



May/June/July/August 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, 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)

**Intern:** Vicki Bedford — MSW, Adelphi School of Social Work



### 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.**

**Volunteers:** Al Konigsberg, Alexandra Geiger, Ann Hutton, Alexandra Geiger, Kathy Sheldon, Abigail Thomas, Roseanne Fox, Heather Shaughnessy and other fabulous volunteers

We invite you to submit a personally written article which may be included on our OSP website! Please submit to [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org).

Recent article:

***"My relationship with the cancer label I have been assigned"***

by **Maria Dubois**

To read articles, go to OSP website:

<http://www.hahv.org/service/cancer-support-program>

click on **Celebrate Life! Newsletter**



## From our Director:

Although it has been a long and cold winter, the Reuner Cancer Support House has provided a warm and nurturing haven to those in our community facing cancer. We are glad to see the new buds of spring in our backyard, **Linda's Healing Garden**, and look forward to sharing the beauty of spring and fullness of summer with you.

It is becoming increasingly recognized in cancer programs as well as in the mainstream media (*Lost in Transition After Cancer*, *NY Times* (3/18/15)) that it is often after treatment ends that people with cancer feel the greatest need for emotional support. During the course of cancer treatment, the patient's medical team is there, tirelessly working alongside the patient to help cure or manage the disease. After the active phase of treatment is over, when patients are told that the time frame between appointments can become longer and when they are expected to return to their "normal" lives...it is then, that many patients feel **"lost in transition."** What about treatment side effects? What about the emotional toll of cancer or its impact on one's financial situation, family or personal relationships? Whether someone with cancer calls his or her self a survivor, veteran, or thriver....that person needs to share with others who have gone through similar experiences and understands, *first hand*.

Cancer can change a person's life on a multitude of levels. At OSP we recognize the need for support at all stages of the cancer continuum and we are committed to crafting programs that address those needs whether through individual counseling, support groups, wellness or healing arts programs. Recently we have developed a few workshops. Our OSP social worker Valerie Linet will be continuing the new coping skills program, *"Finding Ease and Inner Balance"* while Elise Lark will be coordinating with HealthAlliance psychiatrist, Roseanne Fox, in facilitating a *Meaning-Centered Reflection & Discussion Group* for people with advanced or recurrent cancer. This newsletter describes a variety of programs that are available to anyone with cancer as well as to their caregivers, families and friends. We welcome your input in creating future programs...*we are all in this together*.

**Blessings, Ellen Marshall, MS., LCSW-R, OSW-C, Certified Oncology Social Worker & Director of the Oncology Support Program**



## Intern Farewells

*"The story of life is quicker than the wink of an eye, the story of love is hello and goodbye...until we meet again" — Jimi Hendrix*

After interning with the Oncology Support Program for 3 Celebrate Life! newsletters worth of time, it's time for this dear chapter to end. I am humbled to have become a part of this vibrant community, and hope to stay in touch. I have learned about the abundant resilience and resourcefulness that often hides within humans. I have witnessed boundless displays of strength, courage and overall, love. Plus, I have learned an immeasurable amount about myself. I'm not entirely sure what the next chapter of my journey will be, but I guess I should find a job. Hopefully one that is meaningful, fulfilling, and that I am good at! I am inspired by the wonderful women I've worked with here at OSP and have no doubts that my experience here will inform and enrich my future work.

Thankfully, *Meg Reibesell*

It is hard to believe that the time has come for me to say goodbye to my loving OSP family. It has been an honor to be included in the OSP community. Thank you to all who have allowed me to accompany them on their life journeys. I am extremely appreciative for all of the new experiences you have helped me gain over the past nine months as a social work intern. I would especially like to express my gratitude to the wonderful OSP staff for welcoming me into their home and always answering my many questions.

— *Amie Baracks*

## Volunteer Couple of the Quarter



We would like to acknowledge the long standing commitment of our dear **Kathy Sheldon, RN** and her husband, **Al Konigsberg**. Kathy has organized the Miso Happy Cooking

Club for **10 years!!** What a tremendous amount of energy, time and commitment she brings to this wonderful program. Al Konigsberg, a professor at SUNY New Paltz, has been a volunteer with OSP for over ten years. Al facilitated our Men's Cancer Support Group and more recently our Memoir Writing Workshop II... what an amazing duo....**thank you for all you do!!!**



In February, the OSP staff expressed its deep appreciation to all our wonderful volunteers at our **annual Valentine for Volunteer Event**. **THANK YOU** for giving us the opportunity to express our gratitude to each and every one of you.

