



A newsletter for cancer patients, their families and friends

May/June/July/Aug 2016



**Oncology Support Program, HealthAlliance Hospital, Westchester Medical Center Health Network**

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

**Location:** Herbert H. & Sofia P. Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY 12401

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

**SUPPORT SERVICES:**

Individual and Group Support

Arts & Healing Classes

Wellness Programs

Educational Events

Integrative/Complementary  
Medicine Workshops

Lectures and Discussion  
Groups

Lending Library: Books, Audio  
Tapes & Videos

Programs inspired by the  
Linda Young Healing Garden

**ONCOLOGY  
SUPPORT  
PROGRAM**

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

**NEW Programs & HIGHLIGHTS:**

*Homeopathy and Cancer Care with  
Dr. Ronald Whitmont — May 12*

*Pastel Magic with Phillip Lekki  
May 9 & June 8*

*Annual Cancer Survivor's Event:  
"Celebrating our Lives" — June 10*

*Garden for Healing  
1st & 3rd Fridays of the month*

*Younger Women's Support Group  
3rd Thursday of the month*

*To Love and be Loved: A Group for  
Couples Living with Cancer  
3rd Wednesday of the month*

## 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)



### **The Reuner Cancer Support House is open Monday through Friday.**

Call (845) 339-2071 for an appointment  
or drop by during walk-in hours:

**Mondays 10:00 a.m. — 12:00 p.m.**

**Tuesdays 2:00 p.m. — 4:00 p.m.**

**Wednesdays 4:00 p.m. — 6:00 p.m.**

**Thursdays 1:00 p.m. — 3:00 p.m.**

**Fridays 10:00 a.m. — 12:00 p.m.**



**Interns:** Richard Coleman, Boston University  
School of Social Work

**Volunteers:** Ann Hutton, Kathy Sheldon, Abigail  
Thomas, Rosanne Fox, Marilyn Fino, Bev Nielson,  
Ujjala Schwartz, Mary Jo Johnson, Rob Kilpert

#### **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).

### **From Our Director**

Greetings from OSP. Major changes are taking place at the HealthAlliance! After persistent advocacy on the part of the Administration, the HealthAlliance has been awarded \$88.8 million by New York State to transform the Mary's Avenue Campus into a single hospital and to redevelop the Broadway Campus into a "medical village." Our cancer inpatient services will continue at the Broadway Campus until renovations are completed at the Mary's Ave. Campus.



The other news is that HealthAlliance is now affiliated with *Westchester Medical Center* which will provide our community with access to new resources. Although there always tends to be some anxiety associated with change, we have been assured that *WMC* honors the unique culture of the communities with which it becomes involved. Caring and creativity have always been central to our community—we look forward to that culture thriving in the context of this new partnership.

We repeatedly hear that no other area has a cancer support program the likes of OSP. It is because of your participation that our program is so rich. Time and again people ask the question, "how can I give back?" We thank you, our volunteers and donors for your generosity, talent, expertise and most of all, for your caring. We are honored and truly grateful to be a part of such a loving community.

Please see our newsletter for the *new* and *ongoing* programs offered by OSP during the spring and summer months. Consider joining a support group for: women of all ages or a special group for younger women; men; caregivers; and couples facing the challenges of cancer. *Healing Arts Programs* include memoir groups, an art sharing circle, a community music group and a new pastel demonstration workshop. Our *Wellness Program* offers classes in cooking, healthy living, exercise and will now feature "*Gardens for Healing*," a gardening workshop where nourishing vegetables and herbs will be grown in our new *container gardens*.

As always, OSP is here to offer you emotional support, information and financial assistance while providing a community which shares struggles and triumphs. We invite you to our *Annual Survivors Event* in June, "*Celebrating Our Lives*." The OSP staff looks forward to sharing this inspiring evening and the next few months with you and your loved ones. Thank you for trusting us to be a part of your life.

