



A newsletter for cancer patients, their families and friends

Jan/Feb/Mar/Apr 2017



**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



**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

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**Interns:** Elizabeth Rogers, Masters in Mental Health Counseling,  
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Front: (L. to R.) Valerie Elise, Ellen  
Back (L. to R.) Doris, Jennifer

## From Our Director

### Greetings from OSP!

As we ring in the New Year, we wish for a year of health, happiness and peace. We may also wonder what will this year hold for me and my loved ones? For those facing the pressures of cancer, this question may be magnified.



Each day at OSP, we help people find their own unique way to live with purpose and hope in light of uncertainty. Within the welcoming setting of the Reuner Cancer Support House, our compassionate social workers and volunteers create a safe haven for people to express the full range of their emotions through circles of support, through writing, cooking, learning, art and music. We come together because of common concerns; through mutual acceptance and kindness we create a path through the cloud of uncertainty.

We thank all of you...our program members, volunteers and donors...for co-creating a supportive sanctuary like OSP for our community. We invite you: to one of our support groups, to one of our healing arts programs or educational events, or simply to join us for a soothing cup of tea...let's stay connected and warm (inside and out) throughout these next few months of winter...

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

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## ★ Congratulations ★



HAF Scholarship Committee Chair Laurie Kelly, HAF Board Chair Richard A. Mantey with Jennifer

Congratulations to **Jennifer Halpern** for receiving the **Ann Horowitz Scholarship** offered through the **HealthAlliance Foundation**.

This scholarship will be applied towards Jennifer's tuition for the **Palliative Care and End of Life Certificate Program** of Smith College School of Social Work. This certification course is one of the most comprehensive Palliative Care Programs for social workers and other mental health professionals in the country. It provides a comprehensive approach that focuses on the psycho-social, spiritual, physical and practical needs of patients and families with a serious illness, especially at the end of life. Graduates have gone on to assume leadership in palliative care through creating and advancing innovative programming.

Jennifer has already taken a leadership role helping to develop the **WMC HealthAlliance Hospital's Palliative Care Program**. We thank Jennifer for her effort and deep commitment to our community.



## 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. These volunteers are cancer survivors, specially trained through OSP, to offer support. 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).

*"Being a Nurturer has given me a foundation from which to reflect on my experiences as a patient and harness the support that helped me. Taking what I have learned and using it to support another person in their journey not only helps them, but has helped me more than I ever would have expected." Sarah Burt*



**Special Thanks to Melissa Eppard**, our guest speaker at the *Anchors Aweigh Cruise* in September. A wonderful time was had by all and we were inspired by Melissa's words:

Melissa Eppard and her mom at the **Anchors Aweigh Cruise** sponsored by the HealthAlliance Foundation

*"My neighbor was recently diagnosed with cancer. Unlike me, he has no family;*

*he is an older gentleman who lives alone with his dog. When we spoke, I could tell he was confused and overwhelmed by all the information his doctors threw at him. He has to travel 2 hours each way to get to some appointments. I could see in his face that he was sinking and I was grateful to be able to throw him a life preserver. I told him about the Health Alliance Oncology Support Program, about the social workers who will sit with him and come to appointments with him. I told him about the Nurturing Neighbors who have been there too if he ever just wants to talk. His face lit up when I mentioned the possible assistance with gas and groceries. We didn't even get into the healthy lifestyle and exercise classes, cooking and gardening programs, and great writing and art classes too. I know there are so many people like my neighbor who may struggle without the support of family and a network of friends.*

## Valentines for Volunteers

Thursday, February 9

Snow date: Monday, February 13

6:30-8 p.m.

Adm. Conf. Room,  
WMC HealthAlliance Hospital:  
Mary's Avenue Campus

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

**MARCH IS SOCIAL WORK MONTH!**

*Our OSP Social Workers are here for you any month of the year... hugs are always*

*accepted... particularly during the month of March!*



*Instead of getting lost in the "What-If's of a post cancer life, what keeps me going is my mission to give back. I give what I have and that is my time, my voice, my coaching and writing. But there are other ways, very tangible ways to give. With your support we can offer the highest quality care and support right here in our own back yard. When you support the Oncology Support Program, you are given a unique window into SEEING how your charitable contributions helps lives here in the Hudson Valley."*

Melissa 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](http://Melissashealinghope.com). Melissa has been trained as a peer facilitator through the Young Survival Coalition Face2FaceNetwork.

