



A newsletter for cancer patients, their families and friends

Sep/Oct/Nov/Dec 2016



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.

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

ONCOLOGY SUPPORT PROGRAM STAFF

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

Founder: Barbara Sarah, LCSW-R

Social Workers:

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

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

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

Administrative Assistant: Doris Blaha, ext. 100, doris.blaha@hahv.org

Interns: Elizabeth Rogers, Masters in Mental Health Counseling, SUNY New Paltz

Rebecca Heiter, Masters in Social Work, Adelphi University



From Our Director



Greetings from OSP! We continue to be grateful that OSP thrives as a unique support community. The individual and group support, innovative healing arts programs, wellness workshops and educational events continue to meet the diverse needs of people living with cancer. We are honored to support our program members throughout the course of their experience with cancer — from diagnosis through survivorship both in the hospital and in the community. The road may be challenging, but one need not travel it alone.

We are proud that the HealthAlliance Hospital's Cancer Program has been awarded its three year accreditation by the **Commission on Cancer** and that the Oncology Support Program was given **special commendation**. We thank the members of the Cancer Committee for their hard work and continued commitment to our community. Special thanks to Sheri Terwilliger, our Cancer Registrar, whose work may go unrecognized by patients but certainly not by members of the Committee. We also bid farewell to Nancy Treumann, the Clinical Director of Nutrition Services, and thank her for her contribution to the cancer program over many years. We wish Nancy the best in her early retirement!

We thank the Foundations for their fundraising efforts that support our local cancer community. The 13th annual **Bike Ride for Cancer Care**, organized by the Benedictine Health Foundation, will take place on September 18th. The ride raises money for the Rosemary Gruner Fund, which has assisted countless cancer patients over the years. On Sept. 29th, the **Anchors Aweigh Cruise** will take place aboard the luxurious *Marika* yacht. Organized by the HealthAlliance Foundation, this cruise will raise funds for our very own OSP.

We look forward to seeing you during the autumn and winter months. The yellow house on Mary's Ave., our Reuner Cancer Support House, provides a warm and nurturing environment for all who walk through its door. You are always welcome! Warmly,

— *Ellen Marshall* MS., LCSW-R, OSW-C

Anchors Aweigh



A Life Preserving Cruise

September 29, 2016

This cruise aboard the Marika yacht includes:

- Dockside refreshments, light fare and cash bar
- Music, raffles and prizes
- Memory Moment for those affected by cancer

SPACE IS LIMITED - RESERVE EARLY!

Call 845-334-2760 or visit www.FoundationUpdate.org and click on "Special Events."

Tickets are \$35 per person.

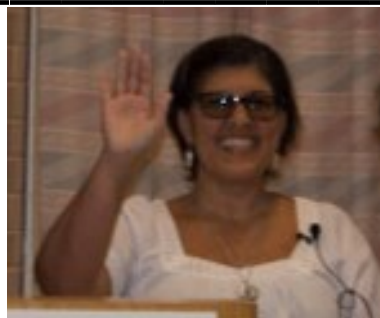
Boarding at 5:30pm at the Maritime Museum in Kingston. Cruise departs at 6pm and returns at 8:00pm.



Thanks to our Ship Sponsor: Helmoortel Realty & Insurance



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



**Excerpt from Gloria Vega's talk at our
17th Annual Survivorship Event — "Celebrating our Lives."
Thank you to Gloria and all who made this such an inspiring event!**

Survivorship implies that we have overcome something, and tonight I am here to acknowledge that I have overcome a DIS-EASE: for that is what Cancer is. It had brought DIS-EASE to my body, to my mind, my emotions, my finances, my relationships, and my faith...

It was after the 2nd diagnosis that my world fell from under my feet. I thought I was going to die. I asked myself the deepest questions about life and faith that took me out of my usual, fixed way of thinking. I suffered with anxiety and depression, and found myself needing psychological and emotional help. With the help of my therapist and with the support of the OSP programs such as "Finding Ease and Inner Balance" and "Explorations on Being Mortal," I've worked very hard to change my way of thinking and living so that DIS-EASE has become WITH-EASE!

What I learned is that the definition of Celebration is not just a party for a particular event. For me, Celebration has become an attitude. Celebration means being aware of the present moment and choosing to make the best of that moment regardless of life's circumstances whatever they may be. I accept the fact that life is temporary and that today is really all I have— so I convey an attitude of joy, of appreciation and of meaning to almost everything that comes my way. Since these diagnoses, I've connected with my family in a way that I never had before. I've pursued interests that I never dared to before..... like trying to ride a motorcycle, nursing an indoor garden, creating art, visiting museums, meditating through Sahaja Yoga. I went fishing for the first time last summer and actually caught a fish! And I have found my greatest comfort during this journey has come from the support and love that I receive from my closest friends and family. So many people go out of their way to show me they care. This includes doctors, nurses and staff from the various cancer support programs. My way of saying thank you is to share concern for others. — *Gloria Vega*



*Special thanks to
Nancy Treumann
for her leadership
role in organizing
our Survivorship
Events over the past
17 years.*

