – CSH	26 Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	27 Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	28 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30–6:30pm – CSH	29 Memoir Writing II 2-3:30pm CSH	30
31						

# February 2016

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> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>2</b>  GROUNDHOG DAY  Qigong 7-8pm – ASB, Auditorium	<b>3</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – CSH  Hypnosis for Weight Control 7pm – CSH	<b>4</b>  World Cancer Day  Smartbells® 9:30-10:45am ASB, Auditorium  Legal Services of HV at OSP 10am-2pm Appt. Necessary – Please Call  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>5</b> Memoir Writing II 2-3:30pm CSH	<b>6</b>
<b>7</b>	<b>8</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>9</b> Valentines for Volunteers 6:30-8pm ABS, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>10</b> Ash Wednesday  Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5:30-7pm – CSH	<b>11</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Valentines for Volunteers 6:30-8pm ABS, Auditorium (snow date)	<b>12</b> Memoir Writing II 2-3:30pm CSH	<b>13</b>
<b>14</b> Valentine's Day  	<b>15</b>  PRESIDENTS' DAY  Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>16</b> Qigong 7-8pm – ASB, Auditorium	<b>17</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Couples Group 5:30-7pm – CSH	<b>18</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>19</b> Memoir Writing II 2-3:30pm – CSH	<b>20</b>
<b>21</b>	<b>22</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Healthy Living Support Group 5:30-7:30pm – CSH	<b>23</b> Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>24</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>25</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30- 6:30pm – CSH	<b>26</b> Memoir Writing II 2-3:30pm – CSH	<b>27</b>
<b>28</b>	<b>29</b> Leap Day  Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH					

# March 2016

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> Qigong 7-8pm – ASB, Auditorium	<b>2</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – CSH	<b>3</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Legal Services of HV at OSP 10am-2pm Appt. Necessary – Please Call  Memoir Writing Workshop 3-5:30pm – CSH	<b>4</b> Memoir Writing II 2-3:30pm CSH	5
6	<b>7</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>8</b> Qigong 7-8pm – ASB, Auditorium	<b>9</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5:30-7pm – CSH	<b>10</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>11</b> Memoir Writing II 2-3:30pm CSH	12
13	<b>14</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>15</b> Miso Happy Cooking 10:30am-1pm CSH Kitchen  Qigong 7-8pm – ASB, Auditorium	<b>16</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Couples Group 5:30-7pm – CSH	<b>17</b>   Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7:00pm – CSH	<b>18</b> Memoir Writing II 2-3:30pm CSH	19
20 	<b>21</b>   Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>22</b> Miso Happy Cooking "The Gardeners Forum" 10:30am-1pm CSH Kitchen  Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>23</b> Gentle Yoga 9:30-10:45am ASB, Auditorium	<b>24</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30-6:30pm – CSH	<b>25</b> Memoir Writing II 2-3:30pm CSH	26
27 Easter Sunday 	<b>28</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Healthy Living Support Group 5:30-7:30pm – CSH	<b>29</b> Qigong 7-8pm – ASB, Auditorium	<b>30</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>31</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH		

# April 2016

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>   Memoir Writing II 2-3:30pm CSH  Vine Van Gogh 5-7:30pm ASB, Auditorium	2
3	<b>4</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  The Butt Stops Here 6-7pm – 4 Spellman Conf. Rm.	<b>5</b> Qigong 7-8pm – ASB, Auditorium	<b>6</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – CSH  The Butt Stops Here 6-7pm 4 Spellman Conf. Rm  Hypnosis for Weight Control 7pm – CSH	<b>7</b> Smartbells® 9:30-10:45am ABS, Auditorium  Legal Services of HV at OSP 10am-2pm Appt. Necessary – Please Call  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>8</b> Memoir Writing II 2-3:30pm CSH	9
10	<b>11</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  The Butt Stops Here 6-7pm – 4 Spellman Conf. Rm	<b>12</b> Advance Directives 5:30 – 7:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>13</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5:30-7pm – CSH  The Butt Stops Here 6-7pm 4 Spellman Conf. Rm	<b>14</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>15</b> Memoir Writing II 2-3:30pm CSH	<b>16</b> HV Cancer Survivorship Summit 9am-3pm Hotel Thayer, West Point
17	<b>18</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>19</b> Qigong 7-8pm – ASB, Auditorium	<b>20</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Couples Group 5:30-7pm – CSH	<b>21</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7:00pm – CSH	<b>22</b>   Memoir Writing II 2-3:30pm CSH	<b>23</b> Passover 
24	<b>25</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Healthy Living Support Group 5:30-7:30pm – CSH	<b>26</b> Miso Happy Cooking Special Guest, Bettina Zumdick 10:30am-1pm CSH Kitchen  Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>27</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>28</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30-6:30pm – CSH	<b>29</b> Memoir Writing II 2-3:30pm 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](mailto:doris.blaha@hahv.org) with your information.

**Happy Birthday**

**We Lovingly Remember:**

Neil Bartow  
Peter Blanshan  
James A. Brown Sr.  
Frances Burke  
Mary Calrow  
Daniel Caruso  
Michael Cecelia  
Henry Coryat  
Robert Cowburn  
Emma Dammier  
Mary Dimicco  
June Garfman  
Alice Gerdtz  
Linda Grapel  
Ruth Holton  
Johanna Jankowski

Kevin Llewellyn  
Lynn Madsen  
Russell Maggio



Robert Krom  
Edward Miller  
Raymond Mercier Jr.  
Phyllis Noreen

Donald O'Keefe  
James Partridge  
Raymond Peterson  
William Rattley  
Mel Ringstrom  
Timothy Ross

Victor Sabatino  
Tammy Sagar  
Carol Schuman  
Sr. Kathleen Sharkey  
Anna Stenard  
Charles Stoutenberg  
Glenford Vanvalkenburg



Diana Wilber  
Helen Webber  
Betty Williams  
Donald Wolven

**DONATIONS to OSP**

Better Choice Fuel Company

Kat Caverly

Anna Bentsi-Barnes

In Memory of Dan Barnes

Doris & Marissa Blaha

Anchors Aweigh Cruise  
(Special thanks to those who purchased tickets to support programming at OSP)

**THANK YOU FOR YOUR SUPPORT**

**DONATIONS to CHESED FUND**

In Memory of Fred Hersh

Dr. Jennifer J. Halpern

New Paltz Women's Golf Association

New Visions Students  
(raised funds for holiday gifts for OSP families)

**DONATIONS to LINDA YOUNG**

In Memory of Westervelt

Ann E. Dippel

In Honor of

Sister Kathleen Sharkey, O.S.B.

Margaret La Rose

Bill & Hillary McKenna

Judi Gerson

BMG Gallery

Rebecca Cook

Mara's on the Go

Spiral Canvas

**Special THANKS for your dedication**

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You can also find this newsletter at [www.hahv.org/service/cancer-support-program](http://www.hahv.org/service/cancer-support-program)

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**"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." *Melody Beattie***

For the next newsletter, please submit writings 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/Aug 2016 issue is April 4, 2016.

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