With gratitude, *Ellen Marshall* MS., LCSW-R, OSW-C

# 17th Annual Cancer Survivors Day Celebration

*“Celebrating our Lives”*

*Inspirational Speaker: Gloria Vega*

**Friday, June 10th 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, Liz Thomas, Rainbow the Magical Clown and Pet Therapy Dogs Tiffany & Teddy. Candle lighting ceremony follows.*

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

For more information or to RSVP, please call 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) by June 7

**Goodbyes from our fabulous Social Work Interns.  
Thank you for all you have shared and best of luck  
in your future endeavors!**

I can't believe it is already time for me to say goodbye to the OSP family. I'd like to thank everyone who I met during the last 9 months - each of you has touched my life and my heart. Thank you for helping to make me a more caring, well-intentioned and loving social worker.

—*Liz Thomas*

It has been such an amazing experience being a part of OSP. I am so grateful to have had this incredible opportunity to meet and work beside such kind, open-hearted and compassionate people. I'm going to miss all of the resilient & inspiring people I got to meet here but feel so lucky to have met you all.

—*Karen Schaefer*

Special thanks to **Megan Valyou**, Manager of our *Fern Feldman Anolick Center for Breast Health* for organizing **Vine Van Gogh** as a fundraiser to support healing arts programs offered through OSP.



## Volunteer of the Quarter



We would like to thank **Ann Hutton** who has been facilitating the OSP Memoir Group on Fridays for over a year. Our program members tell it all! “Ann brings so much to this group — dedication, knowledge, skills, encouragement and kindness. She is truly invested in helping us all tell our stories.” “We all feel cared about by Ann and we care about her!”

Ann is a freelance writer whose work has appeared in the *Catskill Mountain Region Guide*, *Hudson Valley Magazine*, *Kaatskill Life Magazine*, *Green Door Magazine*, *Upstate House*, *Chronogram* and *Ulster Publishing*. A graduate of Union Institute and University at Vermont College, Ann is currently writing a motorcycle memoir with the working title *Sitting in Motion: One Woman's Midlife Adventure on Two Wheels*.

Thank you **Ann** for your talent, generosity and dedication!

## Members of our Friday Memoir Group



Stewart Maurer, Linda LeGendre, Josette Lee, Al Konigsberg, Ann Hutton, Kat Caverly and Meredith Hughes

# 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, May 5, Jun 1, Jul 3 and Aug 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 Women's Support Group** facilitated by Valerie Linet, LCSW 3rd Thursday, May 19, Jun 16, Jul 21 and Aug 18, 5:30-7:00 p.m. (In partnership with Young Survival Coalition) 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, May 25, Jun 29, Jul 27 and Aug 31, 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. 2nd & 4th Wednesdays, May 11 & 25, Jun 8 & 22, Jul 13 & 27 and Aug 10 & 24, 5-6:30 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, May 16, Jun 20, Jul 18 and Aug 15, 5:30-7 p.m. Provides a supportive and confidential setting for family and caregivers. Please contact OSP at ext. 100 or 104



**Participate in our Support Groups from the comfort of your own home.**

Through **Google Hangouts** you will have **video access** to the support groups that meet at the Reuner Cancer Support House.

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.**

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

Facilitated by Richard Coleman, MSW Intern



Third Wednesdays:  
May 18, June 15,  
July 20, Aug. 17

5:30-7:00 p.m.

Reuner Cancer Support House

**We all need to love and be loved. This is especially important when dealing with a life-threatening illness.**

**In this skills-based supportive group open to all couples dealing with cancer, participants will learn and practice how to communicate more effectively and enhance their loving support.**

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



## *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)



## **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)

## **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, 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, June 1 & Aug 3  
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 a plant-based eating are utilized in the program. Kathy Sheldon welcomes the community to join in this program at the Reuner Cancer Support House. Classes include recipe hand-



outs, 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.

Tues., May 3, 10:30am-1pm

### Cooking with Sea Vegetables with Bettina Zumdick

#### 2nd Session (previous session occurred in April)

Bettina will continue the discussion with specific food recipes and remedies to improve glandular health utilizing sea vegetables and other foods.

