

A newsletter for cancer patients, their families and friends



**HealthAlliance**

Westchester Medical Center Health Network

Oct/Nov/Dec 2018 & Jan 2019



## **Oncology Support Program of 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**

**Phone: (845) 339-2071 Fax: (845) 339-2082 Email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**

**Website: [www.hahv.org/service/cancer-support-program](http://www.hahv.org/service/cancer-support-program)**

### **CANCER SUPPORT SERVICES**

**Individual and Group Support**

**Arts & Healing Classes**

**Wellness Programs**

**Educational Events**

**Lectures and Discussion Groups**

**Library of Cancer-related Books/  
Resources**

**Integrative/Complementary Medicine Workshops**

**Programs inspired by the Linda Young Healing Garden**



### **ONCOLOGY SUPPORT PROGRAM**

*is dedicated to supporting  
people living with cancer.*

*OSP offers innovative  
programming, education and  
comprehensive  
psychosocial support. We  
honor the spectrum of human  
diversity and provide a nurtur-  
ing environment that promotes  
dignity, wellness and  
celebrates the fullness of life.*

*— Since 1994*

## Greetings from OSP



As we move into the autumn and winter months, we invite you to join us at the Reuner Cancer Support House—meet with one of our specially trained and compassionate social workers; participate in a cancer support group; explore your creativity through art or writing; care for yourself by taking part in one of our wellness classes; or access cancer related financial and community resources that can help you or your loved ones. Although a cancer diagnosis is the common denominator among our program participants, we recognize that each person’s response to cancer is unique. Our staff and trained volunteers are here to provide individualized support from the point of diagnosis through survivorship.

We thank the HealthAlliance Hospital/WMC Health Network for its continued commitment to offering in our community a place where people affected by cancer can find camaraderie and share their vulnerabilities and strengths. We also thank the HealthAlliance Foundation for organizing the OSP fundraiser, the *Anchors Aweigh Cruise*. Our gratitude to all who sailed the Hudson River with us—your financial support enables us to continue our innovative programs and replenish our Emergency Fund which helps those in urgent financial need.

We look forward to sharing the next few months with you, so don’t hesitate to stop by and enjoy a cup of tea in the warm and nurturing setting of our yellow house at 80 Mary’s Ave.

*Ellen Marshall* MS, LCSW-R, OSW-C, Director of OSP and Oncology Social Worker

### ONCOLOGY SUPPORT PROGRAM STAFF

**OSP Director & Oncology Social Worker:** Ellen Marshall, MS, LCSW-R, OSW-C, ext. 103, ellen.marshall@hahv.org

**Oncology and Palliative Social Worker:** Elise Lark, PhD, LCSW, OSW-C, ext. 102, elise.lark@hahv.org

**Medical Social Worker:** Valerie Linet, LCSW-R, ext. 101, valerie.linet@hahv.org

**Medical and Palliative Social Worker:** Jennifer Halpern, PhD, LMSW, ext. 104, jennifer.halpern@hahv.org

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

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



Front: (L. to R.)  
Valerie, Elise, Ellen  
Back: (L. to R.) Doris, Jennifer

### Financially Support the Oncology Program All Year Round!

At the Oncology Support program, our services are free or available at a very low fee. With donated funds, we are also able to provide emergency financial assistance to those in need. This is possible thanks to the support of WMC HealthAlliance as well as donations from the community. Please help us continue to support people impacted by cancer by making a tax-deductible donation to OSP or the Linda Young Ovarian Cancer Support Program.

Your donation will be acknowledged in the next edition of *Celebrate Life!*

You can donate electronically by visiting: [www.FoundationUpdate.org/donate/OncologySupportProgram/](http://www.FoundationUpdate.org/donate/OncologySupportProgram/)

...Or... Make checks payable to: **The HealthAlliance Foundation** (Indicate OSP or LY in memo)

Mail check to: **Oncology Support Program, 105 Mary’s Ave. Kingston, NY 12401**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_



Please make my gift in memory of: \_\_\_\_\_

Please make my gift in celebration of: \_\_\_\_\_

Please send acknowledgement to: Name \_\_\_\_\_

Address \_\_\_\_\_



# 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.

**Living with Cancer—A Support Group for Women**, facilitated by Jennifer Halpern, PhD., LMSW, 3rd Fridays, Oct. 19, Nov. 16, Dec. 21, Jan. 18 11:00 a.m. to 12:30 p.m. Share common concerns and learn about living with cancer during and after treatment. Contact OSP at ext. 104

**Linda Young Ovarian Cancer Support Group**, facilitated by Ellen Marshall, LCSW-R, OSW-C. Wednesdays, Oct. 24, Nov. 28, Dec. 19, Jan. 30 7-8:30 p.m. An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Contact OSP at ext. 103

**Men's Cancer Support Group**, facilitated by Eric Toboika, RN. 1st Thursdays, Oct. 4, Nov. 1, Dec. 6, Jan. 3 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

**Caregivers' Support Group**, facilitated by Jennifer Halpern, PhD., LMSW. Mondays, Oct. 22, Nov. 19, Dec. 17, Jan. 21 5:30-7 p.m. A supportive and confidential setting to discuss the challenges of caregiving at any stage of disease. Social Worker is also available to meet with caregivers on an individual basis. Contact OSP at ext. 104

**Younger Women's Support Group**, facilitated by Valerie Linet, LCSW-R 3rd Thursdays, Oct. 18, Nov. 15, Dec. 20, Jan. 17 5:30-7 p.m. This group focuses on issues common to young women with cancer including: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer and self-advocacy. For women age 55 and younger, with any type of cancer. Contact OSP at ext.101



The 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. To join our local YSC's Younger Women's Support Group social networking page, go to: [www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/](http://www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/)



## Coping Skills for Cancer:

### *Finding Ease & Inner Balance*

facilitated by Valerie Linet, LCSW-R

Overwhelmed by your cancer diagnosis and treatment? Worried about cancer recurrence? Feeling stressed as a caregiver? In this safe, supportive space, you will learn practical skills to manage anxiety, reduce stress and increase a sense of well-being. Classes integrate principles of Somatic Experiencing (SE), Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR).