We thank Melissa for co-facilitating our Younger Women's Support Group and for her supportive words.

*Thank You!*



**Special Thanks to the singers of PRANA for filling our OSP Annual Holiday Celebration with peace, joy and harmony.**

Left to Right: Kirsti Gholson, Amy Fradon, Baird Hershey, Timothy Hill, Bruce Milner

# 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 Thursdays, Jan. 5, Feb. 2, Mar. 2 and Apr. 6, 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, Jan. 25, Feb. 22, Mar. 29 and Apr. 26, 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, Jan. 12 & 26, Feb. 23, Mar. 9 & 23 and Apr. 13 & 27, 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 Mondays, Jan. 16, Feb. 20, Mar. 20 and Apr. 17, 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, Jan. 19, Feb. 16, Mar. 16 and Apr. 20, 5:30-7 p.m. 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

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



Reuner Cancer Support House  
3rd Monday of the Month

Jan. 16, Feb. 6 (exception), Mar. 20 & Apr. 17  
3-4:30 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](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. 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 child or teen about cancer, please contact **Valerie Linet** at ext. 101 or **Ellen Marshall** at ext. 103.



**YSC** YOUNG SURVIVAL  
COALITION™  
Young women facing breast cancer together.

### OSP'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 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/](https://www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/)



## *Explorations on Being Mortal:*

*A support & discussion group*

**First & Third Wednesdays, from 1:30 to 3 p.m.  
Jan. 4 & 18, Feb. 1 & 15, Mar. 1 & 15, Apr. 5 & 19**

**Reuner Cancer Support House**

This experiential group is designed for those living with the day-to-day challenges of a **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](mailto:elise.lark@hahv.org).



### Information about Symptom Management 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 illness. 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. **Call OSP at (845) 339-2071 and ask to speak with someone about Palliative Care/Symptom Management.**

### Loss Counseling in Time of Grief

The OSP, in partnership with Jewish Family Services, offers **FREE** short-term 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: April 4, 5:30-8 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, OSW-C**

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

**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.**

## 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](mailto: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)



### 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](mailto:valerie.linet@hahv.org)



Four years ago I moved away from my home of 40 years to come to NY. Through some stroke of wonderful luck I met Annie LaBarge and she told me about the cancer support memoir groups. This group was the first time I felt a sense of home in my new home of NY.

I meet weekly with people who've had many types of cancer and we write from prompts given to us by our facilitator, Ann Hutton. Sometimes we write about our cancer, sometimes we write about our childhood, recalling the events and the coinciding emotions. I am always reminded that cancer is a big deal but it's not all of who I am. My writing group gives me the opportunity to express how cancer changed me but also to write about the 5 grandchildren who are the center of my universe, as well as my memories, my mistakes, my nonsense, my wisdom.

Getting words on paper has helped me background my cancer and foreground my life stories; it's helped me be in community with other people who are also watching cancer become a smaller voice in their gritty tales of survival and lust for life. The gift of my fellow memoirists as witnesses to my struggles and joys is the most healing part. They are a sounding board for the craft of writing but most of all a gentle audience that allows me to become more vulnerable and honest with my writing and in my life.



**Linda LeGendre**



### Creative Arts Workshop

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

Explore collage, painting, drawing, pastels, Sumi brush painting, needle felting and other artistic techniques.

**DAYTIME WORKSHOPS - 1st & 3rd**  
Tuesdays, 2:30-4:30 p.m.: Jan. 3 & 17,  
Feb. 7 & 21, Mar. 7 & 21 and Apr. 4 & 18

**EVENING WORKSHOPS - 2nd & 4th Tuesdays, 4-6 p.m.**

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

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](mailto:doris.blaha@hahv.org)

### The OSP Singing Group with Rebecca Hieter

Please join us for a singing group where we meet monthly to rehearse songs which we will sing to patients in the hospital.



**2nd Mondays: 4-6 p.m.**  
**Jan. 9, Feb. 13, Mar. 13**  
**& Apr. 10**

Reuner Cancer Support House

**Rebecca** is a Social Work Intern who has studied theatre and has performed since she was a little girl. She welcomes all who have a desire to share the spirit of song. No musical talent necessary!