**Bettina Zumdick** is a senior macrobiotic chef, instructor, counselor and a native of Germany, where she studied Macrobiotics and Food Science at the University of Muenster. She has taught and counseled Macrobiotics and Body-Mind-Spirit related subjects in Europe and the U.S. **Please register before May 1.**

Tuesday, May 17, 10:30am - 1pm

### Vegan in the Raw:

#### A Summer Menu with Johanna Sophia

We have had a mild winter. Will it be a hot summer? Learn more about cooking without heat. An overview of raw food preparation, and how to make gluten free veggie pizza with cashew cheese, kelp noodles with 'meat balls', a vegetable salad with dressing, and a mixed berry mousse.

**Johanna Sophia** is an experienced teacher and speaker who has taught at Waldorf schools and universities. After careers in front of and behind the camera, as a language expert, and as an expert in gourmet foods, she founded Joanna's Raw foods, PBC, an organic food manufacturing company. She lives in the Hudson Valley of NY.

POSSIBLE CLASS IN JUNE (TBA)

### What's for Breakfast?

#### A Hands on Class for the Early Riser with Kathy Sheldon

We will take a **summer break** for **JULY** and **AUGUST**

Pop-up sessions may occur.

# Gardens for Healing



Gardening not only gives us access to fresh vegetables and herbs that feed our bodies...gardening connects us with nature, empowers us and feeds our soul. Our **Linda Young Healing Garden** has expanded to include a **Container Garden**, providing fresh vegetables and herbs for our **Miso Happy Cooking Club** and our **Healthy Living Support Group**. Special thanks to Kathy Sheldon for spearheading this project and for organizing our garden volunteers.

Want to exercise your green thumb? Join **Gardens for Healing** and become a member of the **OSP Gardening Group**. This will be an ongoing commitment and a time to join a team to manage the care of planters, perform a little work in connection with plants and dirt, discuss important planting science and practices, and share in the success of seeing nature unfold under our care. The group will be facilitated by **Rob Kilpert**.



Rob grew up in Dutchess County where gardening has always been a part of his life. It was a diagnosis of Stage IIB Non-Hodgkin's Lymphoma in 2004 that put Rob on the path to pursue healthy living. He created **Healing Fields Farm, LLC** where he grows blackberries, blueberries, kale, cabbage, onions, herbs, flowers and much more. Rob has generously made his produce available to the OSP Miso Happy Cooking Club for several years. He knows that you can't have a healthy plant without healthy soil. Rob is a member of the Bio-nutrient Food Association (BFA) and follows soil health practices inspired by the principles of biodynamics.

The group will include planting the container gardens and will meet during the spring and summer months as we dig deeper into the phenomena of growing and caring for plants that nourish us in return.

Experience how gardening can become a part of your healing.

## Planting a Container Garden

Two sessions: Fridays, May 6 & 20 4:00-5:30 pm (Rain date TBA)

Caring for a Container Garden The group will meet two Fridays per month:  
June 3 & 17, July 1 & 15, August 5 & 19 4:00-5:30 pm

Please meet on the porch of the Reuner Cancer Support House. Wear comfortable clothes that you don't mind getting dirty!  
Call OSP to register for the workshop (845) 339-2071, or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

We also need **volunteers** to help water and maintain the gardens in between workshop dates. If you are interested in being a garden steward, please email **Kathy Sheldon** at [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com)

## Healthy Living Support Group: Change for Good

It may be challenging to find the time and energy to care for ourselves after a cancer diagnosis.

Learn simple ways to maximize nutrition while simplifying food preparation

Develop manageable goals to improve health and well-being

4th Monday of the month: May 23, June 27 & July 25, 5:30-7:30 pm  
(Kitchen of the Reuner Cancer Support House)

Topics include: Preparing warm and cold soups, healthy smoothies, hearty vegetable and grain salads; using fresh herbs to support your unique constitution and needs; learning acupressure points that support your health.

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

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



Please call (845) 339-2071 to register or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

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

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

May 24, June 28, & July 26 (no August mtg.)

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. Please call Valerie at ext. 101 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org))

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

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

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).



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



### ***Need support and guidance completing Advance Directives?***

Meet with an OSP Social Worker to explore your choices and wishes.