**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))

**3rd Mondays, 3:00-4:30 p.m.**

**Oct. 15, Nov. 19, Dec. 17, Jan. 21**

Reuner Cancer Support House



## *KID/TEEN/FAMILY Connection*

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

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.

## Palliative Care Social Work Inpatient Support



If you are in the hospital and suffering with distress or pain, ask your nurse for a "palliative care social work referral." OSP Palliative Care Social Workers can help you learn ways to control your symptoms through complementary techniques, help you communicate your needs and wishes to the medical staff and/or assist you in connecting with a palliative care physician in the community upon discharge.

## Bereavement Counseling

In order to provide you and your family with continuity of care, **specially trained social workers at OSP** or **Toby Krawitz of Jewish Family Services** provide free short-term bereavement counseling to family members who have experienced a loss due to cancer.

Please call OSP at (845) 339-2071 ext. 100

## Welcome to our new Breast Health Navigator— *Gloria Lopez Novak.*



I have been a Registered Nurse since 2005. I first attended Dutchess Community College and attained my Associate Degree in Nursing. I received my Bachelor of Science in Nursing degree from Dominican College. I am currently a student at

Capella University (online) and projected to complete my studies in the MSN-Nursing Administration Program in early 2019. I have worked at Northern Westchester Hospital, located in Mount Kisco, NY as a staff nurse on the Medical-Surgical Unit and then on the Medical Oncology Unit. I briefly worked on the Transitional Care Unit at Northern Westchester Hospital. I am the new Breast Health Navigator at the Fern Feldman Anolick Center for Breast Health and I look forward to working with the women in our community.

— **Gloria Lopez Novak**

*We would like to gratefully acknowledge*

**Eric Tobaika, RN** who has been facilitating our men's support group for the past year. Eric is an Oncology Nurse who has been an incredible asset at HealthAlliance Hospital where he has worked for over ten years. He will be completing his Masters in Social Work in May!



Thank you, Eric.

**We so appreciate that you are part of our team!**

## Maintaining *Hope & Focus* through the Cancer Experience A Free Workshop with Puja Thomson



Puja Thomson

A cancer diagnosis can change your life, challenge your sense of self and burden you with countless decisions. In this workshop, Puja Thomson helps you integrate your own wisdom with practical guidance. You can become a detective, with skills to follow the clues of your body, mind, emotions and spirit, focus your energy, and create useful new habits as you organize and keep track of your cancer experience.

Puja will share tools from her new book, "Track Your Truth," along with those in prior publications: "My Hope & Focus Cancer Organizer," and "AFTER SHOCK: From Cancer Diagnosis to Healing."

*"By using the Hope & Focus Organizer you will gain clarity, feel relief, reduce stress, and be able to use your energy to focus productively on your healing."* Sheldon Marc Feldman, MD FACS – Breast Surgeon

Puja A. J. Thomson draws from extensive professional and personal experience as a holistic therapist, interfaith minister and workshop leader in her native Scotland and the USA. She lives in the Hudson Valley where she is founder and director of ROOTS & WINGS. [www.rootsnwings.com](http://www.rootsnwings.com)

**Tuesday, Oct. 23, 2108 5-7:00 p.m.**

**Reuner Cancer Support House**

To register, please call (845) 339-2071 or

email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

**Refreshments will be served.**

## CANCER SCREENING SAVES LIVES

*If you don't have insurance or are underinsured,  
you may be eligible for FREE:*

**Breast Cancer Screening: Mammograms and Clinical Breast Exams;**

**Cervical Cancer Screening: Pap Test and Pelvic Exam;**

**Colorectal Cancer Screening: FIT Test**

CANCER SCREENING  
CAN *save* YOUR LIFE



Hudson Valley Region

**Cancer Services Program**

Your partner for cancer screening, support and information



**Call the Cancer Services Program (CSP)  
to find out if you are eligible.**

**(855) 277-4482**





## *Explorations on Being Mortal:*

*A support & discussion group*

**First & Third Wednesdays, from 1:30 to 3 p.m.  
Oct. 3 & 17, Nov. 7 & 21, Dec. 5 & 19, Jan. 2 & 16**

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 a life-and-body-altering illness.

Facilitated by: OSP Oncology Social Worker, **Elise Lark, PhD, LCSW, OSW-C**  
For further information and pre-registration (required), please contact  
**Elise Lark at (845) 339-2071 ext. 102 or email: [elise.lark@hahv.org](mailto:elise.lark@hahv.org).**



## ***FREE: Choices & Wishes: Advance Care Planning Workshop***

**Date: Nov. 8, 5:30-7:30 p.m.**

Reuner Cancer Support House

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

This Advance Care Planning workshop will provide an overview of the **Health Care Proxy, Living Will, and MOLST** documents, allowing you to appoint a Health Care Agent (health care representative & advocate) and to define your end-of-life wishes regarding medical treatment. Participants engage in discussions based on reflective questions, review guidelines and considerations for choosing a health care agent, and explore and troubleshoot concerns that may be a barrier to completing documents. Lots of Q & A and handouts!

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 to 20 participants. You may wish to consider inviting your prospective health care agent. **Light refreshments provided.**

If you are unable to attend the workshop, you are welcome to make an appointment to meet with an OSP Social Worker to get the support you need to complete any of these documents. Please call OSP at (845) 339-2071.