HELLOS AND GOODBYES

I look forward to joining the Oncology Support Program as an intern this fall, 2016. I am currently completing a Master's in Mental Health Counseling at SUNY New Paltz. I have a background in the visual arts and hold a Master's of Fine Arts from the New York Academy of Art and have taught sculpture, painting and drawing at the college level and in the community. I enjoy bridging the creative arts with health and well-being and creating a place for people to share creative adventures. Expressing one's creativity can be exhilarating, calming, enjoyable and sometimes frustrating but it is always wonderful to see the variety of work that is generated in the process. I look forward to working with the OSP community! — *Elizabeth Rogers*

I am extremely excited to begin my internship at the Oncology Support Program in September. This is a field that is new to me, and I am looking forward to all the learning opportunities that will come my way. I know that I will gain valuable experience when working alongside the existing OSP team members and all the people that benefit from this program. Can't wait to meet you all in September!

— *Rebecca Heiter*

It is September, and after 1000 hours as a Social Work Intern, I will be leaving the Oncology Support Program. I will miss the dedicated staff at the Infusion Center and the Oncology Unit. I have learned so much from being in contact with the men and women who are dealing with cancer. They have shown me what real courage is in the face of this disease. I have been greatly saddened by the death of some of the people with whom I worked. I will miss the members of our Men's Group who have bonded to give and receive support from one another. I already miss the two interns who left before me and who are the next generation of social workers. And I will miss our extraordinary staff: Doris, without whom the program could not flourish; Jennifer, who is a dedicated advocate for palliative care; Valerie, who provides an approach to dealing with cancer that helps people cope with and detach from inordinate fear; Elise, my supervisor, whose intensity and wide knowledge has stretched me in my work, and finally, Ellen, who brings wisdom, hope and a friendly and solid overview to leading the OSP Program. — *Richard Coleman*

SUPPORT SERVICES AT OSP

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

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

Women's Cancer Support Group, facilitated by Elizabeth Rogers, MHC Intern. First Thursday, Sept. 1, Oct. 6, Nov. 3 and Dec. 1, 11 a.m.-12:30 p.m. For women of any age with any type of cancer, at any stage. Contact OSP at ext. 100

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW, OSW-C. Last Wednesday, Sept. 28, Oct. 26, Nov. 30 and Dec. 21, 7-8:30 p.m. For women diagnosed with ovarian cancer. Call OSP at ext. 103

Men's Cancer Support Group, facilitated by Tom Tuthill, LCSW. 2nd & 4th Thursdays, Sept. 8 & 22, Oct 13 & 27, Nov. 10 and Dec. 8 & 22, 5:30-7 p.m. A supportive and confidential setting for men who have been diagnosed with any type of cancer. Contact OSP at ext. 100

Family/Caregivers Support Group, facilitated by Jennifer Halpern, PhD., LMSW. 3rd Monday, Sept. 19, Oct. 17, Nov. 21 and Dec. 19, 5:30-7 p.m. Provides a supportive and confidential setting for family and caregivers. Please contact OSP at ext. 104

Younger Women's Support Group, facilitated by Valerie Linet, LCSW & Melissa Eppard 3rd Thursday, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, 5:30-7:00 p.m. We welcome Melissa who will join Valerie in facilitating a support group that focuses on issues common to young women with cancer including: talking to children about cancer, body image, managing work, sexuality and intimacy, relationships, fertility, self-advocacy. For women, age 55 and younger, with any type of cancer. Contact OSP at ext. 101

(Melissa Eppard is a Life Coach, writer, and recent breast cancer survivor. After being diagnosed at age 36, she blogged throughout the recovery process at Melissashealinghope.com. Melissa has been trained as a peer facilitator through the Young Survival Coalition Face2Face Network.



NURTURING NEIGHBORHOOD NETWORK

Facing a cancer diagnosis and could use one-on-one support from someone who's been through it? You might like to be matched with a Nurturing Neighbor who are cancer survivors, specially trained through 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.

Coping Skills for Cancer: Finding Ease & Inner Balance



Reuner Cancer Support House
3rd Monday of the Month

Sept. 19, Oct. 17, Nov. 21 & Dec. 19, 2-3:30 p.m.

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)

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

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



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.

Loss Counseling in Time of Grief

The OSP, in partnership with Jewish Family Services, offers FREE counseling with Toby Krawitz, LCSW, trained to work with bereavement. Contact OSP at (845) 339-2071 ext. 100 to schedule an appointment.





FREE Choices & Wishes Workshop: Completing Your Advance Directives

Date: Nov. 8, 5:30-7:30 p.m. Reuner Cancer Support House

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

Presenters: Brenda Relyea, BSN, RN, Advance Care Planning Certified and Elise Lark, Ph.D., LCSW.

For further information and registration, please contact **Elise Lark at (845) 339-2071 ext. 102** or email elise.lark@hahv.org. Please register early as space is limited.

If you cannot attend the workshop, you are welcome to meet with an OSP Social Worker to get the support you need to complete Advance Directives. Call OSP at (845) 339-2071.



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

An award-winning program developed
by Seton Health.

OPEN TO ALL!