Our specially trained Social Workers can help you complete your Health Care Proxy, Living Will, Five Wishes or MOLST

Please call OSP to schedule an appointment at (845) 339-2071.

### ***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

## 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.

FRIDAY group is facilitated by Ann Hutton  
2-4 p.m.

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

"If not for OSP and the amazing memoir workshop—led by the extraordinary memoirist Abigail Thomas—I would not have discovered my gift, would not have the joy and sustenance that writing about my life has given me....the Memoir Group gave me the confidence, the technique, the encouragement to write, not only about my cancer experience but all the trials and triumphs I have experienced before and after cancer."

—Craig

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



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



## Art & Craft Sharing Circle

**Mondays: 1:30-3:00 p.m.**

Reuner Cancer Support House

Please join our weekly group facilitated by Art Teacher Marilyn Fino and Special Ed and Art Teacher, Bev Nielson. OSP will supply needle-felting materials as we create anything from decorative pieces to needle-felted owls. You are welcome to work on your own project or bring a craft to share. Relax, enjoy the company of others and learn from one another in a supportive environment. Please contact OSP to join the group or for more information. **Call (845) 339-2071 or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)**

## *Pastel Magic* with Phillip Lekki

*Please join us for a  
Demonstration/Workshop*

**Mondays: May 9 & June 6, 4-6:00 p.m.**

Reuner Cancer Support House



**Philip Lekki** is a renowned local artist who was trained in the classical European tradition by John Kasa and inspired by Monet, Dega, Inness, Avery and Turner, creating his individual style: impressionism with realistic overtones.

**American Artist** magazine states, "his paintings fulfill a special need for art expressing the subtle, private and solitary mood that has always been part of the American psyche. **Art Speak** writes that Lekki's paintings are so "soft and gentle" that they look "fiborous" and that he "makes you wish you were in them."

**OSP will provide pastels and materials. Please call (845) 339-2071 to register or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)**



## Soaring through Song: Community Music Group

Do you enjoy singing, playing or listening to music? We are delighted that **Liz Thomas** will continue to facilitate our community music group, **Soaring through Song**. This 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.

**4th Thursdays — 5:30-6:30 p.m.**  
**May 26, June 23, July 28 & Aug 25**

Reuner Cancer Support House

Please call OSP at (845) 339-2071 to register!



## Look Good Feel Better

is a collaborative program with the **American Cancer Society**.

Chemotherapy and radiation may result in hair loss and skin changes. 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 women 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.com](http://safecosmetics.com)

**Friday, May 20**

**10:00 a.m. — 12:00 p.m.**

Reuner Cancer Support House

**REGISTRATION IS REQUIRED**

**PLEASE CALL 1-800-227-2345**

## Summer Camps for Children Affected by their Parent's Cancer

**CAMP LIGHTHEART** sponsored by **Breast Cancer Options** is held at the Omega Institute in Rhinebeck, N.Y. **Tuesday, August 23 thru Friday, August 26, 2016.**

A **FREE** overnight camp for children, ages 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.

For information, call **(845) 339-4673** or go to: [breastcanceroptions.org](http://breastcanceroptions.org)

**Camp Kesem** operates **FREE** summer camps for children who have been affected by a parent's cancer. For information about a camp Kesem nearby, call: **(260) 225-3736** or go to: [campkesem.org](http://campkesem.org)



## Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

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

Think Pink Locally

## Free Legal Services for our Cancer Community at OSP

An Attorney from Legal Services of the Hudson Valley will be available at the **Reuner Cancer Support House** to assist with legal issues including:

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

**Pre-screening is required to determine if you would benefit from an appointment with the attorney.**  
**Please call OSP for more information. (845) 339-2071**



# 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, please seek out a gynecologic oncologist.



## *Linda's Healing Garden*

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

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)

## Learn about Ovarian Cancer from experts and from other survivors!

**2016 Ovarian Cancer Survivors Course** through **Foundation for Women's Cancer**  
**FREE** course for Cancer Survivors, family members, friends and others.