To join, call (845) 339-2071 or email: [rebecca.hieter@hahv.org](mailto:rebecca.hieter@hahv.org)

# Screen for Life: National Colorectal Cancer Action Campaign

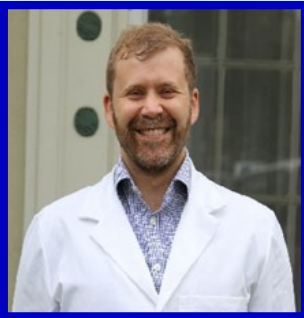
The National Colorectal Cancer Roundtable, a network of public and private organizations, is committed to the 80% by 2018 initiative.

About one in three adults in the United States has not been screened for colorectal cancer as recommended. Appropriate screening would prevent more than 200,000 deaths from colorectal cancer, and by 2030 we would be preventing 21,000 colorectal cancer deaths every year.

You have the power to help stop colon cancer before it starts. Colon cancer begins with a growth (called a polyp) that's not yet cancer. Regular screening beginning at age 50 is the key to finding these polyps and helping prevent colorectal cancer. The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer beginning at age 50 and continuing until age 75. People at higher risk of developing colorectal cancer should begin screening at a younger age and may need to be tested more frequently. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

There are a number of screening tests for colon cancer including (gFOBT), (FIT), (sDNA test), Colonoscopy and others. You are invited to attend an educational program sponsored by our Cancer Committee to find out more about these tests and determine which is best for you.

**We are grateful that Dr. Ari Goldstein, who recently joined HUDSON VALLEY GASTROENTEROLOGY PC, has offered to speak about colon cancer prevention and screening at HealthAlliance.**



*Dr. Ari Goldstein is Board Certified in Internal Medicine and Gastroenterology. He graduated with honors from Jefferson Medical College of Thomas Jefferson University in Philadelphia, Pennsylvania. Dr. Goldstein completed his Internship in Internal Medicine at the University of Illinois Medical Center in Chicago. He completed his Residency at Mount Sinai Medical Center and his Fellowship in Gastroenterology at Montefiore Medical Center, both in New York. Prior to joining Hudson Valley Gastroenterology, PC, Dr. Goldstein was an Attending Gastroenterologist and Clinical Instructor of Medicine at Harlem Hospital Center, an affiliate of Columbia University College of Physicians and Surgeons. He is a current member of the American Gastroenterological Association. Dr. Goldstein*

*has full privileges at HealthAlliance Hospitals on Broadway and Mary's Ave in Kingston.*

## What Everyone Should Know about Colon Cancer Prevention and Screening with Dr. Ari Goldstein

What is colon cancer and should I be concerned?

What are the guidelines for colon cancer screening? What if I have a family history?

What methods are used to screen people for colorectal cancer?

How do I determine with my health care providers which colorectal cancer screening test(s) to use?

How may lifestyle choices impact my risk of getting colon cancer?

**Tuesday March 14, 5:30-7 p.m. (Snow date: March 21)**

**HealthAlliance Hospital, Mary's Ave. Campus ASB Auditorium**

(Light healthy refreshments provided)

Please call to register: 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

### Diet and Lifestyle Choice Impact Colon Cancer Risk:

- Avoid obesity and weight gain around the midsection.
- Increase the intensity and amount of your physical activity
- Limit red and processed meats.
- Eat more vegetables and fruits.
- Avoid excess alcohol.

### OSP Can Help You Make POSITIVE Lifestyle Changes.

Join one of our Wellness Programs:  
exercise, meditate, quit smoking, learn to cook  
and grow healthy food  
*Learn about our wellness program on the next  
few pages...*

**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**.

**RELAX Yoga**

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

**ASB, Auditorium**

Our **New** Yoga Instructor and Certified Holistic Health Coach, **Rachel Broderick** leads a moving flow inspired by *Strala Yoga*. Classes are breath-based—big inhales, easy ex-hales—and focus less on poses and more on a felt sense of the body. A safe, revitalizing class that helps release tension and calm the mind.

**SmartBells® Class**

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

**ASB, Auditorium**

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

**Wellness and Weight Management Series**

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 and achieve or maintain a healthy weight.