Facilitated by *Larry McGrath*,
Director of Respiratory Therapy

Mondays & Wednesdays 6-7 p.m.

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

Series I: **Sept. 12, 14, 19, 21**

Series II: **Nov. 7, 9, 14, 16**

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

Information about Palliative Care Services

Hahv has a **Palliative Care/Symptom Management** team of doctors, nurses, social workers and spiritual counselors that has been quietly helping patients manage troubling symptoms due to any life-altering disease, at any stage of disease. The team also integrates therapies like Hands on Healing and visualization and helps patients and their families with concerns about goals of care, procedures and advance directives.

Palliative Care/Symptom Management has been shown to reduce hospital ER admissions and readmissions because patients' symptoms are better controlled. OSP is proud to be home to the social workers who are an essential part of this team. Let us tell you or your loved ones more about palliative care and symptom management to see if it is right for you.



Diagnosed with Cancer & Struggling with Finances?

- ◆ Getting hit with copays?
- ◆ Did you know that you can be on Medicaid and Medicare?
- ◆ Have you been told that you're stuck with a **Medicaid Spend down**?
 - ◆ Have you been informed of **Pooled Trusts**?
 - ◆ Do you know about **Spousal Refusal**?

Join us for a **FREE** workshop with **Debbie Denise of Resource Center for Accessible Living**
October 11 and December 13, 2-4 p.m.

Reuner Cancer Support House
Please call to register
(845) 339-2071 or
email: doris.blaha@hahv.org

*Resource Center for
Accessible Living*



Free Legal Services for our Cancer Community

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

Benefit Denials — Foreclosures — Bankruptcy Wills— Powers of Attorney — Pooled Trusts — Permanency Planning for your children
Pre-screening is required to determine if you could benefit from an appointment with the attorney.

Please call OSP for more information.
(845) 339-2071



Explorations on Being Mortal:

A support & discussion group

**First & Third Wednesdays, from 1:30 to 3 p.m.
Sept. 7 & 21, Oct. 5 & 19, Nov. 2 & 16, Dec. 7 & 21**

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 to this group, as a clinician, integrative body-mind therapist, scholar, artist and social change agent.

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

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

Being Mortal

By Jim Gohlke, member of the *Explorations on Being Mortal* support group

We all are mortal, a fact often hidden away in a closet in the back of our minds. Seldom do we confront the significance of our own mortality or the mortality of those closest to us. Even more rarely do we engage our loved ones or friends in a conversation about the impermanence of life. Mortality is not a topic that leaps to mind when we meet and greet friends or strangers each day. It is little wonder that we are caught off-guard when our physician turns and informs us, for the first time, that cancer or some other threatening condition will be a part of our future life experience.

A little over a year ago, this long-ignored reality knocked on my door. I was diagnosed with stage III colon cancer. The shock was palpable. I was frightened, insecure and vulnerable. How was I to embrace an uncertain future and the inevitable "end of being?" A special friend introduced me to Dr. Elise Lark. After we had chatted but a brief time, Elise encouraged me to join a support and discussion group, *Explorations of Being Mortal*. Although I had never thought of myself as a support-group type, I said I would give it a try.

The following week I set off with apprehensions and misgivings. "Why was I going to meet strangers to talk about being mortal?" I arrived and stole quietly into the Cancer Support House where I was struck immediately by the warm and open living room area. I was directed through to the library where several chairs were arranged in a comfortable circle. "Well at least it is not a sterile classroom or conference room," I thought to myself. After nodding to the strangers already assembled, I selected a seat slightly back and a little separate from the group. Elise introduced us to Dr. Rosanne Fox who would help facilitate our group.

The conversation began with a quick summary of each participant's diagnosis, therapy or recent tests. Some spoke of their fear of test results or frustration with therapy side effects. Immediately, I was struck by everyone's authenticity. Each listened raptly, one to another, and each provided the support of genuine understanding and compassion. It wasn't long before I noticed I had moved my chair forward and "joined" the group. But, this was much more than a group; this was a family intimately connected by the self-awareness of being mortal. Here were open and inviting connections of friendship, love, compassion and unquestioning acceptance.

As the session ended, I noticed each face had morphed from stranger, to acquaintance, to friend; all within the space of little more than an hour. I knew I would be back. Since that first meeting, we have laughed and cried and experienced triumphs and grief together as we continue to encourage each other every step along the way. But most of all, we have come to share an intensity of affection, informed by the wisdom of our own mortality. This, I am learning, is what being mortal is really all about.



Members of the Being Mortal Group
Front row (L-R): Linda, Erica
Back row: Ruth, Rosanne, Elise, Jim
Not present: Robin, Gloria, Tom, Hilary

Exercise Classes

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

Tai Chi

Mondays, 10-11 a.m.

Reuner Cancer Support House

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

Qigong Class

Tuesdays, 7-8 p.m.

ASB, Auditorium

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

Gentle Yoga

Wednesdays, 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! Smart-bells® 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.



**Celebrate Life with OSP's
FREE SIX Week Wellness &
Weight Management Series**



facilitated by Melissa Sakellariou, MS, RD

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think!