**Saturday, May 21, 2016**

The Helen and Martin Kimmel Center for University Life, 60 Washington Sq. South, NYC

Register by visiting: [foundationforwomenscancer.org](http://foundationforwomenscancer.org)



Our dear Gwen Harding Peets at the last OCNA Conference

The **2016 Ovarian Cancer National Conference** is coming back to Washington, DC from **July 8 – 11, 2016** including **Advocacy Day on July 11th!**

Visit [www.ovariancancer.org/conference](http://www.ovariancancer.org/conference) to register.

This is a great opportunity for survivors of ovarian cancer to learn about the latest research and to connect with a vibrant community celebrating hope.

The Linda Young Ovarian Cancer Support Program is offering partial scholarships to members of our Ovarian Cancer Support Group to attend the conference.

Call Ellen at OSP (ext. 103) if you are interested in attending.



## **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.



The **Oncology Support Program's Younger Women's Support Group** has partnered with **Young Survival Coalition**.

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

(YSC) is an organization dedicated to addressing the critical issues unique to young women who are diagnosed with breast cancer when they are under the age of 35. YSC sponsors conferences, offers resources, provides information and peer support to this community. To join our local YSC's Younger Women's Support Group social networking page, go to: [www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/](http://www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/)



## 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/ucat/senior-services>
- Call the **Neighbor to Neighbor Program** (845) 802-7661 on Tues., Wed. or Thurs., 10am—2pm for an intake and appointment.
- Register with **Jewish Family Service** (845) 338-2980 and a volunteer driver may be able to help. (Only serves Kingston.)
- Call **1-866-287-0983** if you have active **Medicaid**.
- Call **Angel Wheels to Healing** (800) 768-0238, a non-profit charity dedicated to providing non-emergency, long-distance ground transportation to financially disadvantaged ambulatory patients who are traveling for treatment. Online application: <http://angelwheels.org>

## Cancer Care's Mid-Hudson Valley Financial Assistance Program

Special funds for adults and children with cancer.

**Cancer Care** is now offering a \$300 grant to assist qualifying patients with:

- **Transportation to Treatment**
- **Home care and child care**
- **Housekeeping and pet care**
- **Treatment expenses and co-pays**
- **Prescription medication**
- **Medical equipment and supplies**

For more information and to apply, please contact a **CancerCare** social worker at (800) 813-HOPE (4673)

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.**

**Admin. Conference Room 2nd Floor**

**Dates: May 2, 4, 9, 11**

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.

## Hypnosis for Smoking Cessation

Join **Frayda Kafka**, Certified Hypnotist

**First Wednesday of Month:**

**May 4, June 1, July 6 & August 3**

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

**\$25 per session**

**Reuner Cancer Support Hous**

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 identifying trials that may benefit you, please feel free call **Arlene Cohen, MSN, OCN**, Clinical Nurse Specialist, Oncology at (845) 802-7386 or email:

**[acohen@hahv.org](mailto:acohen@hahv.org)**:

For more information about clinical trials, go to:  
<http://www.cancer.net/navigating-cancer-care/how-cancer-treated/clinical-trials/pre-act>

or go to: <http://www.cancer.org> and search clinical trials

# Homeopathy and Cancer Care

with *Ronald Whitmont, MD*

Learn how Homeopathy can be safely used to support people facing cancer and treatment side effects.

**Thursday, May 12 5:30-7:30 p.m.**

Auditorium at Mary's Ave. Campus

Light meal provided by the  
**Miso Happy Cooking Club**  
and **Youko Yamamoto** of

**Gomen Kudasai Restaurant** in New Paltz



Homeopathy is a two-hundred-year-old medical specialty that uses specially prepared substances (derived from minerals, plants and animal sources) prescribed according to a principle known as the "Law of Similars." It forms an integral component of the National Health Services of a number of European and Asian countries and was once an important part of health care in the US. Homeopathy has been regulated by the U.S. Food and Drug Administration (FDA) since 1938. It is extremely safe, and will not interfere with conventional medicines or cause drug interactions.

Homeopathy is a form of "Holistic" medicine that works best when it is individualized and matched to the unique characteristics of the patient undergoing treatment. The mechanism of "how" homeopathy works is not known, but recent research suggests that it relies on minute "nanoparticles" to stimulate the immune system and help promote a balanced ecology in the human microbiome that restores health.