**First three sessions taught by Melissa Sakellariou, Registered Dietician of Shoprite of Kingston.**

**January Session: Challenge Yourself to Better Health!**

*It's no secret that the journey toward improved weight and health is filled with ups, downs and plateaus. One of the best ways to stay focused and keep your motivation flowing is to work continuously on challenging yourself. This presentation will focus on ways to step outside your comfort zones and challenge yourself to better health!*



**February Session: The Brain Game: Positive Results Start with You!**

*Succeeding on the journey toward health involves more than just a few simple behavior changes. Dedication, focus and positive thinking are required. This session will focus on how to train your brain and set yourself up for success!*

**March Session: How to Regroup after Setbacks.**

*Making long-lasting change isn't easy. Along the road there are triumphs, challenges and "setbacks." To turn any circumstance around, a change in perception can go a long way. This session will focus on strategies for overcoming setbacks.*

**April Session: Artful Spring Cooking with Ujjala Schwarz**

*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 also impacts our sense of well-being. A cancer survivor and health educator, Ujjala shares how to infuse simple and healthy spring recipes with beauty.*



Ujjala Schwarz (middle in turquoise) with members of our recent Wellness Program

**January 30, February 27**

**March 27 & April 24**

**5:15-6:30 p.m.**

**Reuner Cancer Support House Kitchen**

**Cooking demonstration and recipe tasting at each session.**

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

**Easy Winter Comfort Mushroom Barley and Vegetable Soup (4-6 servings)**

Ingredients: •2 Tbsp olive oil •1 onion, diced •2 cloves garlic, minced •8-9 cups water and/or vegetable or mushroom broth •1 cup pearl barley, uncooked (If you use whole barley, soak overnight) •2 carrots, diced •1/2-1 lb. mushrooms •1/2 cup cauliflower •1 cup chopped lacinato kale or spinach •2 bay leaves •1/4 cup fresh parsley (optional) •sea salt and pepper to taste.

***In a large soup or stock pot, sautee the garlic and onions and then the carrots and mushrooms in olive oil for 4 to 5 minutes until just soft. Add the broth, rinsed barley, cauliflower, salt, pepper and bay leaves. Bring to a slow simmer over medium heat for about 30 minutes. Add chopped kale or spinach and simmer a few more minutes. Garnish with fresh parsley. Adjust seasonings.***

*Use some Shitake mushrooms which are great immune builders. Mushroom broth can be strong so combine with water or vegetable broth. If you aren't vegetarian, you use some organic bone broth (high in minerals) for added nutrition. You can add Bragg's Liquid Aminos to taste.*





## Miso Happy Cooking Club

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practice. The principles of plant-based eating are utilized in the program. Kathy Sheldon welcomes the community to join in this program at the Reuner Cancer Support House. Classes include recipe handouts, tastings, socializing and fun. Advance registration is requested for all classes via email 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. Significant snow cancels program sessions.



Members of our Miso Happy Cooking Club

### **A SPECIAL Two Session Program with Amber Maisano**

**Tues. March 28 at 10 a.m.—"Fermentation"**

Take this class with Amber to learn the how to's of fermenting vegetables. This sustainable skill creates delicious foods that are great for digestion and a healthy gut. Amber will teach us how to make Amasake from scratch followed with Amasake rice pudding and cream. She will demo onion pickles with shoyu, red onion with ume plum vinegar and burdock miso pickles, plus more if time allows. Class discussion will include the difference between fermented foods and pickles. Let's get fabulous back into our meals by adding delicious fermented foods.

**Tues., April 4 at 10 a.m.—"Lighten Up for Spring - A GREEN Cooking Class"**

As we leave winter's cold stillness and move towards spring, we need to lighten our bodies. We'll do foods that help us discharge winter's excess. Eating this way can help prepare our bodies for milder temperatures. We choose foods that are fresh and delicious. In this class, Amber will introduce lighter cooking methods while adding green quality to our table using shorter cooking styles. Green is the color of spring! Join us to learn more.