*"Without the MOLST, I am forcing my family's hand to make, and live with, impossible decisions that no one else should have to take on. Why would I put that on someone else? It's my body. Examining end-of-life questions is simply about knowledge and planning." —Erica Chase-Salerno (member of Explorations on Being Mortal Support Group)*



## **An Invaluable Gift: Create Your Family Legacy Video**

Thru My Eyes was started when a friend who was diagnosed with cancer asked co-founders Carri Rubinstein and Michelle Maidenberg for help with creating a video for her daughter. Since then, Thru My Eyes has created nearly 300 video legacy recordings. Creating a video legacy for loved ones is the ultimate gift. Taking the opportunity to share about one's history, family memories, and even a glimpse into the future with future generations is priceless. Each interview is guided by a trained professional. There is no charge for individuals who are living with a potentially life-threatening illness and are the parent or the primary caregiver of a child 21 years or younger. For more information or to begin the easy application process, go to **[www.ThruMyEyes.org](http://www.ThruMyEyes.org)** or contact Thru My eyes at (914) 725-1836 or **[info@thrumyeyes.org](mailto:info@thrumyeyes.org)**.



## NURTURING NEIGHBORHOOD NETWORK

**Are you facing a cancer diagnosis? Would you benefit from one-on-one support from someone who's been through it?** You might like to be matched with a Nurturing Neighbor, a local volunteer and cancer survivor trained through OSP to offer peer support.

**Would you like to become a Nurturer?** Each year, OSP offers a training for people who are at least a year out from their own diagnosis and are interested in making themselves available to other members of the OSP community. Nurturers are trained to provide emotional and practical support (by phone, email, or in person) to people living with cancer and to act as a bridge to community resources. Our Nurturers often tell us that they receive more from volunteering than they ever could have imagined. **For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact Valerie Linet at (845) 339-2071 ext. 101 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org)**



A few of our wonderful Nurturers who attended last year's training.  
L. to R.: Jenny Fowler, Dina Argueta-Lopes, Willette Habersberger, Charlie Butera



## *Taking Care of You* (when you're taking care of someone else)

Just doing the basics when you're taking care of someone you love who has cancer is challenging. I don't have time to take care of myself!, you might think.

But, as the airlines warn, when those oxygen masks drop, you have to put your own on first before you can help anyone else. It isn't selfish to take care of yourself, it's *necessary*. Reaching out for help is courageous, not a sign of incompetence! The best rule for self-care is "a little goes a long way". Maybe you don't have an hour to exercise or relax. But can you sneak in 15 minutes? Even just a few moments of calm meditation or relaxation exercises can improve your outlook and health. Maybe you can't commit to a weekly or monthly support group; but can you manage a check-in call with a friend, a volunteer or professional? They'll help you to see accomplishments where you worried about failures. And you may learn useful coping techniques or hear about some new resources. Above all, doing something for yourself on a regular basis gives you a sense of control, which is especially important because ultimately, you can't stop the impact of the disease.

You can save time and get help when you need it by setting up a private information network. You can post progress information which is seen only by people to whom you give a password; and they can sign up to help with different chores by seeing what you have listed on the calendar. Check out [www.caringbridge.org](http://www.caringbridge.org) as an example. It's free.

Set a goal or two for yourself; take baby steps to get there. It'll be easier to take care of someone else.

The **Oncology Support** Group offers a **Caregivers' Group** on the **third Monday** of every month from **5:30-7:00 PM**. **Jennifer Halpern, PhD, LMSW**, facilitator, is also available for individual consultations in person, by phone, or via email. OSP exercise classes and coping skills workshops are also available. Our trained, volunteer nurturing neighbors can help provide respite for you.

Other resources include:

### ***In Ulster County:***

Caregiver Support Groups through Jewish Family Services — (845) 338-2980

Caring Connections (4<sup>th</sup> Tuesday of every month) — (845) 901-5744

### ***Online Support:***

<https://www.cancercaresupportgroups.org>

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

(also provides connection to the "Smart Patient" community, where patients share knowledge about their diseases.)



***The Linda Young Ovarian Cancer Support Program of OSP*** is committed to supporting women diagnosed with Ovarian Cancer and educating the community about ovarian cancer symptoms and early detection.

For information about the Linda Young Program or the Ovarian Cancer Support Group, 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

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

[www.sharecancersupport.org](http://www.sharecancersupport.org) Toll-free hotline: Call (866) 891-2392

### **SUPPORT CONNECTION** – [www.supportconnection.org](http://www.supportconnection.org)

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



### **Cervical Cancer Prevention & Screening at the O+ Festival in Kingston (Oct. 6 & 7)**

**Women can prevent the worst effects of cervical cancer through early screening and intervention.** The American Cancer Society estimates that in 2018 in the U.S., approximately 13,240 new cases of invasive cervical cancer will be diagnosed and that 4,170 women will die from the disease. According to the Center for Disease Control (CDC), in the U.S, the rate of Human Papilloma Virus (HPV)-related cervical cancer is highest in the Hispanic population, followed by the African-American community.

Certain strains of HPV are responsible for more than 90% of cervical cancer diagnoses.

The U.S. Preventive Task Force guideline is for all women to begin cervical cancer testing (screening) at age 21. Women ages 21 to 29 should have a Pap test every 3 years. Beginning at age 30, women should have a Pap test combined with an HPV test every 5 years. This is called *co-testing* and should continue until age 65. Some women, however, may be unable to follow these guidelines or fall through the cracks, according to Dr. Maggie Carpenter, a community physician at the Institute of Family Health and Ulster County Medical Director of Hospice of the Hudson Valley. She is founder of GoDocGo, an organization that sends doctors to underdeveloped nations to help women fight cervical cancer.

Partnering with artist Ryan Cronin, Dr. Carpenter created a revolutionary approach to help women determine if they have high-risk HPV which is responsible for more than 90% of cervical cancer diagnoses. Their creation, "The Box," merges art and wellness by providing a private space in a public area that supplies women with all they need to perform a vaginal self-swab—which studies have shown is an effective way to screen for HPV among women who may not be receiving regular medical care. "The Box" is a free service and will be offered at the O+ Festival in Kingston. Women who's samples indicate high-risk HPV will be referred for a Pap Test and Pelvic Exam. For women who are uninsured and under the age of 40, the Cancer Services Program (CSP) offers free Pap Tests and Pelvic Exams. If cervical cancer is found, CSP enrolls eligible women in the NYS Medicaid Cancer Treatment Program. HealthAlliance staff will be present at the O+ Festival to facilitate referrals to CSP and provide further information about cervical cancer prevention and cancer-related resources.