*Dr. Ronald D. Whitmont is a second-generation Classical Homeopathic physician and current president of the American Institute of Homeopathy (AIH). He is former president of the Homeopathic Medical Society of the State of New York (HMSSNY) and Clinical Assistant Professor of Family and Community Medicine at New York Medical College, in Valhalla, NY. A graduate of Hampshire College and S.U.N.Y. Downstate Medical School, Dr. Whitmont is board certified in Internal Medicine by the American Board of Internal Medicine and a Founding Diplomate of the American Board of Holistic Integrative Medicine. His private practice of classical homeopathic medicine is in Rhinebeck and New York City, NY since 1995. For information about Dr. Whitmont and Homeopathy, please go to: [www.homeopathicmd.com](http://www.homeopathicmd.com)*

Please call (845) 339-2071 to register or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

## Circle of Friends for the Dying Presents: Stephen Jenkinson



Circle of Friends  
for the Dying  
CARE • COMPASSION • COMMUNITY

Stephen Jenkinson is a Harvard-trained theologian, social worker, teacher, author and activist who is a leading authority on changing the ways in which we die and care for the dying.

**Friday, June 3, 7:00-9:30 pm:** Screening of Award winning documentary *Griefwalker*, based on Stephen Jenkinson's work with the dying, followed by Q&A with **Stephen Jenkinson**. Location: Auditorium, HealthAlliance Hospital's Mary's Ave. Campus.

**Saturday, June 4, 9:30 am-3:30 pm:** Workshop led by **Stephen Jenkinson**. The workshop, *Die Wise: Making Meaning of the Ending of Days*, will teach the art of dying, skills to be practiced in the course of living deeply and well throughout life. Location: Auditorium, HealthAlliance Hospital's Mary's Avenue Campus.

**Saturday, June 4, 4:00-7:00 pm:** Reception in private home in Kingston.

**Tickets** sold for each event through **Eventbrite**: <https://www.eventbrite.ca/e/stephen-jenkinson-making-meaning-of-the-ending-of-days-kingston-ny-tickets-21570470859?aff=es2>

For more information, contact **Circle of Friends for the Dying**: (845) 802-0970 or visit [cfdhv.org](http://cfdhv.org)