*Amber Maisano has served as General Manager as well as Executive Chef and Kitchen Manager at Kushi Institute. As Kushi Institute Faculty, she taught cooking classes and shiatsu as well as macrobiotic lifestyle and philosophy. Based in the Berkshires, she serves the global community, sharing macrobiotics as a personal macrobiotic chef, shiatsu practitioner, and wellness counselor. Visit her web page and blog at [AmberMaisano.com](http://AmberMaisano.com) and sign up for her free newsletter.*

### **A SPECIAL Two Session Program with Bettina Zumdick**

**Tues. April 18 at 10:30 a.m.—"An Introduction to the Macrobiotic Approach to Breast Cancer"**

In this lecture, Bettina will introduce you to the positive dietary and lifestyle steps you can take to reduce risk and enhance recovery. A plant-based macrobiotic diet centered on whole grains, vegetables, beans, traditional fermented products, including organic non-GMO miso soup, sea vegetables, local fruits, and other vegetable quality foods will be presented as the foundation for breast cancer prevention and recovery. Join this class to learn about using natural foods and food-based remedies for healing support.

**Tues. April 25 at 10:00 a.m.—"Cooking for Breast Health: Prevention and Recovery"**

In this cooking segment, Bettina will prepare foods that will help strengthen the immune system supporting breast cancer prevention and help those in breast cancer recovery. Join this class to learn to prepare helpful recipes. Enjoy sampling of all prepared dishes.

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

## **Gardens for Healing**



Please join **Rob Kilpert** as we prepare our three container gardens for another fertile season. Rob is the Founder of Healing Fields Farm, LLC where he grows a multitude of crops. His gardening techniques are inspired by the principles of bio-dynamics. Rob will teach us about establishing healthy soil which is needed to grow a nutritious plant. We will be harvesting vegetables and herbs that will be used for our OSP healthy cooking classes. **Friday, April 7, 3-5 p.m**

**Linda's Healing Garden beside the Reuner Cancer Support House.**



Altherea Perry (L.) with  
Tammara Taylor (R.)

## The Perfect Fit comes to OSP

Tammara Taylor has volunteered to meet with women who are dealing with hair loss related to cancer and fit them with wigs donated to OSP. Founder of "Perfect Fit, LLC.," Tammara is a wig specialist and "weavologist" who was trained at Hairline Illusions in NYC. After her beloved sister Joanne Lavender Marshall died of breast cancer in 2012, Tammara vowed to support women with cancer by helping them feel better about their appearance.

If you would like to *schedule a consultation*,  
please call OSP at 339-2071

**OSP continues to accept wig donations.**

## FREE: "Moving For Life DanceExercise for Health®"

Due to generous support from funders, *Moving For Life DanceExercise for Health®* is able to offer free classes. *Moving for Life* supports people in recovery from cancer and other chronic diseases by offering gentle dance exercise classes to improve health and reinvigorate a desire to be active. The program combines aerobic dance, strengthening and flexibility exercises, music and somatic movement. Classes were developed by Dr. Martha Eddy, an exercise physiologist, who has an Ed.D. in Movement Science and Education from Columbia University.

*Classes taught by Certified MLF Instructor Florence Pullain. Florence has taught at Gilda's Club in Manhattan, Beth Israel/Mount Sinai Cancer Comprehensive Center, JCC in Manhattan and at the LGBTQ / Pride Center of Staten Island. Martha Eddy will be appearing for guest lectures and demonstrations.*

**Special 90 min. introduction & demonstration by Martha Eddy, Ed.D:**

**Fri, April 7, 10 –11:30 ASB, Auditorium—Intro to Moving for Life and**

**Benefits of Exercise for Breast Cancer Recovery**

**Classes with Florence Pullain: April 14, 21 & 28 10:00-11:00 a.m.**

**ASB Auditorium Please call (845) 339-2071 to register.**



## FREE Look Good Feel Better sponsored by American Cancer Society

Chemotherapy and radiation may result in hair loss and skin changes. Trained cosmetologists come to OSP 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](http://safecosmetics.com)

**Friday, Feb. 17, 10 a.m. - 12 p.m.**

Reuner Cancer Support House

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



Join our **FREE**  
Smoking Cessation Program

**The BUTT Stops Here**

**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: January 9, 11, 16 and 18**

**Series II: April 10, 12, 17 and 19**

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

## *The Linda Young Ovarian Cancer Support Program*

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)

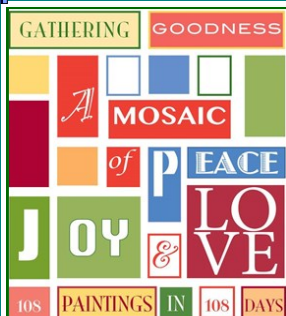
Other symptoms may include: fatigue, indigestion, back pain, constipation, pain with intercourse, menstrual irregularities.