Our dear **Charlene Johnson**, wife of Joe Johnson,



was an integral part of our community...she was our OSP mascot who brought a smile to our faces for so many years. Charlene exuded love, kindness, compassion, concern and excitement in her uniquely

heart-warming way. She will be missed by all those who had the privilege of walking alongside her.

**Charlene, we will always remember you fondly!!**

*"To all my angels and my survivors, may God bless you and keep you. May all your dreams come true; may we all celebrate life to the fullest. I love you all, and thank you."* — **Charlene Johnson**

(From Charlene's Book: *MEMORIES*)

## Happy Birthday



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.

## We Lovingly Remember:

Eric Abrahamsen  
Elisabeth Alexander  
Peter Altomari  
Randall Anson  
Barry Ayers  
Kim Barry  
Joann Brooks  
David Brought  
Irene Burgess  
Nelson Burhans  
Emily Caigan

Peter Cafaldo  
Kay Caruso  
Dorothy Clark  
Lucille Coddington  
Suzanne Dean  
Shirley Degraw  
Darren Duffy  
Katherine Dunlap  
Elizabeth Eighmey  
Jim Faulkner  
John Fennelly

Arnold Fischer  
Gideon Ford  
Paul Fredericks  
Roslyn Gavis  
Rebecca Gibbs  
Carol Gilbert  
Judy Gouldsbury  
Robert Greenberg  
John Guido  
Carol Hall

Martin Hall  
Agnes Hartman  
Robert Hazelton  
Charles Jackson  
Charlene Johnson  
Mary Kelly  
Gail Kniceley  
Deana Koledi  
Patricia LaGorga  
John Larson

James Lindsey  
Irene McCann  
Nielsine Minton  
Annelise Moss  
Lillian Pedersen  
Louis Pliego  
Cheryl Potter  
Edith Rowe  
Janet Salantri  
Chiarina Santagada  
Don Schoonmaker

Perry Sherman  
Thomas Sior  
Billy Smith  
Richard Smith  
Walter Spyhalsky  
Lynn Swenson  
Charles Tiano  
Ignitia Tipton  
Furman Watson  
Helene Weissman

## 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**

#### 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

Miso Happy formed in 2005, now celebrating ten years, we continue our commitment to healthy eating practice using macrobiotic principles. Classes include recipe handouts, tastings, and occasional guest instructors. The group normally meets on the 4th Tuesday at **10:30am**; please note the shift in our regular day due to holidays and summer vacations. Join Kathy Sheldon at the Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY for all upcoming programs. Advance registration is requested for all events via e-mail to [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com) or to [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). \$8 suggested donation. Call ext. 100 for more information.

**Tuesday, May 12**

**at 10:30am (opt. 9:30am, see below)**

### Jamming with Rob Kilpert: Preparing organic Blackberry Jam

This month we welcome Rob Kilpert of Healing Fields Farm and a long time Miso Happy member for this participatory class. Blackberries, grown locally and hand picked by Rob will be used in the jam. Rob's berries have been grown without the use of sprays or harsh fertilizers. Two batches will be created, one with traditional sugar and a second with maple syrup. Jam jars will be provided and all will get to leave with a half pint sample. The jam cooking process involves two stages of frequent stirring, first to thicken unsweetened berries and second to blend sugar and thickening agent until a desired consistency. All participants are encouraged to help stir the jam. As each puts their best intention and energy into the preparation the result will truly be a class made jam to be savored and enjoyed. **NOTE:** An optional opportunity, arrive by 9:30am to see the early stages of preparation.

**Tuesday, June 9**

### A mini class: Rollin', Rollin': Let's Do Nori Rolls with Natto followed by a Potluck celebration with guest speaker Grant Freer, "Five Element Theory, The Foundation of Asian Medicine"

*A nori rolling practice session* with assorted inclusions, sauces and natto, if you dare. Natto is an amazing fermented food enjoyed in Japan. We will suggest ideas that may help it become a food you can love.

As our spring season ends all are encouraged but not required to bring a potluck dish. Join us and keep rollin'!!

Grant Freer, LMT, Ms/Ac will present an overview of *Five Element Theory*, as the basis for Asian medicine. Please enjoy his brief presentation as we sample our nori roll creations and potluck offerings.