# May 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
1	<p style="text-align: center;"><b>2</b></p> <p>Tai Chi, 10-11am – CSH</p> <p>Art Sharing Circle 1:30-3pm – CSH</p> <p>The Butt Stops Here 6-7pm – 2<sup>nd</sup> Fl Conf. Rm.</p>	<p style="text-align: center;"><b>3</b></p> <p>Miso Happy Cooking Club Cooking with Sea Vegetables 10:30am-1pm CSH Kitchen</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p style="text-align: center;"><b>4</b></p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>Hypnosis for Smoking Cessation 5:30-7pm – CSH</p> <p>The Butt Stops Here 6-7pm 2<sup>nd</sup> Fl Conf. Rm.</p>	<p style="text-align: center;"><b>5</b></p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Women's Support Grp. 11am-12:30pm CSH</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p style="text-align: center;"><b>6</b></p> <div style="text-align: center;">  </div> <p>Memoir Writing II 2-4pm CSH</p> <p>Planting a Container Garden 4-5:30pm CSH – Garden</p>	7
<p>8 World Ovarian Cancer Day</p> <div style="text-align: center;">  </div> <p>Mother's Day</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>9</b></p> <p>Tai Chi, 10-11am – CSH</p> <p>Art Sharing Circle 1:30-3pm – CSH</p> <p>Pastel Magic 4-6pm – CSH</p> <p>The Butt Stops Here 6-7pm – 2<sup>nd</sup> Fl Conf. Rm.</p>	<p style="text-align: center;"><b>10</b></p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p style="text-align: center;"><b>11</b></p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Men's Support Grp. 5-6:30pm –CSH</p> <p>The Butt Stops Here 6-7pm 2<sup>nd</sup> Fl Conf. Rm.</p>	<p style="text-align: center;"><b>12</b></p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Homeopathy and Cancer Care with Ronald Whitmont, MD 5:30-7:30 p.m. ASB, Auditorium</p>	<p style="text-align: center;"><b>13</b></p> <p>Memoir Writing II 2-4pm CSH</p>	14
15	<p style="text-align: center;"><b>16</b></p> <p>Tai Chi, 10-11am – CSH</p> <p>Art Sharing Circle 1:30-3pm – CSH</p> <p>Family/Caregivers Support Grp. 5:30-7pm – CSH</p>	<p style="text-align: center;"><b>17</b></p> <p>Miso Happy Cooking Club Vegan in the Raw: A Summer Menu 10:30am-1pm CSH Kitchen</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p style="text-align: center;"><b>18</b></p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>Couples Group 5:30-7pm – CSH</p>	<p style="text-align: center;"><b>19</b></p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Younger Women's Support Group 5:30-7pm – CSH</p>	<p style="text-align: center;"><b>20</b></p> <p>Look Good Feel Better 10am-12pm CSH</p> <p>Memoir Writing II 2-4pm CSH</p> <p>Planting a Container Garden 4-5:30pm CSH –Garden</p>	<p style="text-align: center;"><b>21</b></p> <p>Ovarian Cancer Survivor Course 8am-4pm NYC</p>
22	<p style="text-align: center;"><b>23</b></p> <p>Tai Chi, 10-11am – CSH</p> <p>Art Sharing Circle 1:30-3pm – CSH</p> <p>Healthy Living Support Group 5:30-7:30pm – CSH</p>	<p style="text-align: center;"><b>24</b></p> <p>Coping Skills: Finding Ease &amp; Inner Balance 2-3:30pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p style="text-align: center;"><b>25</b></p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Men's Support Grp. 5-6:30pm –CSH</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p style="text-align: center;"><b>26</b></p> <p>Smartbells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Community Music Grp. 5:30pm – CSH</p>	<p style="text-align: center;"><b>27</b></p> <p>Memoir Writing II 2-4pm CSH</p>	28
29	<p style="text-align: center;"><b>30</b></p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red; font-weight: bold;">CLOSED</p>	<p style="text-align: center;"><b>31</b></p> <div style="text-align: center;">  </div> <p>Qigong 7-8pm – ASB, Auditorium</p>				

# June 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> 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>2</b> Smartbells® 9:30-10:45am ASB, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>3</b> Memoir Writing II 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH  <u>Griefwalker</u> with Stephen Jenkinson 7-9 pm– ASB, Auditorium	<b>4</b> Die Wise: Workshop w/ Stephen Jenkinson 9:30am – 3:30pm ASB, Auditorium  Private Reception with Stephen Jenkinson 4-7pm
5	<b>6</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Pastel Magic 4-6pm – CSH	<b>7</b> Qigong 7-8pm – ASB, Auditorium	<b>8</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5-6:30pm – CSH	<b>9</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>10</b> Memoir Writing II 2-4pm CSH  Annual Cancer Survivors Day Celebration 6pm ASB, Aud.	11
12	<b>13</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>14 Flag Day</b>  Qigong 7-8pm – ASB, Auditorium	<b>15</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  Couples Group 5:30-7pm – CSH	<b>16</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>17</b> Memoir Writing II 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH	18
19 Father's Day 	<b>20</b>  Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>21</b> Qigong 7-8pm – ASB, Auditorium	<b>22</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5-6:30pm – CSH	<b>23</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30pm – CSH	<b>24</b> Memoir Writing II 2-4pm CSH	25
26	<b>27</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 2:30-3:30pm – CSH  Healthy Living Support Group 5:30-7:30pm – CSH	<b>28</b> Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  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 ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH		