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



*Linda's Healing Garden*  
created through generous donations to the  
Linda Young Ovarian Cancer Support Program



## **The Gathering Goodness Mosaic: A Painted Meditation of Peace, Love & Joy**

The inspiration for the Gathering Goodness Mosaic was born of a transformative experience when artist Susan York was diagnosed with Stage IIIC Ovarian Cancer four years ago. When her tumor was removed she was able to physically feel all those prayers and good thoughts coming to her from around the world. This project was her way of giving back that energy and bringing awareness to the signs and symptoms of ovarian cancer.

Susan began a Kickstarter campaign and from there the Gathering Goodness Mosaic came to life. She invited people from all over the world to share inspira-

tions of peace, love and joy. She ended up receiving over 600 photographs, 90 musical submissions and over 450 pages of shared stories. She wove all of these memories and feelings together into a 108 - piece mosaic which represents the joys and sorrow, the love and loss found in the human condition between birth and death. "I really wanted to make sure that I left something that has positive impact and it makes you recognize and appreciate every day," says Susan.

Houlton Regional Hospital in Maine was the first stop on this mosaic's journey. Susan is a native of Houlton and she wanted to showcase the mosaic in places that helped and treated her along her way. She is now living in Ulster County and receiving support from her local medical team and the Oncology Support Program where she is regular member of the Linda Young Ovarian Cancer Support Program. Susan would like to share her inspired artwork with members of her current community.

"It has been an honor to be entrusted with the stories that the mosaic represents. I am grateful to the viewers who have also shared their stories with me or left a note as to how the Mosaic has helped them in supporting others or giving them a positive place to rest after treatment or a long day working at the hospital. I have been delighted by the number of times people have asked if I changed the paintings because they keep discovering something new."

The piece is on display at the HealthAlliance Hospital, Mary's Ave. Campus on the ground floor between Elevators A & B. Follow the signs to LabCorp. It may also be accessed from outside entrance with the blue awning between The Thomas A Dee Cancer Center and the Main Entrance.

**Please join us for an Open House on Saturday, February 4 from 2:30-4:30 p.m. where Susan will be present to share her work and the stories of inspiration behind the paintings from her accompanying book, *Gathering Goodness*.**



Susan York with her Dad and partner, Simon



## 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**.
- 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 **(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>



## 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 free to call:

**Arlene Cohen, MSN, OCN**, Clinical Nurse Specialist, Oncology

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

Helpful National Internet sites:

<https://clinicaltrials.gov/>

<https://www.clinicaltrials.gov/>

<http://www.paidclinicaltrials.org/dir/category/most-often-searched/cancer/>

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**



CANCERcare

**CancerCare®** offers financial assistance for adults and children with cancer in New York's Mid-

**Hudson Valley region. Grants of up to \$300 are available to help eligible patients afford direct and indirect costs of cancer treatment. For information and to apply, please contact a CancerCare® Social Worker at 800-813 HOPE (4673)**

## Diagnosed with Cancer & Struggling with Finances?

- ◆ Getting hit with **co-pays**?
- ◆ 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**

**Tuesdays, Jan. 24 & March 28, 2-4 p.m.**

Reuner Cancer Support House  
Please call to register

Resource Center for  
Accessible Living



## Free Legal Services for our Cancer Community

An Attorney from Legal Services of the Hudson Valley can meet with you at the **Reuner Cancer Support House** to assist with legal issues like:

**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**

# January 2017

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 Tai Chi, 10-11am – CSH	3 Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	4 RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	5 Smartbells® 9:30-10:45am ASB, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	6 Memoir Writing II 2-4pm CSH	7
8	9 Tai Chi, 10-11am – CSH  OSP Singing Group 4-6pm – CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> FI Conf. Rm	10 Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	11 RELAX Yoga 9:30-10:45am ASB, Auditorium  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> FI Conf. Rm	12 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	13 Memoir Writing II 2-4pm CSH	14
15	16   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 <sup>nd</sup> FI Conf. Rm	17 Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	18 RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> FI Conf. Rm	19 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Group 5:30-7pm – CSH	20 Memoir Writing II 2-4pm CSH	21
22	23 Tai Chi, 10-11am – CSH	24 Cancer & Finances 2-4pm – CSH  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	25 RELAX Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	26 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	27 Memoir Writing II 2-4pm CSH	28
29	30 Tai Chi, 10-11am – CSH  Wellness Series 5:15-6:30pm – CSH Kitchen	31 Qigong 7-8pm – ASB, Auditorium				