## 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: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

### Tai Chi

**Mondays, 10:30-11:30 a.m.**

**Kingston Library, Franklin Street**

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.

### Gentle Yoga

**Wednesdays, 12:00– 1:15 p.m.**

**Kingston Library, Franklin Street**

A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing. Classes taught by certified yoga instructor **Marianne Niefeld**.

### SmartBells® & HEART® Class

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

**ASB, Auditorium or Reuner Cancer Support House (with notice)**

Exercise for health, relaxation and fun! **Smartbells®** uses revolutionary sculptured weights to increase flexibility, strength & balance with gentle movement. **HEART®** is a beautiful aerodynamic mind-body tool designed to enhance flowing circular and orbital movements in all planes of motion. Working with **HEART®** engages the body in a fun and joyful manner, and allows the mind to relax and be present. Classes taught by **Angel Ortloff, L.M.T.**, licensed massage therapist, Shiatsu specialist and certified Smartbells® instructor.



**FREE: “MOVING FOR LIFE”  
DanceExercise for Health®**

**An Exercise Program for Cancer Recovery**

**Dr. Martha Eddy, Ed.D, RSMT, CMA**, an exercise physiologist with a Doctorate Degree in Movement Science and Education from Columbia University, developed this program which is offered free to our community due to the generous support from the New York State Dept. of Health Community-Based Cancer Support and Wellness Program.

Classes combine aerobic dance, strengthening and flexibility exercises, music and somatic movement and are personalized to meet the needs of participants. Movements can be done seated or standing and are safe and accessible to women at all phases of cancer treatment. The program prioritizes women with breast cancer and breast cancer survivors, but is open to the entire community and especially beneficial to people with chronic illness.

**Fridays: 10:00-11:00 a.m., Oct. 5, 12, 19 & 26,  
Nov. 2, 16 & 30, Dec. 14, Jan. 11 & 25**

**Kingston Library, Franklin St. Kingston**

**Classes taught by Certified MLF Instructors: Florence Poulain and Dana Davison. Guest presentations by Martha Eddy.**

**To register, call: (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**

## Hypnosis for Smoking Cessation

**with Peter Blum, C.H.T., M.S.C., Certified Hypnotherapist**

Hypnosis is a gentle and effective tool for therapeutic change. The hypnotic state is one of relaxed alertness, in which you are quite aware of your surroundings and have the feeling of choice regarding your future behavior. Experience an introductory group session on how hypnosis can help you stop smoking

**Wednesday, Nov. 14, 5:30-7:00 p.m.**

Reuner Cancer Support House \$10 donation.

Free to HealthAlliance Employees. To register please call

**(845) 339-2071 or email [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**

For more information about Peter Blum, go to: [soundsforhealing.com](http://soundsforhealing.com)

## Healthy and Simple Holiday Cooking

**Monday, Nov. 12**

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

**Reuner Cancer Support House Kitchen**



Living with or caregiving someone with cancer? You don't have to spend hours in the kitchen to prepare healthy holiday meals. Be inspired and join us for an informative food demonstration that can help reduce holiday stress and add health and cheer to you and your family during this holiday season.

Facilitated by **Ujjala Schwartz** who brings her own experiences with cancer and her wonderful cooking skills to the table.

To register, please call **(845) 339-2071** or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



## Miso Happy Cooking Club with Kathy Sheldon

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. Classes include recipe handouts, tastings, socializing, and fun. Advance registration is requested 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 - \$10. Reuner Cancer Support House Kitchen.

### A TWO Class Program with Bettina Zumdick, *Living in a Changing World: Maintaining Inner Peace and Balance through Lifestyle Skills and Diet*

**Oct. 23: 10:30 a.m.—1 p.m. (Session I)** Learn tools to help reduce stress including breathing techniques, simple meditation instruction, visualization and more.

**Nov. 6: 10:30 a.m.—1 p.m. (Session II)** A cooking class that includes recipes and foods that support our efforts to reduce stress and maintain balance.

*Bettina Zumdick is a teacher, counselor, humanitarian and author who has integrated modern knowledge of the West with the ancient wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelms University in Muenster, Germany, she has shared her knowledge of food as medicine for over 30 years. She is a Co-Director of Planetary Health, an educational public charity, (a 501(c)(3) organization) which offers weekend retreats and an annual macrobiotic conference.*

<http://www.culinarymedicineschool.com/>

<https://www.macrobioticsummerconference.com/>

### Annual Holiday Potluck Gathering

**Tuesday, Dec. 4th, 11:30 a.m. - 1:45 p.m.**

A recycled gift exchange is an optional but fun part of this celebration.

If you would like to participate, please bring a wrapped item that someone else might enjoy.



## Gardening for Health & Healing

Gardening not only provides food for our bodies—it connects us with nature and nourishes the soul! The OSP Gardening Group will enjoy the final harvest of veggies and herbs and then learn how to prepare the soil for next year's plantings. This workshop is facilitated by **Rob Kilpert**, the Founder of Healing Fields Farm, LLC. His gardening techniques are inspired by the principles of biodynamics.

**Monday, Nov. 5, 5:00—6:30 p.m. Reuner Cancer Support House** Please call to register: (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



## **NEW — Integrative/Complementary Approaches to Cancer —A Support Group** **Wednesdays, Oct. 3, Nov. 7, Dec. 5, 4:30~6:30 p.m. Reuner Cancer Support House**

An overview of studies suggest that around half of people with cancer use some sort of integrative or complementary therapy at some time during the course of their illness. These therapies may be used to reduce cancer symptoms or treatment-related side effects, boost the immune system, or improve one's sense of well-being.