Research has shown that poor diet and inactivity are two key factors that can increase the risk of certain cancers including those of the breast (in women past menopause), colon, and endometrium (the lining of the uterus).

A healthy diet not only helps reduce the risk of certain types of cancers, heart disease and diabetes, it helps you enjoy and celebrate life!

You don't have to have cancer or be overweight to attend this group. We can all benefit from learning strategies to make healthy lifestyle choices.

The program is FREE. All participants who completes the series will receive a free 1 month gym membership.

During the group, we will sample healthy recipes that are easy to prepare.

Mondays: Oct. 3, 10, 17, 24

5:15-6:30 p.m.

Follow up sessions:

Nov. 7 and Dec. 5

Reuner Cancer Support House
Call (845) 339-2071 to register or
email: doris.blaha@hahv.org

Topics include:

- The Relationship between Diet and Cancer
- Mindful Eating
- Healthy Food on the Go
- Label Reading
- Stocking your Kitchen with Healthy Staples
- Cooking for Wellness

Melissa Sakellariou is the Registered Dietitian for ShopRite of Kingston. Melissa is a graduate of the University of New Haven who completed her dietetic internship at the Sage Colleges in Troy, New York. In addition to her nutrition education, she holds many fitness certifications and has spent a number of years working in the fitness industry. Though versed in all areas of nutrition, Melissa's passion is weight management and sports nutrition for improved performance. She knows how hard weight loss can be and, in fact, was morbidly obese in the first half of her life. She has made it her life's mission to help others achieve weight loss success and lead healthier lifestyles for an improved quality of life!



**Inspired and Artful Cooking for
the Holidays with Ujjala Schwartz
Monday, Nov. 14, 5:15-6:30 p.m.**

Food nourishes our body, mind and spirit. It is not only what we eat that is important. How we present food to ourselves and to those we love impacts our sense of well-being. As a cancer survivor, Health Educator, Esthetician and former owner of a Bed & Breakfast, Ujjala shares her experience and talent with us. How do we infuse simple and healthy recipes with beauty? Ujjala will demonstrate preparing artful healthy and simple holiday recipes. Please call (845) 339-2071 to register or email: doris.blaha@hahv.org

Miso Happy Cooking Club

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices. The principles of a plant-based diet are utilized in the program. **Kathy Sheldon** welcomes the community to join the Cooking Club at the Reuner Cancer Support House. Classes include recipe handouts, tastings and occasional guest instructors. The fall schedule below includes date and time changes that accommodate special programs and holidays. Pop up classes and special events are possible. Advance registration is requested for all classes via e-mail to kathy.sheldon@gmail.com or to doris.blaha@hahv.org. Suggested class donation \$8.

Friday, September 2, 8:30—11 AM

"What's for Breakfast", A Class for the Early Riser with Christina Campion. Vegetables from Gardens for Healing

Start your day with a nourishing meal! Experience Christina's fabulous offerings for a satisfying breakfast.

Christina Campion has spent the past 30 years studying, practicing & teaching a Macrobiotic lifestyle. She has studied with senior Macrobiotic counsellor, Denny Waxman. Christina teaches in a class setting or one-on-one. The book "The Complete Macrobiotic Diet" by Denny Waxman will be available for purchase. To contact Christina call: (917) 378-8610

Tuesday, September 27, 10:30 AM—1 PM

Seasonal Transitions Including Top 5 Dishes with Amber Maisano

As the seasons change we make minor transitions in our diet to help our bodies adapt to the cooler weather. Amber will discuss these changes while highlighting some delicious and important dishes for your fall menu.

Tuesday, October 4, 10:30 AM—1 PM

Tips and Ideas for Quick and Easy Meals plus Dealing with Leftovers with Amber

Amber will discuss how to use leftovers and a few ideas for easy, quick meals.

Amber Maisano is a graduate of Kushi Institute's Leadership Program and has been studying macrobiotics for over 11 years. She served as Executive Chef and Kitchen Manager for the Kushi Kitchen. She currently teaches cooking classes, bodywork – shiatsu healing, and macrobiotic philosophy at the Kushi Institute. She serves the greater community as a personal chef and macrobiotic counselor in the Berkshires. See her blog: Conscious Living – Amber Maisano Blog.

Tuesdays, October 25 and November 1, 10 AM—1 PM

Strong and Healthy Lungs with Bettina Zumdick

Using a Macrobiotic framework, Bettina will discuss how to boost or regain healthy lung function and strengthen the respiratory system. *Bettina Zumdick, is a senior macrobiotic chef & instructor and has taught Macrobiotics in the U. S. and Europe for over 27 years. She is a native of Germany, where she studied Macrobiotics. She also studied Food Science at the University of Muenster.*

Tuesday, November 15 from 10:30 AM—1 PM

Warming Herbs and Remedies for Winter with Monica Meyle and her daughters, Brooklyn and Jaiden

Monica Meyle is the talented mother of two fabulous young ladies who have been attending Miso Happy meetings for many years. Brooklyn and Jaiden are already great cooks. The three will present their knowledge of warming herbs that they will incorporate into a winter soup. They will also share their favorite remedies to help us get through the cold months. All are welcome to share favorite remedies.