**NO CLASS in JULY and AUGUST.**

**See you in SEPTEMBER!!**

## **FREE Hypnosis for Weight Control**

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

**Wednesday, JUNE 3**

**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)

# 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. May 7 & 21, June 4 & 18, July 6 & 16 and Aug. 6 & 20

11 a.m.-12:30 p.m. Women of any age, at any stage, with any kind of cancer. Contact the Oncology Support Program at ext. 100

## Weekend Women's Cancer Support Group

2nd & 4th Saturdays, May 9 & 23, June 13 & 27, July 11 & 25, and Aug. 8 & 22 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](mailto:vicki.bedford@hahv.org)

## Men's Oncology Support Group

Second Monday. May 11, June 8, July 13 and Aug. 10

5:30-7 p.m. For men who have been diagnosed with any type of cancer. Contact the Oncology Support Program at ext. 100.

## Family/Caregivers Support Group

Monday, May 18, June 15, July 20 and Aug. 17

5:30-7 p.m. Provides a supportive and confidential setting for family and caregivers. Contact the Oncology Support Program at ext. 100.

## Metastatic Cancer Support Group

First Tuesday. May 5, June 2, July 7, and Aug. 4

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](mailto:elise.lark@hahv.org)

## Linda Young Ovarian Cancer Support Group

Last Wednesday, May 27, June 24, July 29 and Aug. 26

7-8:30 p.m. For women diagnosed with ovarian cancer. Contact Ellen Marshall at ext. 103 or email [ellen.marshall@hahv.org](mailto: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](mailto:valerie.linet@hahv.org).



## Loss Counseling in Time of Grief

In collaboration with Jewish Family Services, OSP offers help navigating the grief process. To schedule an appt. with Toby Krawitz, LCSW, bereavement counselor, call OSP at ext. 100

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

An Experiential, Educational Series

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

**May 19, June 16, July 21**

**Reuner Cancer Support House**

A **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. 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 Somatic 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.**



## 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 or Ellen Marshall at ext. 103.

# OSP HEALING ARTS PROGRAMS

## Memoir 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.**

(there is a waiting list for this group)

Abigail has just published,

### What Comes Next and How to Like It

in which she acknowledges members of the OSP memoir group.

*"I've learned to be witness to one another's lives is the greatest of gifts.*

*Thursday afternoons are sacred."*

*Abigail Thomas*

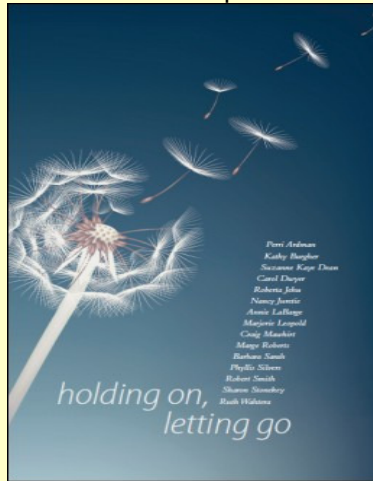
**FRIDAY** group is facilitated

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)

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 3533  
Kingston, N.Y. 12402  
(\$15 plus \$5 shipping)

## **Inner Vision / True Voice**

*with Lisa Schimski, MS, LMT*

**Saturdays:**

**May 9, June 13, June 27  
July 25 and August 22**

**1:00-3:00 pm**

**Reuner Cancer Support House**

After the initial shock of a cancer diagnosis or other life-changing event has settled, many of us are drawn to re-evaluate our sense of who we are, how we relate with others in our lives and what's most important to us as we take our next steps. In this series of experiential sessions we will use **simple expressive** and **creative arts** processes to access our inner vision and find our true voice, through a playful blend of both **individual and group activities** that will include **guided visualization, mask making, journaling, rock painting, poetry, collage, expressive movement, and more.** Absolutely no art experience or "aptitude" is necessary. **Bring a journal and wear comfortable clothing** suitable for using paint and other art supplies. Lisa was a Mental Health Counseling Intern with OSP and is currently studying with *Lucy Barbera, PhD*, as part of a Creative Arts Therapy Certificate Program offered through Ulster County BOCES.

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

## **POETRY LOAVES (serves those who are hungry)**

Wash your hands. Rid them of a lifetime's hesitation.

Roll up your sleeves.

Keep paper towels on hand.

Preheat oven to 375.

Combine flour and loud pauses for flavor.

Add spices to thrill away boredom:

cinnamon risk,

A dash of blanched candor to taste,

one-half cup of doubt to balance.

Fill the room with baking smells.

Lose your hands in a mound of batter,

the hill of bound matter, not yet ready for climbing.

Knead the mixture until it tumbles into birth.

Cover dough with a damp cloth,

and rise to unseemly heights. The sun will appear in this unbaked loaf.

Poem should double in bulk after one uncertain age

of introspection, many reincarnations, and editions.

Pound down dough; it will survive and be the stronger for it.

Do not follow recipe too closely;

shut your eyes and burn the rules.

Roll into loaves of different shapes and sizes.