OSP invites members of the community interested in integrative approaches to join this new group to share resources, experiences and identify topics of interest. Experts on selected topics will be invited to deepen group members' understanding of specific integrative modalities. The Oncology Support Program does not endorse any specific integrative treatment discussed but rather serves a vehicle for education, sharing and mutual support. Join us if you have something to share or learn....we are all in this together!



Group will be facilitated by **Ellen Marshall, MS., OSW-C**, Director of OSP, Oncology Social Worker with Masters Degree in Nutrition/Public Health and **Tara Ryan** who was diagnosed with Metastatic Melanoma and has experienced traditional treatments, immunotherapy and integrative approaches during the past 3 years. (After 13 tumors and 5 surgeries —she is going great!)

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

## Nourishing Yourself During Cancer Treatment and Beyond

by **Jan Tortarella, MS, RDN, CDN** Clinical Dietitian on the Oncology Unit of HealthAlliance Hospital

A majority of people in cancer treatment (Chemotherapy, Radiation, Immunotherapy or Surgery) experience at least one side effect which may include nausea, changes in taste perception, mouth sores, loss of appetite, or fatigue. Soups, broths, smoothies, herbal tea, and infused waters are a great include in your diet— they are nutritious, gentle to the digestive system, help combat nausea and help maintain hydration.

When you have the energy, seize the moment and make this Magic Mineral Broth or better yet, request that a supportive friend or caregiver make it for you....then freeze in ice cube containers for future use. Simply defrost, reheat, and enjoy. Pack broth in a thermos and take along with you to treatments, sip them throughout the day especially when symptoms of nausea are prevalent and use as a base for heartier soups when your appetite returns and side effects from treatment resolve.

### **Magic Mineral Broth from The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz**



#### **Ingredients:**

6 unpeeled carrots, cut into thirds  
2 unpeeled yellow onions, cut into chunks  
1 leek, white and green parts, cut into thirds  
1 bunch celery, including the heart, cut into thirds

4 unpeeled red potatoes, quartered  
2 unpeeled Japanese or regular sweet potatoes, quartered  
1 unpeeled garnet yam, quartered  
5 unpeeled cloves garlic, halved  
1/2 bunch fresh flat-leaf parsley  
1 (8-inch) strip of kombu\*  
12 black peppercorns  
4 whole allspice or juniper berries  
2 bay leaves  
8 quarts cold, filtered water  
1 teaspoon sea salt

*\*Kombu is a mineral-rich seaweed (in the kelp family) that adds flavor to broths. Kombu is found in the Asian section of a grocery store. Store dried Kombu in a cool dark area in your pantry.*

#### **Preparation:**

-Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

-Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. Simmer until the full richness of the vegetables can be tasted.

-Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

-Let cool to room temperature before refrigerating or freezing.

Prep Time: 10 minutes

Cook Time: 2 to 4 hours

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

### **Community Resources to help you stay well nourished during treatment and challenging times.**



**Mountain Valley Manor's Edible Independence** was designed to meet the challenge of providing healthy and tasty food to people in their own home at an affordable price. People living with cancer or their caregivers sometimes need that extra layer of support! The program will deliver seven frozen dinners, dietician and health department-approved. Meals are prepared in the kitchen of Mountain Valley Manor Adult Care in Kingston, fresh frozen and delivered upon request. There is no age requirements. Some insurances cover the entire cost. Without insurance reimbursement, the cost is \$55 for seven dinners. 15% discount for Veterans; 5% discount for ordering 4 week's worth. For more information or to order, call: **845-331-MEAL(6325)**.



**Sparrow's Nest of the Hudson Valley** helps families of caregivers diagnosed with cancer feed their families. The Charity provides two meals, once a week, to eligible families. In order to be eligible for the fund, the caregivers or children diagnosed with cancer must be receiving chemotherapy, radiation or surgery but the fund may also assist families for a period of time after a loved one dies. Recipients must live within a 35-mile radius of the charity's health department-approved kitchen in Wappingers Falls, which including many parts of Kingston.

For more information, call (845) 204-9421 or go to: [sparrownestcharity.org](http://sparrownestcharity.org)



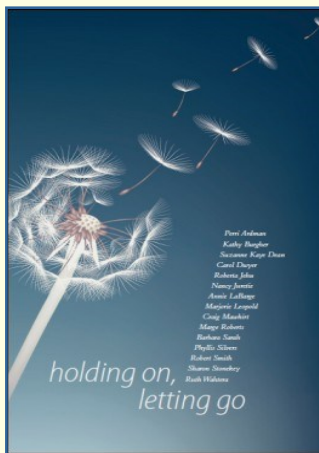
## Memoir Writing Workshops

Members of our community who are affected by cancer have an opportunity to support one another by writing and sharing memoirs. For information or to join a workshop, please call (845) 339-2071 ext. 100 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

**Thursday Group**  
facilitated by Abigail Thomas  
Thursdays: 3:00-5:30 p.m.  
Reuner Cancer Support House



**Friday Group**  
facilitated by Ann Hutton  
Fridays: 2:00-4:00 p.m.  
Reuner Cancer Support House



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

To order a copy, please call OSP at (845) 339-2071 and make check payable to:

**HOLDING ON LETTING GO  
MEMOIR GROUP**

P.O. Box 3533, Kingston, N.Y.  
12402

(\$15 plus \$5 shipping)

### Roads

No need to wonder what heron-haunted lake  
lay in the other valley,  
or regret the songs in the forest  
I chose not to traverse.

No need to ask where other roads might have led,  
since they led elsewhere;  
for nowhere but this here and now  
is my true destination.

The river is gentle in the soft evening,  
and all the steps of my life have brought me home.