Tues. December 6

11:30 AM – 1:30 PM

**Annual Miso Happy
Holiday Gathering and
Potluck**

details to be
announced



From Container Garden to Table

Our *Gardens for Healing Program* has grown a bounty of vegetables which we continue to harvest for our cooking classes.

Special thanks to all who planted and tended our Container Garden.

Join Rob Kilpert as we plant hardy fall crops on:

Fridays, September 16 & October 21, 4:00-5:30 pm

Reuner Cancer Support House

For more information or to register please call (845) 339-2071 or email: doris.blaha@hahv.org.

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. Reuner Cancer Support House

FRIDAY group is facilitated by **Ann Hutton**
2-4 p.m. Reuner Cancer Support House

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

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)



COMMUNITY READING OF THE OSP MEMOIR WRITING GROUPS

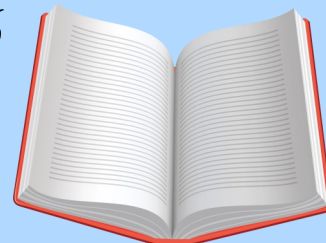
"THE VOICE OF FAMILY"

An inspiring evening of readings by members of our OSP Memoir Workshops who have been touched by cancer. Hear their stories and be a witness to their lives.

October 21, 2016

6:30 p.m. Reception
(refreshments)

7:00 p.m. Reading



HealthAlliance Hospital: Mary's Avenue Campus
Administrative Services Building Auditorium
75 Mary's Avenue, Kingston, New York



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 339-2071 ext. 101 or email: valerie.linet@hahv.org

Valerie Linet at 339-2071 ext. 101 or email: valerie.linet@hahv.org

Creative Arts Workshop

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

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

DAY WORKSHOPS - 1st & 3rd Tuesdays,
2:30-4:30 p.m. : Sept. 6 & 20, Oct. 4 & 18,
Nov. 1 & 15 and Dec. 6 & 20

EVENING WORKSHOPS - 2nd & 4th Tuesdays,
5-7:00 p.m. : Sept. 13 & 27, Oct. 11 & 25,
Nov. 22 and Dec. 13

Reuner Cancer Support House

A **drop in group** facilitated by **Elizabeth Rogers**, Mental Health Counseling Intern, who holds a Master's of Fine Arts Degree from the New York Academy of Art and has completed a Creative Arts Therapy Certificate Program. Our art teacher volunteers, Marilyn Fino and Bev Nielson will continue to assist, providing encouragement and sharing their talent. No prior art experience is required. To register or for more information, call (845) 339-2071 or email: doris.blaha@hahv.org



Participants from our previous pastel workshop with **Phillip Lekki**—special thanks to Phillip for sharing his talent with us!



Choreographic Genomics with Dr. Jill Bargonetti, renowned Molecular Biologist and Breast Cancer Researcher

Dr. Jill Bargonetti will present a workshop in which she will share her cutting edge research on breast cancer, some of which may lead to **targeted therapy** for **Triple Negative Breast Cancer (TNBC)**. Dr. Bargonetti will also **bring her lab work alive** by engaging the audience in a unique physical embodiment of the molecular biology behind cancer, which she developed in a City University of New York/ Hunter College course called "Choreographic Genomics."

What is the research Jill will be sharing? The team of researchers at the Bargonetti Lab focuses on two of the most critical proteins that promote breast cancer, namely mutant p53 (mtp53), a driver of triple negative breast cancers (TNBC), and MDM2, a driver of estrogen receptor (ER) positive breast cancers. Under normal conditions, these proteins work together to prevent damaged cells from dividing. They often become dysregulated in cancer, however, and promote tumor growth. Dr. Bargonetti and colleagues recently discovered that poly-ADP-ribose polymerase (PARP) is a target of mutant p53 and that metastatic TNBC breast cancers with mutant p53 are sensitive to PARP inhibitors, a class of drugs being tested in clinical trials for TNBC and BRCA-related breast cancers.

What is Choreographic Genomics? Jill Bargonetti did not always plan to delve into scientific research. She once dreamed of becoming a professional dancer. When Jill's college professors discovered an aptitude for science, she changed her life direction. Today, Jill continues to have the best of both worlds. She teaches this experiential workshop in which participants, after understanding the basics of molecular biology, pick and express a cancer gene through movement. Jill would like to share her research and this workshop with us! We will be moving with her, so wear comfortable clothes and shoes and be ready to let go of your inhibitions to **experience** the **"DANCE OF THE CANCER CELL."** Check out the PBS video about her work: <https://www.youtube.com/watch?v=qDyUVnNDPBs>

Jill Bargonetti earned her B.A. at SUNY College at Purchase and her M.S. and Ph.D. at New York University. She did post-doctoral work at Columbia University. She is a Professor at City University of New York at Hunter College where she been running the Bargonetti Lab since 1994. In 2015, she became an Adjunct Assistant Professor at Weill Cornell Medical College. Her laboratory is in the Weill Cornell-Hunter College Belfer Research Building. A current standing member of the Tumor Cell Biology study section grant review panel for the National Institutes of Health (NIH), Jill published her research in prestigious scientific journals and received research grants from the National Science Foundation, the National Institutes of Health, the American Cancer Society, the Department of Defense, and for the past 11 years, from the Breast Cancer Research Foundation. A few notable examples of her numerous awards are the 1997 Presidential Early Career Award for Scientists and Engineers from President Bill Clinton and The New York City Mayor's Award.