Even an outspoken lump has its place.

—*Valerie Linet*



## **Arts and Crafts Sharing Circle**

Inspire and learn from one another while drawing, painting, knitting, crocheting, needle felting and more. This is an informal member facilitated drop-in group.

Please call (845) 339-2071 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) if you would like to join.

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

# 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))

If you are unable to attend our Ovarian Cancer Support Group on the last Wednesday of each month at 7:00 p.m., 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

For a weekend of *hope, inspiration, newfound knowledge* and *friends*, consider attending the **18th Ovarian Cancer National Alliance Conference** which will take place this year in **San Diego, July 24-26.**

For information about the conference, go to: [www.ovariancancer.org](http://www.ovariancancer.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)

**Look Good Feel Better** is a collaborative program with the **American Cancer Society**



We recognize that for some women, self esteem is impacted by the hair loss and skin changes resulting from chemotherapy or radiation. **Trained cosmetologists** are available to show you specific techniques to help make the most of your appearance while undergoing treatment.

The program is **product neutral** but ACS will provide each woman with free cosmetics.

If you would like to bring your own products or would like to find out more about safe cosmetics, go to: [safecosmetics.org](http://safecosmetics.org)



**July 10, 2015 ~ 10-12:00 a.m.** Reuner Cancer Support House

**Barbara Malley**, our new OSP volunteer will help facilitate this **FREE** program!

To register, please call the ACS at **1-800-227-2345**

Tammara Taylor of "The Perfect Fit, LLC"

is offering a **consultation and free wig** to members of our community for whom it may be financially challenging to purchase a wig. Please call Tammara at **845-594-5055** to schedule a consultation/fitting. For more information about The Perfect Fit, go to: [www.jforu.com](http://www.jforu.com)



## *Specialty Fittings, Incorporated*

**Special thanks** to Specialty Fittings for donating breast prostheses to OSP which are available **free** of charge to our program members. Specialty Fittings supplies breast prostheses, compression garments, bras and more. The office is in Poughkeepsie, but if you are unable to get there, Specialty Fittings staff has offered to meet you at the **Fern Feldman Anolick Center for Breast Health** or at **your home**, by special appointment.

Please call: **845-483-6522** or go to [www.specialty-fittings.com](http://www.specialty-fittings.com)

# Navigating the System for those living with Cancer

If you have been diagnosed with cancer, are a family member, care giver or health care professional providing treatment or support, you know how financially draining a cancer diagnosis can be. It is often challenging for people, struggling with cancer, to navigate the system of government benefits like Medicaid or Social Security Disability. For those who are insured, high deductible and co-pays can be a great financial burden. Those eligible for Medicaid often have high "spend downs," which limit the amount of money available for basic living expenses.

This program will provide you with a wealth of information and resources to help you navigate the system.

## A **FREE** Informational Program

organized by the **HealthAlliance Oncology Support Program** for patients, care-givers and support Professionals. This program has information that would *benefit all patients with disabilities*.

**Wednesday, May 27<sup>th</sup> 4:00-5:30 p.m.**

**Auditorium of the HealthAlliance Hospital: Mary's Avenue Campus  
(GPS) 75 Mary's Ave. Kingston, N.Y.**



- Where do you go and who do you call if you need **support and guidance** when applying for **Medicaid, SSI, or Disability Benefits**?
- Do you have a "**Medicaid spend down**," and as a result, can't afford your basic living expenses? Do you know how a **Supplemental Needs Pooled Trust** can help?
  - Did you know that there is low cost or free **legal assistance** available to you or your caregiver?
    - Do you still have questions about the **Health Insurance Marketplace**?
    - Do you know that if you require **Managed Long Term Care**, certain plans have open enrollment and allow you to use your current health care providers?
  - Are you aware of the **financial /co-pay assistance programs** that may be available to you?

Please join us for an informative program with the following panel of presenters:

*Marsha Sweet, Pooled Trust Support Specialist*, Center for Disability Rights, Inc.

*Sarah Maida, Esq.*, Legal Services of the Hudson Valley

*Debbie Denise, Benefits Advisor*, Resource Center for Accessible Living

*Maureen White, Specialist*, Hamaspik Choice Inc.– Managed Long Term Care

*Natashia McNabb, Financial Specialist*, HealthAlliance Hospital

**Refreshments Compliments of the Benedictine Health Foundation**

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

## Do you have a **Medicaid Spend Down**? How a **Supplemental Needs Pooled Trust** can help!

Are you disabled and eligible for Medicaid and have been told that you have a "spend down" which you need to apply to your medical bills before your Medicaid becomes active? As a result, are you using your income to pay medical bills and end up with insufficient funds to cover basic living expenses? If so, a Pooled Trust enables you to shelter excess income or resources into a trust account, use these sheltered funds to pay basic living expenses and become eligible for Medicaid services to cover medical expenses.