*Ruth Bidgood*

## CREATIVE ARTS

### WORKSHOPS

Making art can help you express yourself, relax, connect with others, reduce stress and simply feel better!



*Creating Mandalas at OSP*

(L. to R.) Barb, Marilyn, Willette, Lindsay, Bev & Robin

**3rd Friday of the month: 12:30-2:00 p.m.**  
**Reuner Cancer Support House**  
(No prior art experience needed.)



Join our **monthly drop-in group** facilitated by Marilyn Fino, Lindsay Quayle and/or other guest artists.

**Oct. 19:**

***Masks of Hope and Transformation***

**Nov. 16:**

***Gratitude Collage***

**Dec. 21:**

***Holiday Cards, Gifts and Ornaments***

**Jan. 18:**

***New Year Dream Catchers***

~ Annual Holiday Celebration ~  
Friday, Dec. 7 from 6:00-8:30 p.m.

We are returning to the Auditorium at Mary's Ave. Campus  
for our Annual Holiday Celebration.  
Beginners Tango Class with Tara Ryan

(no experience needed and you don't need to come with a partner.)

Enjoy a festive potluck dinner, music and more dancing! Please bring a healthy appetizer or  
dessert to share. Come and chat with good friends, meet new folks and bring family and friends.

We look forward to celebrating the holiday season together!

Please register by Dec. 3 at (845) 339-2071 ext. 100 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).

## Special Thanks

to the visual artists and writers who participated in the exhibit,  
"Handwriting on the Wall — Experiences with Cancer told through Art,  
Poetry and Memoir."



The show was on display for the month of May at the **Art Society of Kingston** and featured artwork along with four evening readings of writings by people in our community touched by cancer.

We thank **Lucy Barbera, PhD., LCAT**, (below) for curating the show, the facilitators of our OSP Memoir Groups (*Ann Hutton and Abigail Thomas*) for guiding our writers with such loving support and **Craig Mawhirt** for his assistance.







Special Thanks to **Erica Chase Salerno (left)** for her words of inspiration at our **2018 Annual Survivors Event**. Unfortunately Erica was in the hospital the evening of the event but members of her OSP support group, — Benji, Robin, Jim and Tom—did a wonderful job sharing Erica's wisdom and creativity in their own unique way. We are delighted to share some of her speech with our whole community.

### **Welcome!**

My name is Erica, and I am on a journey of Stage IV breast cancer. As you see on the tables and along the walls, you are invited to fill in some words about your cancer journey that begin with the following letters:

**C...A...N...C...E...R**

### **Celebration**

I am celebrating Cancer Survivors Day!

Being here right now, connecting with you, something I would have otherwise taken completely for granted before cancer. I celebrate the love I feel from others who are more open with me about their feelings. I celebrate the healing approaches that help slow down my cancer, or give me moments of relief. I celebrate my friend's remissions, or release from pain. A happy scan, a successful blood draw. A birthday or other meaningful experience I was fortunate to witness or attend.

### **Adaptation**

We roll with the punches. We get knocked down and get up again.

Who here has had a Plan A? And...then suddenly a Plan B? From crazy timing of tests at the hospital ("I thought it was at 9 o'clock?") to surprise side effects ("Why am I so TIRED....Zzzzzzzz.....").

Even in the beginning - did anyone here honestly *expect* a cancer diagnosis in yourself or a loved one? To actually touch your life so directly? We are living and evolving - we are constantly adapting to our circumstances.

### **Navigation**

Who here has spent some time online searching for information as you make treatment choices? Me, too.

Have you had to navigate childcare, eldercare, pet-care, insurance, meds, doctors, additional opinions, loss of certain abilities? I can no longer drive, and it's brutal.

How about just navigating waking up: What kind of day am I up to having?

So, what is our True North our maps are based on as we navigate our future? Self? Spirit? Head? Heart?

The more problems I negotiate, the more trust I have in myself.

### **Communication**

How do we connect with others during this cancer chapter?

I am constantly in conversation with medical personnel, insurance, support groups, internet forums, family and my community. I choose what to share, and what to hold private.

### **Exclamation**

as in Exclamation Point - things I feel strongly about.

I have completely gotten away from encouraging anyone I know (or don't know!) from pursuing a particular style of healing treatment.

Exclamation can also be our push to do something we've never done before.

### **Revelation**

Revelation is defined as: a surprising and previously unknown fact, especially one that is made known in a dramatic way. "Head."

Revelation is also defined as the divine or supernatural disclosure to humans of something relating to human existence or the world. "Heart."

I have experienced both along my cancer journey.

Head: I learned that cancer is engineered to colonize. It's not personal. It's just what it does. Kind of like humans.

Heart: I received a direct message from my spirit guides that I Did Not Cause My Cancer. And, that was that. I wasn't in a meditative state, I was getting dressed. The awareness just arrived through grace.

Alan Alda says, "Doorways are where the truth is told."

At some point, we all find ourselves in the doorway from this earthly plane to the next. Some of us are closer than others.

"May all that has been reduced to noise in you become music again."

This place.

This right here, this right now, what a rich place to discover, wonder, receive new insights and perspectives.

To access ancient wisdom, fresh awakenings.

To release burdens we need no longer carry.

The gifts of new ideas and new understandings since diagnosis. Revelation.

Revelationsssssss.

**We are survivors, we are Head On and Heart Strong!**

**Thank you.**



From left to right: Benji Whitcomb, Robin Lane, Jim Gohlke, Tom Tuthill, Dan Gaydos & Elise Lark



Special thanks to "Souls United of the Hudson Valley" for singing at our 2018 Event.



## Need help with transportation to treatment or medical appointments?

*(advance notice required and availability may be limited)*

- Seniors age **60** or older: Free bus twice weekly to medical appts. and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling **(845) 340-3456**
- Seniors can call **UCAT** at **(845) 340-3333** for a **Para Transit Application** or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- If unable to take a bus, register with the **Neighbor to Neighbor Program** in advance by calling **(845) 443-8837** on Tues., Wed. or Thurs., 10 a.m.—2 p.m.
- 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**
- Call the **American Cancer Society** at **(800) 227-2345**
- 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>

## Cancer & Finances?

Diagnosed with cancer and wondering how to pay for treatment related expenses?