# February 2017

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> RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – 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	<b>4</b> <b>World Cancer Day</b>   Gathering Goodness Open House 2:30-4:30pm Mary's Ave. Campus – Ground Fl.
5	<b>6</b> Tai Chi, 10-11am – CSH  Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH	<b>7</b> Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>8</b> RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	<b>9</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Valentines for Volunteers 6:30-8pm – Adm. Conf. Rm	<b>10</b> Memoir Writing II 2-4pm CSH	11
12	<b>13</b> Tai Chi, 10-11am – CSH  OSP Singing Group 4-6pm – CSH  Valentines for Volunteers 6:30-8pm – Adm. Conf. Rm (Snowdate)	<b>14 Happy Valentine's Day</b>  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>15</b> RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – 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> Look Good, Feel Better 10am-12pm CSH  Memoir Writing II 2-4pm CSH	18
19	<b>20</b> Tai Chi, 10-11am – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>21</b> Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>22</b> RELAX Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>23</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>24</b> Memoir Writing II 2-4pm CSH	25
26	<b>27</b> Tai Chi, 10-11am – CSH  Wellness Series 5:15-6:30pm – CSH Kitchen	<b>28</b> Qigong 7-8pm – ASB, Auditorium  Creative Arts Evening 4-6pm – CSH				

# March 2017

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> Ash Wednesday  RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	<b>2</b>    Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>3</b>  Memoir Writing II 2-4pm CSH	<b>4</b>
<b>5</b>	<b>6</b>  Tai Chi, 10-11am – CSH	<b>7</b>  Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>8</b>  RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	<b>9</b>  Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>10</b>  Memoir Writing II 2-4pm CSH	<b>11</b>
<b>12</b>  	<b>13</b>  Tai Chi, 10-11am – CSH  OSP Singing Group 4-6pm – CSH	<b>14</b>  Colon Cancer Prevention and Screening 5:30-7pm  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>15</b>  RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	<b>16</b>  Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Work- shop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>17</b>  Happy St. Patrick's Day    Memoir Writing II 2-4pm CSH	<b>18</b>
<b>19</b>	<b>20</b>  Tai Chi, 10-11am – CSH  Coping Skills: Finding Ease & Inner Balance 2-3:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>21</b>  Creative Arts 2:30-4:30pm – CSH  Colon Cancer Prevention and Screening 5:30-7pm (Snowdate)  Qigong 7-8pm – ASB, Auditorium	<b>22</b>  RELAX Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>23</b>  Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>24</b>  Memoir Writing II 2-4pm CSH	<b>25</b>
<b>26</b>	<b>27</b>  Tai Chi, 10-11am – CSH  Wellness Series 5:15-6:30pm – CSH Kitchen	<b>28</b>  Miso Happy Cooking "Fermentation" 10am-1pm CSH Kitchen  Cancer & Finances 2-4pm – CSH  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>29</b>  RELAX Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	<b>30</b>  Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>31</b>  Memoir Writing II 2-4pm CSH	

# April 2017

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	4 Miso Happy Cooking “A Green Cooking Class” 10am-1:30pm CSH Kitchen  Creative Arts 2:30-4:30pm – CSH  Advance Directives Work- shop 5:30-8pm – CSH  Qigong 7-8pm – ASB, Auditorium	5 RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH	6 Smartbells® 9:30-10:45am ABS, Auditorium  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	7 Intro to Moving for Life 10-11:30 am ASB, Aud.  Memoir Writing II 2-4pm CSH  Gardens for Healing 3-5pm Linda Young Garden	8
9 	10 Tai Chi, 10-11am – CSH  OSP Singing Group 4-6pm – CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	11  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	12 RELAX Yoga 9:30-10:45am ASB, Auditorium  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	13 Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	14 Moving for Life 10-11am ASB, Aud.  Memoir Writing II 2-4pm CSH	15
16 	17 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 <sup>nd</sup> Fl Conf. Rm	18 Miso Happy Cooking “Intro to Macrobiotic Approach to Breast Can- cer” 10:30am-1:30pm CSH Kitchen  Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	19 RELAX Yoga 9:30-10:45am ASB, Auditorium  Being Mortal 1:30-3pm – CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	20 Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	21 Moving for Life 10-11am ASB, Aud.  Memoir Writing II 2-4pm CSH	22 
23	24 Tai Chi, 10-11am – CSH  Wellness Series 5:15-6:30pm – CSH Kitchen	25 Miso Happy Cooking “Cooking for Breast Health” 10am-1:30pm CSH Kitchen  Creative Arts Evening 4-6pm – CSH  Qigong 7-8pm – ASB, Auditorium	26 RELAX Yoga 9:30-10:45am ASB, Auditorium  Ovarian Support Group 7-8:30pm – CSH	27 Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	28 Moving for Life 10-11am ASB, Aud.  Memoir Writing II 2-4pm CSH	29
30						