If you would like more information about setting up a Pooled Trust, contact **Marsha Sweet**, Pooled Trust Support Specialist at the Center for Disability Rights at **585-546-7560**

[www.cdrnys.org](http://www.cdrnys.org) or [msweet@cdrnys.org](mailto:msweet@cdrnys.org)  
or contact Legal Services of the Hudson Valley



**Legal  
Services of  
the Hudson  
Valley**

**has been awarded a grant by  
New York State  
to provide  
FREE legal services  
to cancer patients  
and their caregivers**

**Call: 877-574-8529  
for more information**



# Meaning-Centered Reflection & Discussion Group

with Rosanne Fox, MD & Elise Lark, PhD, LCSW, OSW-C

May 20 through July 8, 1:30 – 3 pm (8 consecutive weeks)

Registration required; limited to 8 people

*Everything can be taken from a man [or woman] but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way. ~ Viktor E. Frankl*

This largely experiential, theme-focused group is designed to help people with **stages III, IV, or recurrent cancer** enhance a sense of meaning, peace, and purpose in their lives. Reflection, writing, homework, and discussions will draw on readings from Victor Frankl's classic, *Man's Search for Meaning*, and participants own life and illness experiences.

A psychologist and Holocaust survivor, Frankl firmly believed that life is inherently meaningful and the discovery of meaning is possible even in the face of life's unavoidable limitations, uncertainty, suffering and death. The group co-facilitators share a special interest in how we navigate such challenges. In an intimate group setting, participants will engage in meaning-making activities and help each other to explore what is meaningful in each other's lives.

## Overview of group themes:

- Week 1** Concepts & Sources of Meaning, in general and related to living with cancer;
- Week 2** Cancer & Meaning: group members' sense of identity before and after a cancer diagnosis;
- Weeks 3 & 4** Historical Sources of Meaning and "Life as a Legacy": legacy-making based on one's past, present and future;
- Week 5** Attitudinal Sources of Meaning: how life's limitations affect the search for and discovery of meaning;
- Week 6** Creative Sources of Meaning: ways in which members have created and taken responsibility for their lives;
- Week 7** Experiential Sources of Meaning: ways of connecting with life through beauty, humor and the "lightness of being alive";
- Week 8** Closing: reflecting on the group experience and exploring hopes for the future.

*Rosanne Fox, M.D., a psychiatrist at HealthAlliance Hospitals, works with people dealing with a variety of life challenges related to illness. She assisted with Meaning Centered Psychotherapy groups during her Psycho-Oncology fellowship at Memorial Sloan Kettering Cancer Center, where this intervention was developed.*

*Elise Lark, PhD, LCSW, OSW-C, an oncology social worker at HealthAlliance Hospitals, draws on her experience working with individuals with advanced cancer and her doctoral research on the lived experience of dying, focusing on the psychosocial dimensions of existential well-being and meaning-making.*

**For information or to schedule a pre-registration interview, please contact Ellen Marshall at 845-339-2071 ext. 103 or email: [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org).**

## ***Own a car and like to drive? Please volunteer to help a cancer patient!***

For many cancer patients, getting to and from treatment is one of their toughest challenges. The **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  
**1-800-227-2345** or visit [cancer.org/volunteer](http://cancer.org/volunteer).

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

If you are a cancer patient in need of transportation to treatment or medical appointments, there are resources available. (To schedule a ride, advance notice is required.)

-Call the **American Cancer Society** at  
**1-800-227-2345**.

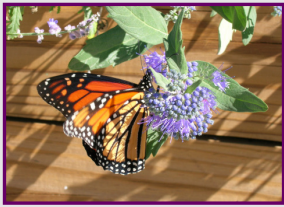
-Call **Office for the Aging** at **(845) 334-8120**  
if you are 60 years of age or older.

-Call **1-866-287-0983** if you have active **Medicaid**.

# Healthy Living with Cancer: Change for Good

with Mary Jo Johnson, L.Ac., LMT, M.Div

*For people whose lives have been touched by cancer, their family members and caregivers.*  
Gain resources and skills for creating a lifestyle that reduces symptoms and cancer risk  
Enjoy cooking together and sharing an anti-cancer meal!