- How do I apply for Disability and/or Medicaid?
- What do I do if I've been told I have a "Medicaid Spend Down"?
- How do I set up a "Pooled Trust"?
- How might "Spousal Refusal" help?

Join us for an informational session with:

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

**2nd Wednesdays,  
Oct. 10, Nov. 14 & Jan. 9  
2:00-4:00 p.m.**

Reuner Cancer Support House  
Please call to register at **(845) 339-2071**  
or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

## Local Financial Assistance



### The Rosemary Gruner

**Fund:** \$500 Hannaford

and/or Stewarts gas cards,

annually to financially eligible people in active cancer treatment. Contact the Benedictine Health Foundation. **(845) 481-1303**



**Miles of Hope:** \$1,000 one time for financially eligible women in active treatment for breast cancer. Contact

Amy Colon at Family of Woodstock.

**(845) 331-7080** (when funds available)



**Premier Fund:** \$1,000 one time for

financially eligible cancer patients with a urologic or digestive cancer in

active treatment. Contact Amy Colon at Family of Woodstock. **(845) 331-7080**  
(when funds available)



### Linda Young Ovarian Cancer

**Support:**

Emergency assistance for financially eligible women in our community diagnosed with a gynecologic cancer. Contact Ellen Marshall at **(845) 339-2071**

## Local Resources to Know About:

### Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare Counseling, Home Care Services, Home Delivered Meals, Med Alerts, Transportation. Call: **(845) 340-3456** (Office for Aging).



### Resource Center for Accessible Living (RCAL):

Assists with benefits applications and advisement, Medicaid coordination, pooled trusts, nursing home transition & diversion. Call: **(845) 331-0541**



### Legal Services of the Hudson Valley:

Free legal services for financially eligible individuals.

Call: **(845) 569-9110** or **(845) 331-9373**



### EPIC (Elderly Pharmaceutical Insurance Coverage Program):

additional drug coverage and premium assistance for seniors (over 65) with Medicare Part D who financially qualify. Call: **(800) 332-3742**



### Jewish Family Services of Ulster:

In-home supportive mental health counseling. Caregiver support.

Call: **(845) 338-2980**





# October 2018

WMC HealthAlliance Hospital: Mary's Ave. Campus  
Oncology Support Program 845-339-2071

ASB = Administrative Service Building  
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Tai Chi 10:30-11:30am Kingston Library	<b>2</b>	<b>3</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Integrative/ Complementary Group 4:30-6:30pm – CSH	<b>4</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm–CSH	<b>5</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm – CSH	<b>6</b> O+ Festival FREE Cervical Screening "THE BOX" Kingston
<b>7</b> O+ Festival FREE Cervical Screening "THE BOX" Kingston	<b>8</b>   Tai Chi 10:30-11:30am Kingston Library	<b>9</b>	<b>10</b> Gentle Yoga 12-1:15am Kingston Library  Cancer & Finances 2-4pm – CSH	<b>11</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>12</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm CSH	<b>13</b>
<b>14</b>	<b>15</b> Tai Chi 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH	<b>16</b> 	<b>17</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>18</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Group 5:30-7pm – CSH	<b>19</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm – CSH  Creative Arts "Masks of Hope and Transformation" 12:30-2pm – CSH  Memoir II Writing Workshop 2-4pm – CSH	<b>20</b>
<b>21</b>	<b>22</b> Tai Chi 10:30-11:30am Kingston Library  Caregivers Support Grp. 5:30-7pm – CSH	<b>23</b> Miso Happy Cooking "Living in a Changing World" Session I 10:30am-1pm CSH Kitchen  Maintaining Hope & Focus 5-7pm – CSH	<b>24</b> Gentle Yoga 12-1:15am Kingston Library  Ovarian Support Group 7-8:30pm – CSH	<b>25</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>26</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm – CSH	<b>27</b>
<b>28</b>	<b>29</b> Tai Chi 10:30-11:30am Kingston Library	<b>30</b>	<b>31</b>   Gentle Yoga 12-1:15am Kingston Library			

# November 2018

WMC 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> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm –CSH	<b>2</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm CSH	<b>3</b>
<b>4</b> 	<b>5</b> Tai Chi 10:30-11:30am Kingston Library  Gardening for Health & Healing 5-6:30pm – CSH Linda Young Garden	<b>6</b> Miso Happy Cooking "Living in a Changing World" Session II 10:30am-1pm CSH Kitchen	<b>7</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Integrative/ Complementary Group 4:30-6:30pm – CSH	<b>8</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Advance Care Planning 5:30-7:30pm – CSH	<b>9</b> Memoir II Writing Workshop 2-4pm CSH	<b>10</b>
<b>11</b>	<b>12</b> <b>Veterans Day</b>  Tai Chi 10:30-11:30am Kingston Library  Healthy And Simple Holiday Cooking 5:15-6:30pm CSH Kitchen	<b>13</b>	<b>14</b> Gentle Yoga 12-1:15am Kingston Library  Cancer & Finances 2-4pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm	<b>15</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>16</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Creative Arts "Gratitude Collage" 12:30-2pm – CSH  Memoir II Writing Workshop 2-4pm CSH	<b>17</b>
<b>18</b>	<b>19</b> Tai Chi 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	<b>20</b>	<b>21</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>22</b>   <b>CLOSED</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Tai Chi 10:30-11:30am Kingston Library	<b>27</b>	<b>28</b> Gentle Yoga 12-1:15am Kingston Library  Ovarian Support Group 7-8:30pm – CSH	<b>29</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>30</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm CSH	