# July 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 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH	<b>2</b>
<b>3</b>	<b>4</b> Independence Day    <b>CLOSED</b>	<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	<b>7</b> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>8</b> Memoir Writing II 2-4pm CSH  (OCNA) Ovarian Cancer National Conference July 8 – 11 Washington, DC	<b>9</b>
<b>10</b>	<b>11</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>12</b> Qigong 7-8pm – ASB, Auditorium	<b>13</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5-6:30pm – CSH	<b>14</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>15</b> Memoir Writing II 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH	<b>16</b>
<b>17</b>	<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. 5:30-7pm – CSH	<b>22</b> Memoir Writing II 2-4pm CSH	<b>23</b>
<b>24</b>	<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> 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  Men's Support Grp. 5-6:30pm – CSH  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. 5:30pm – CSH	<b>29</b> Memoir Writing II 2-4pm CSH	<b>30</b> World Friendship Day  
<b>31</b>						

# August 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> 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> Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>5</b> Memoir Writing II 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH	<b>6</b>
7	<b>8</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH  The Butt Stops Here 6-7pm – 4 Spellman Conf. Rm	<b>9</b> Qigong 7-8pm – ASB, Auditorium	<b>10</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5-6:30pm – CSH	<b>11</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>13</b> Memoir Writing II 2-4pm CSH	<b>13</b>
14	<b>15</b> 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 ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>19</b> Memoir Writing II 2-4pm CSH  Gardens for Healing Group 4-5:30pm CSH	<b>20</b>
21	<b>22</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>23</b> Camp Lighthouse Aug 23-26 Omega, Rhinebeck, NY <a href="http://breastcanceroptions.org">breastcanceroptions.org</a>  Qigong 7-8pm – ASB, Auditorium	<b>24</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Men's Support Grp. 5-6:30pm – CSH	<b>25</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Community Music Grp. 5:30pm – CSH	<b>26</b> Memoir Writing II 2-4pm CSH	<b>27</b>
28	<b>29</b> Tai Chi, 10-11am – CSH  Art Sharing Circle 1:30-3pm – CSH	<b>30</b> Qigong 7-8pm – ASB, Auditorium	<b>31</b> Gentle Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH			



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:* ❤️

- |                          |                   |                    |
|--------------------------|-------------------|--------------------|
| Edith "Edie" Backofen    | Faryn Knudsen     |                    |
| Claudia Balay            | Bnella Lee        |                    |
| Carmelo Barrientos       | Patricia Litts    | Ingeborg Schlosser |
| Gail Benson              | Thomas Lucas      | Richard Shultis    |
| Richard Burch            | Jean Mailly       | Harry Solivan      |
| Vincent "Jim" Cannizzaro | Phillip Mertling  | Carl Stauble       |
| Helen Carey              | Euna Monaco       | Dwight Taylor      |
| Peter Chadwick           | Margret Peters    | Ruth Wahtera       |
| Philomena Ciarlante      | Linda Pino        | Robert Weishaupt   |
| Kenneth Cook             | Lieth Rogovin     | Ester Whirtley     |
| Joseph Duffy             | Herbert Schilling | Herman Wilcox      |
| Joan Gray                |                   |                    |

**DONATIONS**  
**to OSP**

- Estate of Robin M. Smith
- Dorothy Raferty & Family
- A Better Choice
- Fuel Service, LLC

*Thank You*

**FOR YOUR  
GENEROUS  
SUPPORT**

**DONATIONS**  
**to LINDA YOUNG**

- In memory of Beth Davies
- Maryanne Antonelle
- Paul Leemon

**Special THANKS for your dedication**

Marilyn Fino, Annie LaBarge, Kathy Sheldon, Larry McGrath, Craig Mawhirt, Rae Skinner, Ujjala Schwartz, Megan Valyou, Kerry Salkin, Barbara Sarah, Brenda Relyea, Sharon Howard, Annie Demosthenes and Pillow Fight for Cancer girls, our Nurturing Neighbors and other fabulous volunteers.



"Pillow Fight for Cancer"  
Kingston High School Students

**Our Fabulous Volunteers at the Valentine for Volunteer Event**



Sharon Howard  
of  
Bonnie Boxes  
and  
Ellen Marshall



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

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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)

**Newsletter**

Editor: Ellen Marshall  
Graphic Design: Doris Blaha  
Proofreader: Jennifer Halpern



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

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

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” –Albert Schweitzer

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 Sep/Oct/Nov/Dec 2016 issue is Aug 5, 2016.

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