Tuesday, October 18, 4-6:00 p.m. ASB Auditorium (light refreshments provided)

Please call 339-2071 to register or email: doris.blaha@hahv.org

Join a free 6-week session **"Moving For Life DanceExercise for Health®"** for people in cancer treatment or recovery. This safe and gentle dance-infused exercise class, with great music, increases energy level, improves circulation, increases range of motion and balance. Classes can be done standing or seated. The program was designed by Somatic Movement Therapist and Exercise Physiologist Dr. Martha Eddy. It will be facilitated by certified instructor, **Florence Poulain**, who has taught at Gilda's Club in Manhattan, Beth Israel/Mount Sinai Cancer Comprehensive Center, JCC in Manhattan and at the Pride Center of Staten Island.

Thursdays, Oct. 6, 13, 20, 27 & Nov. 3, 10, 3-4:30 p.m.

ASB, Auditorium. Call (845) 339-2071 to register.



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally



Oncology Support Program's Younger Women's Support Group

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

September is Ovarian Cancer Awareness Month

The Linda Young Ovarian Cancer Support Program

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

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

Know the symptoms:



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

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

Know what to do:

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



Linda's Healing Garden

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



A Program for Health Care Professionals & Those Interested in: "What's New in Ovarian Cancer Treatment"

Presented by *June Hou, MD* of Columbia Presbyterian Hospital

Friday, September 23, 8:00-9:00 a.m. Breakfast Served!

HealthAlliance Hospital: Mary's Ave. Campus, Admin. Conference Room.

Sponsored by **The Cancer Committee & The Linda Young Ovarian Cancer Support Program**

Dr. June Y. Hou received her undergraduate degree from Yale College and completed medical school at Georgetown University School of Medicine. After completing her residency training at Yale New Haven Hospital, she pursued a gynecologic oncology fellowship at Albert Einstein College of Medicine, Montefiore Medical Center. Dr. Hou is board certified in Obstetrics and Gynecology, Gynecologic Oncology and Palliative Medicine. She is on the faculty at Columbia University Medical Center with a research interest in early phase clinical trials and quality of life measures in patients undergoing clinical trials for gynecologic malignancies. Dr. Hou's expertise includes chemotherapeutics and complex pelvic surgeries. Her goal is to provide compassionate and individualized care to all women.

If you are interested in attending this program, please call OSP: (845) 339-2071

Celebrating 13 years of helping over 1550 cancer patients and their families in the Mid-Hudson Valley.

Sunday, September 18, 2016

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



A great day for the entire family! Free T-Shirts to the first 600 Pre-registered participants

Start times: 5K Run/Walk: 11:00 a.m. Start (through historic Stockade District in Uptown Kingston)

50-Mile Ride: 8:30 a.m., 25-Mile Ride: 10:00 a.m., 12-Mile Ride: 10:30 a.m.,

Kids Fun Run (ages 5-10): 10:30 a.m. Dietz Stadium Track

(Supervised children's activities for parents in 5K)

All Rides Start & Finish at: **DIETZ STADIUM**, 170 North Front Street - Kingston NY

Prizes awarded for top individual & team fundraisers

Riders & volunteers enjoy a post-ride lunch, awards ceremony, and live entertainment at noon.

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

Email: info@bikeforcancer.org or call Benedictine Health Foundation: 845-334-3017

Annual Holiday Celebration

Please join us for our
HealthAlliance® Hospital:
Mary's Avenue Campus Auditorium

Friday, December 2 from 6-8:30 p.m.

Be sure to bring your family and friends!

We will start with a *festive DINNER provided by OSP*
Please bring a healthy appetizer or dessert to share.

Come and chat with good friends, meet new folks, and enjoy OSP's special holiday activities.

We look forward to celebrating the holiday season together!!!

Please call 845-339-2071 ext. 100 or email: doris.blaha@hahv.org to RSVP by Nov. 29

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 **340-3456** or **340-3571**. Once registered, call UCAT at **(845) 334-8120** to schedule a ride.
- Seniors can call **UCAT** at **(845)340-3333** for a **Para Transit Application** or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- Call the **Neighbor to Neighbor Program** **(845) 802-7661** on Tues., Wed. or Thurs., 10am—2pm
- Register with **Jewish Family Service** **(845) 338-2980** and request a volunteer driver. (serves Kingston only)
- If you have active Medicaid, call **1-866-287-0983**
- **Angel Wheels to Healing** **(800) 768-0238** provides non-emergency, long-distance ground transportation to qualifying patients who are traveling for treatment.
Online application: <http://angelwheels.org>

Hudson Valley Region

Cancer Services Program

Your partner for cancer screening, support and information

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.