**May 14 - Simple Steps to Create an Anti-Cancer Lifestyle**

**June 11 - Symptom Reducing Strategies**

**July 9 - Using Food to Nourish and Rebuild**

*Cooking starts at 6:00, presentation at 7:00*

**Reuner Cancer Support House**

MaryJo Johnson's professional training includes a Masters of Divinity degree from Colgate Rochester Divinity School, a Masters degree in Traditional Oriental Medicine and an Associates degree in Massage from Pacific College of Oriental Medicine where she studied acupuncture, massage, Chinese herbology and nutrition. She also completed a certificate program in oncology massage from Memorial Sloane Kettering.

In designing the Healthy Living with Cancer: Change for Good series, MaryJo draws upon the skills and resources she has gained as a 15+ year cancer survivor in addition to her professional training and years of clinical experience. She also borrows concepts she learned as a master trainer for Stanford University's Chronic Disease Self-Management program, a research-based peer-facilitated workshop series that empowers people who want to create more healthy lifestyles to plan and implement a series of **small changes, utilizing the support of friends, family and community.**

Family, friends as well as those diagnosed with cancer are welcome to attend and participate in *Healthy Living with Cancer* workshops... involving our supports in the process is good for everyone. In recognition of the way that food nourishes and brings us together and the importance of learning practical tools, each session of the series begins with conversation as participants check in with each other, then cook and eat a healthy meal that is easy to prepare. Afterwards, we have a more focused discussion about a particular topic related to cancer and health. Finally we have an exercise focused on the practicalities of incorporating what we are learning into everyday life.

## Reiki for Caregivers

with Jeanette Duffau, RN

**Dates: Sat. & Sun., June 13 & 14**

**10:00a.m —3:00 p.m. ABS, Conference Room**

Caregivers are faced with many challenges and may have little time to care for themselves. At times, they are at a loss ...."what can I do for my loved ones?"

Reiki is a **hands on healing** tool for **stress reduction and relaxation.**

Today, hospitals and medical centers offer Reiki to their patients to **promote healing.**

This **2 day Reiki level I certification class** will give you **tools for self care & for helping your loved one.**

Jeanette Duffau is a Reiki Master and Board Certified Holistic Nurse who has been teaching hands on healing classes for over 15 years. She has been a nurse at HealthAlliance Hospital and is in private practice in Olivebridge, NY



## Seeds of Care

Growing a plant from seed is a healing and satisfying experience. It calms the nervous system, enlivens the senses! Seeds of Care is an offering to all those affected by cancer. It is an opportunity for first-time gardeners or seasoned growers to come and plant seeds in the sunroom at the Cancer Support House and then to bring plants home to care for. You will be invited to grow edible sprouts, herbs, or flowers, and then to label your seedlings, not simply with their botanical name, but also with an intention or a wish for something you would like to see grow. You may choose to start a seed in memory of a loved one and then transplant your seedling later. There will be an opportunity for relaxation through garden-related guided imagery for those who are interested.

Please call Valerie at ext. 101 or email [valerie.linnet@hahv.org](mailto:valerie.linnet@hahv.org) to arrange a special time to start your seeds.

# Preventing Skin Cancer — for you and your children

- Skin cancer is the most common form of cancer in the United States and yet, it is the most preventable.
- More than 3.5 million cases of non-melanoma skin cancer are diagnosed each year in the U.S. and more than 76,000 cases of melanoma (the most serious form of skin cancer) are expected to be diagnosed.
- Early exposure to the sun is the main risk factor — the more we protect children’s skin from the sun now, the better the chance that they won’t develop skin cancer in the future.
  - Pediatric melanoma is an important and steadily increasing problem among young adults.
    - Approximately 40-60% of sun exposure occurs before age 20.
  - Melanoma is the second most common form of cancer for young adults, ages 15-29 years old.
  - A person’s risk for melanoma can double if he or she has had more than 5 sunburns at any age.
- Unprotected sun exposure is even more dangerous for kids who have moles, freckles, very fair skin and light hair, or a history of skin cancer.
- Females are at greater risk of developing melanoma in early life, most notably on their trunk and lower legs.
  - Young women are more likely to participate in activities that increase the risk for melanoma, including using tanning beds.
    - Exposure to tanning beds in youth increases melanoma risk by 75 percent.