We invite you to be a part of our **Birthdays 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:* ♥

- |                      |                   |                      |
|----------------------|-------------------|----------------------|
| Robert Bonelli       | Jaqueline Glaser  | Marvin Schildhorn    |
| Sandy(Susie) Buhalis | Michael Gorsline  | Susan Schirmer       |
| Linda Burgher        | Adele Gray        | Ruth Schrage         |
| Joyce Carey          | Donald Hornbeck   | Doris Schultis       |
| Carla Chance         | Alice Jansson     | Jill Slead           |
| Marjorie Chase       | Richard Kelly     | William "Pete" Smith |
| Mary Clarke          | Marion Koeppen    | Ronald Smith         |
| Anthony Cruise       | Barry Lee         | Robert Vitthuhn      |
| Anthony Debellis     | Albert Miller     | Kenneth Yedowitz     |
| Andrew Demskie       | Frederick Miller  |                      |
| Marilyn Dickinger    | Mario Occhi       |                      |
| Richard Effner       | Janet Patterson   |                      |
| Thomas Eichelberger  | Sharon Patton     |                      |
| John Fallon          | Joyce Pine        |                      |
| Barry Fellows        | Julienne Reynolds |                      |
| James Felton         | Arthur Roe        |                      |

*Thank You*

**FOR YOUR GENEROUS SUPPORT**

In Memory of Beth Davies  
Maryann Antonelle

All those who attended our fund-raising cruise — *Anchors Aweigh*

John & Janine Mower

Monica & Justin Meyle

Anna Bentsi-Barnes



**Special THANKS for Your Dedication**

Ann Hutton, Abigail Thomas, Rosanne Fox, Kathy Sheldon, Rob Kilpert, Marilyn Fino, Beverly Nielson, Annie LaBarge, Craig Mawhirt, Monica Meyle and Brooklyn & Jaiden; Larry McGrath, Toby Krawitz, Ujjala Schwartz, Melissa Eppard, Gloria Vega, Melissa Sakellarious of Shoprite, Debbie Denise of RCAL, Dr. Jill Bargonetti, Tammara Taylor, Nancy Chando & Tiffany; PRANA: Kirsti Gholson, Amy Fradon, Baird Hershey, Timothy Hill, Bruce Milner; Darlene Bover, Cheryl McKeever, 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](mailto:doris.blaha@hahv.org) to receive the future issues of *Celebrate Life!* by email in pdf format.

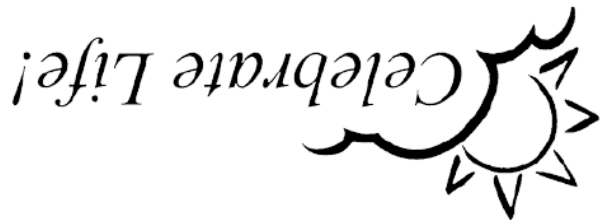
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The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

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  
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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

*“Deep in their roots all flowers keep the light.”  
— Theodore Roethke*

**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).

**SUBSCRIPTION INFORMATION**

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

or email: [doris.blaha@hahv.org](mailto: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

**YOUR DONATIONS MATTER!**

**If you are committed to supporting people in our community with cancer, consider keeping your donations local!!**

Donations to support the Oncology Support Program are always gratefully accepted.

To help support OSP Programming or Emergency Financial Assistance please make a tax deductible contribution to either:

**The Benedictine Health Foundation**

(OSP or Linda Young Ovarian Cancer Support Program in memo)

or

**The HealthAlliance Foundation** (OSP in memo)