FREE

Look Good Feel Better sponsored by 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 provides 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.com

November 18, 10:00 a.m. - 12:00 p.m.
Reuner Cancer Support House
PLEASE CALL 1-800-227-2345



Clinical Trials for Cancer

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

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

Arlene Cohen, MSN, OCN, Clinical Nurse Specialist, Oncology
(845) 802-7386 or email: acohen@hahv.org



For more information about clinical trials, go to:

<http://www.cancer.net/navigating-cancer-care/how-cancer-treated/>

September 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 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	2 Miso Happy Cooking "What's for Breakfast?" 8:30-11am CSH Kitchen Memoir Writing II 2-4pm CSH	3
4	5 Labor Day  CLOSED	6 Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	7 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	8 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm –CSH	9 Memoir Writing II 2-4pm CSH	10
11	12 Tai Chi, 10-11am – CSH The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	13 Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	14 Gentle Yoga 9:30-10:45am ASB, Auditorium The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	15 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	16 Memoir Writing II 2-4pm CSH Gardens for Healing 4-5:30pm CSH	17
18 Bike for Cancer Care (Gruner Fund) 8am-12pm Dietz Stadium Kingston	19 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	20 Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	21 International Day of Peace  Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH The Butt Stops Here 6-7pm--2 nd Fl. Conf. Rm.	22 Equinox Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm –CSH	23 Memoir Writing II 2-4pm CSH What's new in Ovarian Can- cer Treatment 8-9am ASB – Adm. Conf. Rm.	24
25	26 Tai Chi, 10-11am – CSH	27 Miso Happy Cooking "Seasonal Transitions" 10:30am-1pm CSH Kitchen Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	28 Gentle Yoga 9:30-10:45am ASB, Auditorium Ovarian Support Group 7-8:30pm – CSH	29 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Anchors Aweigh Cruise 5:30pm – Maritime Museum, Kingston	30 Memoir Writing II 2-4pm CSH	

October 2016

14

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	3 Tai Chi, 10-11am – CSH Wellness Series 5:15-6:30pm – CSH Kitchen	4 Miso Happy Cooking “Quick & Easy Meals” 10:30am-1pm CSH Kitchen Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	5 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	6 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH	7 Memoir Writing II 2-4pm CSH	8
9	10 Columbus Day  Tai Chi, 10-11am – CSH Wellness Series 5:15-6:30pm – CSH Kitchen	11 Cancer & Finances 2-4pm – CSH Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	12 Gentle Yoga 9:30-10:45am ASB, Auditorium	13 Smartbells® 9:30-10:45am ASB, Auditorium Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	14 Memoir Writing II 2-4pm CSH	15
16 World Food Day 	17 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH Wellness Series 5:15-6:30pm – CSH Kitchen Family/Caregivers Support Grp. 5:30-7pm – CSH	18 Creative Arts 2:30-4:30pm – CSH Choreographic Genomics 4-6pm – ABS, Auditorium Qigong 7-8pm – ASB, Auditorium	19 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	20 Smartbells® 9:30-10:45am ASB, Auditorium Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	21 Memoir Writing II 2-4pm CSH Gardens for Healing 4-5:30pm CSH Community Reading of Memoir Writing Groups 6:30pm ASB, Aud.	22
23	24 Tai Chi, 10-11am – CSH Wellness Series 5:15-6:30pm – CSH Kitchen	25 Miso Happy Cooking “Strong & Healthy Lungs” 10am-1pm CSH Kitchen Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	26 Gentle Yoga 9:30-10:45am ASB, Auditorium Ovarian Support Group 7-8:30pm – CSH	27 Smartbells® 9:30-10:45am ASB, Auditorium Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	28 Memoir Writing II 2-4pm CSH	29
30	31 Happy Halloween  Tai Chi, 10-11am – CSH					

November 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 Miso Happy Cooking Food & Recipes for Strong & Healthy Lungs" 10am-1pm CSH Kitchen Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	2 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	3 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH	4 Memoir Writing II 2-4pm CSH	5
6 Daylight Savings Time Ends 	7 Tai Chi, 10-11am – CSH Wellness Series 5:15-6:30pm – CSH Kitchen The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	8 Advance Directives 5:30-7:30pm – CSH Qigong 7-8pm – ASB, Auditorium	9 Gentle Yoga 9:30-10:45am ASB, Auditorium The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	10 Smartbells® 9:30-10:45am ABS, Auditorium Moving for Life 3-4:30pm – ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	11 Veterans Day Memoir Writing II 2-4pm CSH	12
13	14 Tai Chi, 10-11am – CSH Cooking for the Holidays 5:15-6:30pm – CSH Kitchen The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	15 Miso Happy Cooking Warming Herbs & Remedies for Winter" 10:30am-1pm CSH Kitchen Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	16 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH The Butt Stops Here 6-7pm 2 nd Fl. Conf. Rm.	17 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	18 Look Good, Feel Better 10am-12pm CSH Memoir Writing II 2-4pm CSH	19
20	21 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	22 Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	23 Gentle Yoga 9:30-10:45am ASB, Auditorium	24   CLOSED	25	26
27	28 Tai Chi, 10-11am – CSH	29 Qigong 7-8pm – ASB, Auditorium	30 Gentle Yoga 9:30-10:45am ASB, Auditorium Ovarian Support Group 7-8:30pm – CSH			