# December 2018

WMC HealthAlliance Hospital: Mary's Ave. Campus  
Oncology Support Program 845-339-2071

ASB = Administrative Service Building  
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> Tai Chi, 10:30-11:30am Kingston Library 	<b>4</b> Miso Happy Cooking "Annual Holiday Potluck Celebration" 11:30am-1:45pm CSH Kitchen	<b>5</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Integrative/ Complementary Group 4:30-6:30pm – CSH	<b>6</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp 5:30-7pm – CSH	<b>7</b> Memoir II Writing Workshop 2-4pm – CSH  OSP Annual Holiday Celebration 6-8:30pm ASB, Auditorium	8
9	<b>10</b> Tai Chi, 10:30-11:30am Kingston Library	<b>11</b> Last Day of Hanukkah	<b>12</b> Gentle Yoga 12-1:15am Kingston Library	<b>13</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>14</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm – CSH	15
16	<b>17</b> Tai Chi, 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	<b>18</b>	<b>19</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>20</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>21</b> Winter Solstice  Women's Support Grp. 11am-12:30pm CSH  Creative Arts "Holiday Cards, Gifts & Ornaments" 12:30-2pm – CSH  Memoir II Writing Workshop 2-4pm – CSH	22
23	<b>24</b>  <b>CLOSED</b>	<b>25</b> MERRY CHRISTMAS  <b>CLOSED</b>	<b>26</b>	<b>27</b>	<b>28</b>	29
30	<b>31</b>  <b>CLOSED</b>					

# January 2019

WMC 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>  <b>HAPPY NEW YEAR 2019</b> <b>CLOSED</b>	<b>2</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>3</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm –CSH	<b>4</b> Memoir II Writing Workshop 2-4pm CSH	5
6	<b>7</b> Tai Chi, 10:30-11:30am Kingston Library	8	<b>9</b> Gentle Yoga 12-1:15am Kingston Library  Cancer & Finances 2-4pm – CSH	<b>10</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>11</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm CSH	12
13	<b>14</b> Tai Chi, 10:30-11:30am Kingston Library	15	<b>16</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>17</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>18</b> Women's Support Grp. 11am-12:30pm CSH  Creative Arts "New Year Dream Catchers" 12:30-2pm – CSH  Memoir II Writing Workshop 2-4pm CSH	19
20	<b>21</b>  Tai Chi, 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	22	<b>23</b> Gentle Yoga 12-1:15am Kingston Library	<b>24</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>25</b> Moving for Life 10-11am Kingston Library  Memoir II Writing Workshop 2-4pm CSH	26
27	<b>28</b> Tai Chi, 10:30-11:30am Kingston Library	29	<b>30</b> Gentle Yoga 12-1:15am Kingston Library  Ovarian Support Group 7-8:30pm – CSH	<b>31</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH		





We invite you to be a part of our **Birthday Directory!** OSP will send each month via email a list of birthdays for the following month. Please submit your name and birthdate (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:* 

Virginia Aspinall  
Margot Bornschein  
Mary Boyle  
Doreen Elliot  
Filippo Faso  
Patricia Ford  
Russell Frost  
Kathleen Gallagher  
Kenneth Gottstine  
Fred Greenberg  
Moira Joyce  
Jay Klitzner  
Maribeth Lee

Julia Mathers  
Brendon McCrane  
Donald Myers  
Mary Nicholson  
Arthur "Turk" Plichta  
Norman Ronk  
Susan Schultz  
Remy Skidmore  
Paul Smith  
Hilary Swann  
Clara "Scrappy" Yallum  
Dara Young

*Thank You*

In Honor of  
Al Konigsberg

*James Alba  
Francine Case  
Arlene Gould  
Grace Janssen  
Patricia Lunior  
Denise & William McCue  
Barbara Sarah  
Jeffrey & Constance Schneider  
HHD Foundation*

**FOR YOUR GENEROUS SUPPORT**

In Memory of  
Martin Schuster  
*Katherine F. Albert*

In Memory of  
Helen A. Tizzani  
*Kathy Sheldon  
Al Konigsberg*

Anchors Aweigh Cruise  
Sponsors  
(as of Sept. 4, 2018)  
*Ulster Federal Credit Union  
Miron Wine and Spirits  
Helmsmoortel Realty*

In Memory of Eileen Keane and  
in Honor of her son  
Sean Keane's Birthday  
*Kathy Sheldon  
Al Konigsberg*

In Memory of members of the  
Knaus, Westhoff, Grazier,  
Cashdollar Families and in  
Honor of OSP staff  
*Joann & Craig Grazier*  
In Memory of  
Dr. Kristin Vergunst  
*Grace Schoonmaker*

**Special Thanks to our Volunteers & Supporters:**

Ann Hutton, Abigail Thomas, Kathy Sheldon, Eric Toboika, Debbie Denise, Rob Kilpert, Marilyn Fino, Annie LaBarge, Craig Mawhirt, Toby Krawitz, Emily Schmeitzel, Ujjala Schwartz, Tara Ryan, Lindsay Quayle, Kristen Swanson, Lucy Barbera, Peter Blum, Darlene Bover, Erica Chase Salerno, Souls United of the Hudson Valley, Kevin VanHentenryck, Gene Fischer, Benji Whitcomb, Robin Lane, Jim Gohlke, Tom Tuthill, Craig Mawhirt, Gloria Vega, Zoe Moffit, Hudson Valley Reiki Practitioners, our artists and writers, our Nurturing Neighbors and other fabulous volunteers.

To receive up-to-date information about our programming, please join our Facebook group:  
**Oncology Support Program of HealthAlliance of the Hudson Valley**

**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)

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 newsletters at:  
[www.hahv.org/service/cancer-support-program](http://www.hahv.org/service/cancer-support-program)

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

*Albert Schweitzer*

#### **SUBSCRIPTION INFORMATION**

To be on our mailing list please call:

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or send your name & address to:

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