Pay special attention to moles, especially one that has recently changed, bleeds, or itches. When looking at moles, keep in mind the ABCDEs of Melanoma Detection:



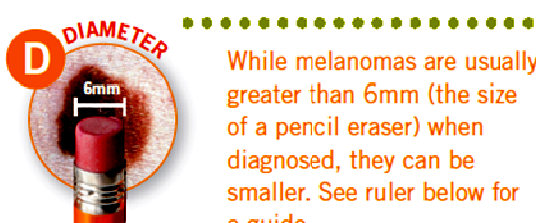
One half unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See ruler below for a guide.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

## Prevention Tips:

- Minimize summer sun exposure between 10:00 am – 2:00 pm.
- Wear a wide brimmed hat, sunglasses and UV protective clothing. Even while swimming, wear a UV swim shirt.
- Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 30.
- Apply sunscreen 30 minutes BEFORE sun exposure and reapply after swimming or excessive sweating.
- Seek shade.
- Check the UV index daily in the summer.
- Check your skin regularly.
- Avoid tanning beds!!!
- (NY State Law prohibits use of UV radiation devices for minors).

## Signs of skin Cancer Include:

- Sore that never fully heals
- Translucent growth with rolled edges
- Brown or black streak underneath a nail
- Cluster of slow-growing, shiny pink or red lesions
- Waxy-feeling scar
- Flat or slightly depressed lesion that feels hard to the touch

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Remember, some moles are black, red, or even blue. If you see any kind of change on one of your spots, you should have a dermatologist check it out.



1 Examine body front and back in mirror, then right and left sides, arms raised.



2 Bend elbows, look carefully at forearms, back of upper arms, and palms.



3 Look at backs of legs and feet, spaces between toes, and soles.



4 Examine back of neck and scalp with a hand mirror. Part hair and lift.



5 Finally, check back and buttocks with a hand mirror.

## Fountain of Life Newsletter



Our first issue of this

peer newsletter was created by teens. Youth are welcome 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)

## Breast Cancer Options

Support, Health Advocacy & Information  
(845)339-HOPE(4673)

[www.breastcanceroptions.org](http://www.breastcanceroptions.org)



**Tuesday August 25 - Friday August 28 2015** Camp Lighthouse is a **FREE** overnight camp for children from **8-14** who have a mom with breast cancer or children who have lost their mothers to breast cancer. It is a chance for children to meet others who have had similar experiences. Our Professional staff is headed by a Child Psychotherapist who is also an outdoor specialist which helps kids feel comfortable and safe. **The camp is held at Omega Institute in Rhinebeck, NY.**



**Camp Kesem Chestnut Hill** will offer its **first annual summer camp** at **Camp Hayden-Marks** in **Fishkill, NY** from **August 18th-23rd**. The camp is offered **FREE** of charge, and is open to any **6-16 year old** who has, or has had, a parent or primary caregiver with cancer. Camps are designed to allow children the opportunity to find support, have fun, and feel safe, loved, and respected. The camp boasts 15 years experience offering quality programs!

**Accepting Summer 2015 applications.**

To apply, families can simply visit the website: [www.campkesem.org/chestnuthill](http://www.campkesem.org/chestnuthill).

## 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.**  
Administrative Lobby Conference Room

**Dates: July 13, July 15, July 20, July 22**  
To register, please call (845) 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

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.

**CANCER SCREENING SAVES LIVES!!!**

## Hypnosis for Smoking Cessation

Join *Frayda Kafka*, Certified Hypnotist

First Wednesday of Month:  
**May 6, June 3, July 1, Aug. 5**  
**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

For information about cancer resources go to:





# HUDSON VALLEY CANCER RESOURCE CENTER

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

# May 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 Memoir Writing II 2-3:30pm-CSH	2
3	4 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH	5 Metastatic Spt. Grp. 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	6 Gentle Yoga 9:30-10:45am ASB, Auditorium  Hypnosis for Smoking Cessation 5:30-7pm – CSH	7 Smartbells® 9:30-10:45am ASB, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	8   Memoir Writing II 2-3:30pm CSH	9 Weekend Women's Support Group 10-11:30am CSH  Inner Vision/ True Voice 1-3pm CSH
10 Mother's Day  	11 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	12 Miso Happy Cooking 10:30am-1pm CSH Kitchen  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	13 Gentle Yoga 9:30-10:45am ASB, Auditorium	14 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Healthy Living w/ Cancer 6pm – CSH	15 Memoir Writing II 2-3:30pm CSH	16
17	18 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	19 Coping Skills 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	20 Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH	21 Smartbells® 9:30-10:45am ASB, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	22 Memoir Writing II 2-3:30pm CSH	23 Weekend Women's Support Group 10-11:30am CSH
24	25 Memorial Day    <b>CLOSED</b>	26 Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	27 Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH  Navigating the System 4-5:30pm ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	28 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	29 Memoir Writing II 2-3:30pm CSH	30
31  						