December 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 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	2 Memoir Writing II 2-4pm CSH Annual Holiday Celebration 6-8:30pm ABS, Aud.	3
4	5 Tai Chi, 10-11am – CSH Wellness Series 5:15-6:30pm CSH Kitchen	6 Miso Happy Cooking "Annual Holiday Potluck" 11:30am-1:30pm CSH Kitchen Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	7 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	8 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	9 Memoir Writing II 2-4pm CSH	10
11	12 Tai Chi, 10-11am – CSH	13 Cancer & Finances 2-4pm – CSH Creative Arts Evening 5-7pm – CSH Qigong 7-8pm – ASB, Auditorium	14 Gentle Yoga 9:30-10:45am ASB, Auditorium	15 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	16 Memoir Writing II 2-4pm CSH	17
18	19 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	20 Creative Arts 2:30-4:30pm – CSH Qigong 7-8pm – ASB, Auditorium	21 Solstice  Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH Ovarian Support Group 7-8:30pm – CSH	22 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	23 Memoir Writing II 2-4pm CSH	24 Christmas Eve  Hanukkah begins 
25 Merry Christmas  Happy Hanukkah 	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 New Year's Eve 



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



Happy Birthday

We Lovingly Remember: ♥

- | | | |
|---------------------|--------------------|--------------------|
| Arthur Aldridge | Audrey Frost | Bob Morrison |
| Chester Beesmer | Martin Gherardi | Margaret O'Connell |
| Carly Bradley | Roger Golden | George Peck |
| Michael Brown | Isabelle Hall | Andrew Remsen |
| Richard Bruner | Gerald Kelder | Raymond Rhodes |
| Gerald Burr | Ann Leifeld | Evelyn Rifenburg |
| Lucille Byne | Angelina Lemyre | Gloria Rotella |
| Peter J. Cafaldo | Gina Linehan | Lisa Schatzel |
| Philomena Ciarlante | Patricia Litts | Jesse Short Jr. |
| Peter Cotich | William Loughran | Stephen Silk |
| Donna Cutler | Irving Lowe | Otis Smith |
| Marilyn Dickinger | Sonja Martyniuk | Maureen Stanton |
| Thomas Dixon | Stewart Maurer | Patricia Steyer |
| Merrill Elliott | Jocelyn Mayone | Reginald Sutter |
| Lenny Elmquist II | Michelle McCloskey | Herbert Swarthout |
| Ellen Essig | Donna Middaugh | AC Thomas |
| Ann Fried | Anna Miraldi | Inez Van Dyke |
| | | Joseph Viano |

Thank You

FOR YOUR GENEROUS SUPPORT

In Honor of Dana Mollins
Mr. and Mrs. Stacey A. Bowers

In Honor of Stewart Maurer
The Members of the
Memoir II Writing Workshop

Special THANKS for your dedication

Ann Hutton, Abigail Thomas, Rosanne Fox, Liz Thomas, Kat Caverly, Kathy Sheldon, Rob Kilpert, Marilyn Fino, Beverly Nielson, Annie LaBarge, Larry McGrath, Toby Krowitz, Rae Skinner, Ujjala Schwartz, Barbara Sarah, Constance Rudd, Melissa Eppard, Pat Sawtell, Barbara Maleonskie, Elizabeth Thomas, Jill Sled, Gloria Vega, Felicia Flanagan (Rainbow the Magical Clown), Nancy Chando & Tiffany and Taylor, Ellen Baker & Mia, Pete Halversen, Mara Canlas, Earl & Mimi Pardini, our Nurturing Neighbors and other fabulous volunteers.



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

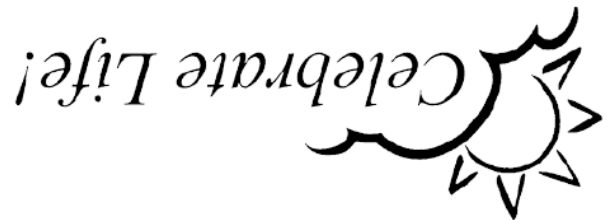
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The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

You can also find this newsletter at www.hahv.org/service/cancer-support-program

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

“Appreciation is a wonderful thing.
It makes what is excellent in others belong
to us as well.”
-Voltaire

READER SUBMISSIONS ARE WELCOME!

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

Please submit to ellen.marshall@hahv.org.

SUBSCRIPTION INFORMATION

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

or email: doris.blaha@hahv.org

or send your name & address to:

Oncology Support Program

HealthAlliance Hospital, WMC Health Network

105 Mary's Avenue, Kingston, NY 12401

**Our Programs could not go on without your support!
Please donate to the Oncology Support Program!**

If you would like to make a donation, please write a check to:
The Benedictine Health Foundation, and indicate in **memo**
where you would like your donation to go:

Oncology Support Program (programming)

Linda Young Ovarian Cancer Support Program

BHF Emergency Financial Assistance