# June 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> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>2</b> Metastatic Spt. Grp. 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>3</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – CSH  Hypnosis for Weight Control 7pm – CSH	<b>4</b> Smartbells® 9:30-10:45am ASB, Auditorium  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  16 <sup>th</sup> Annual Cancer Survivors Day Celebration & Dinner 6pm ASB, Auditorium	<b>6</b>
<b>7</b>	<b>8</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>9</b> Miso Happy Cooking 10:30am-1pm CSH Kitchen  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>10</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH	<b>11</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Healthy Living w/ Cancer 6pm – CSH	<b>12</b> Memoir Writing II 2-3:30pm CSH	<b>13</b> Weekend Women's Support Group 10-11:30am CSH  Inner Vision/ True Voice 1-3pm CSH  Reiki for Caregivers 10am-3pm ASB, Aud.
<b>14</b> Flag Day   Reiki for Caregivers 10am-3pm ASB, Aud.	<b>15</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>16</b> Coping Skills 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>17</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH	<b>18</b> Smartbells® 9:30-10:45am ASB, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>19</b> Memoir Writing II 2-3:30pm CSH	<b>20</b>
<b>21</b>  Solstice  	<b>22</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>23</b> Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>24</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>25</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>26</b> Memoir Writing II 2-3:30pm CSH	<b>27</b> Weekend Women's Support Group 10-11:30am CSH  Inner Vision/ True Voice 1-3pm CSH
<b>28</b>	<b>29</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>30</b> Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium				

# July 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  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm – 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> Independence Day Observed  <b>CLOSED</b>	<b>4</b> Independence Day  
5	<b>6</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>7</b> Metastatic Spt. Grp. 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>8</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Meaning-Centered Reflection & Discussion Group 1:30-3pm – CSH	<b>9</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Healthy Living w/ Cancer 6pm – CSH	<b>10</b> Memoir Writing II 2-3:30pm CSH	<b>11</b> Weekend Women's Support Group 10-11:30am CSH
12	<b>13</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<b>14</b> Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>15</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<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> Memoir Writing II 2-3:30pm CSH	18
19	<b>20</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<b>21</b> Coping Skills 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>22</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.	<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  Inner Vision/ True Voice 1-3pm CSH
26	<b>27</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>28</b> 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	<b>31</b> Memoir Writing II 2-3:30pm CSH	

# August 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
2	<b>3</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>4</b> Metastatic Spt. Grp. 2-3:30pm – CSH  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>5</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Hypnosis for Smoking Cessation 5:30-7pm – CSH	<b>6</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>7</b> Memoir Writing II 2-3:30pm CSH	<b>8</b> Weekend Women's Support Group 10-11:30am CSH
9	<b>10</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>11</b> Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>12</b> Gentle Yoga 9:30-10:45am ASB, Auditorium	<b>13</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>14</b> Memoir Writing II 2-3:30pm CSH	15
16	<b>17</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>18</b> Camp Kesem Begins Today thru 8/23 Camp Hayden-Marks Fishkill, New York  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Advanced Directives 5:30-7:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>19</b> Gentle Yoga 9:30-10:45am ASB, Auditorium	<b>20</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>21</b> Memoir Writing II 2-3:30pm CSH	<b>22</b> Weekend Women's Support Group 10-11:30am CSH  Inner Vision/ True Voice 1-3pm CSH
23	<b>24</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH	<b>25</b> Camp Lightheart Begins today thru 8/28 Sponsored by BCO Omega Institute, Rhinebeck, NY  Jazzercise Class 5:30-6:30pm ASB, Auditorium  Qigong 7-8pm – ASB, Auditorium	<b>26</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>27</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>28</b> Memoir Writing II 2-3:30pm CSH	29
30	<b>31</b> Tai Chi, 10-11am – CSH  Art & Crafts Sharing Circle 2:30-3:30pm – CSH					



# 16th Annual Cancer Survivors Day Celebration

## "The Dance of Life"

*Inspirational Speaker: Juliet Harrison*

A celebration of the lives of cancer survivors

**Friday, June 5th at 6:00 pm**

in the ASB Auditorium.

*Please join us for an inspiring and festive occasion including a light dinner, entertainment by Mountain String Band, Saugerties Ballet Center, and candle lighting ceremony.*

**For family, friends & those who lovingly support cancer survivors.**

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

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

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

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HealthAlliance of the Hudson Valley®  
Oncology Support Program  
105 Mary's Avenue  
Kingston, NY 12401



*For beautiful eyes, look for the good in others;  
for beautiful lips, speak only words of kindness;  
and for poise, walk with the knowledge that  
you are never alone.*

*Audrey Hepburn*

#### **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 Sep/Oct/Nov/Dec 2015 issue is August 7, 2015.

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