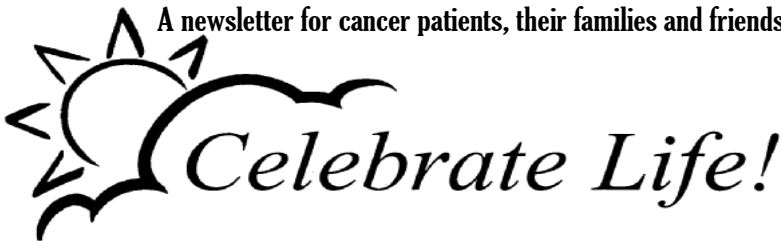


A newsletter for cancer patients, their families and friends

May/Jun/Jul/Aug/Sep 2018



HealthAlliance

Westchester Medical Center Health Network



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 12401

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

Website: 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 nurturing environment that promotes dignity, wellness and celebrates the fullness of life.

Greetings from OSP

After a long snowy winter, the Spring buds are a welcome sight. The staff of OSP invite you to the Reuner Cancer Support house to join our ongoing cancer support groups, wellness and healing arts programs and a few special events.

In May, we offer a morning of self care ...a chance for all of us to “mother” ourselves, something we all need and deserve! We also invite you to the *Art Society of Kingston (ASK)* where OSP is sponsoring a one-month long exhibit curated by Lucy Barbera, “*Handwriting on the Wall – Encounters with Cancer through Art and Memoir.*” We thank the talented artists of our community for sharing their experiences with cancer through art work and writings. Our **Annual Cancer Survivors event** will take place again this year, but this time at the Chateau in Kingston. And once the summer is over, don’t forget to think about OSP and join us at our annual fundraising event sponsored by the HealthAlliance Foundation...our **cruise along the Hudson on the Marika** and the concurrent land event for those who prefer to keep their feet on the ground.

Although our calendar is full as usual, the real magic of OSP is what happens between each and every one of our program members as they share their lives in authentic and meaningful ways...lives that encompass so much more than a cancer diagnosis. As OSP staff, we are grateful to be part of this process. Whether we see you in the hospital, in the community, within the walls of our Cancer Support House or out back, among the flowering perennials of the Linda Young Healing Garden, we look forward to sharing the next few months with you.

In gratitude, *Ellen Marshall* MS, LCSW-R, OSW-C, Director of OSP and OSP staff

ONCOLOGY SUPPORT PROGRAM STAFF

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

Founder: Barbara Sarah, LCSW-R

Social Workers:

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

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

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

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

OSP Program email address: oncology.support@hahv.org



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/

...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 _____



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**



A few of our wonderful Nurturers:
L. to R. Jenny Fowler, Dina Argueta-Lopes, Willette Habersberger, Charlie Butera

Support our local cancer community by cruising on the Hudson and raising funds for the Oncology Support Program



Anchors Aweigh Cruise aboard the Marika Yacht



DATE: Thursday, September 27, 2018

TIME: Boarding at 5:30 *Departs* at 6pm, returns at 8

LOCATION: Dock at the Maritime Museum, The Rondout, Kingston, NY

Includes dockside refreshments, onboard buffet, DJ & dancing and a memory moment. Cash bar.

Landlubber Event at the Maritime Museum for those who choose to stay on land.

For more information and to purchase a ticket, please contact the HealthAlliance Foundation: (845) 334-2760 or visit: foundationupdate.org



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

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 Jennifer Halpern, PhD., LMSW, 3rd Fridays, **May 18, June 15, Jul 20, Aug 17, Sep 21, 11:00 a.m. to 12:30 p.m.** For women of any age with any type of cancer, at any stage. Contact OSP at ext. 104

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW-R, OSW-C. **Last Wednesdays, May 30, Jun 27, Jul 25, Aug 29, Sep 26, 7-8:30 p.m.** For women diagnosed with ovarian cancer. Call OSP at ext. 103

Men's Cancer Support Group, facilitated by Eric Toboika, RN, MSW, 3rd Wednesdays, **May 16, Jun 20, Jul 18, Aug 15, & (2nd Thurs.) Sep 13, 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. 3rd Mondays, **May 21, Jun 18, Jul 16, Aug 20, Sep 17, 5:30-7 p.m.** Provides 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. Please contact OSP at ext. 104

Younger Women's Support Group, facilitated by Valerie Linet, LCSW-R **3rd Thursdays, May 17, Jun 21, Jul 19, Aug 16, Sep 20, 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/



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)

3rd Mondays,

May 21, Jun 18, Jul 16, Aug 20 & Sep 17, 3:00-4:30 p.m.



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

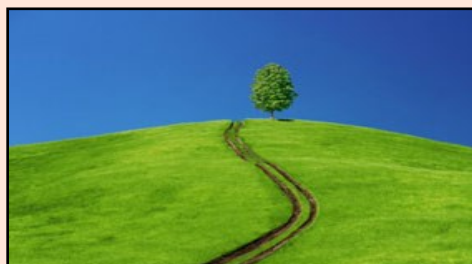


If you are in the hospital and suffering with distress or pain, ask your nurse for a "palliative care social work referral." OSP Palliative Care Social Workers can help you learn ways to control your symptoms through complementary techniques, help you communicate your needs and wishes to the medical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



Explorations on Being Mortal:

A support & discussion group

**First & Third Wednesdays, from 1:30 to 3 p.m.
May 2 & 16, Jun 6 & 20, Jul 18, Aug 1 & 15, Sep 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 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.

"Arriving at an acceptance of one's mortality is a process, not an epiphany." ~ Atul Gawande, MD

"Being Mortal is a group of folks who are not counting down until a final curative treatment. We are cognizant of the preciousness of our remaining heartbeats. We are honest, gritty, real, truthful, caring, encouraging, empathetic, and committed to the group and to each other."
~ Mortally yours, *Erica Chase-Salerno*

For a copy of Erica's full article about the Explorations on Being Mortal Group, please contact Elise Lark at 339-2071 ext. 102 or email: elise.lark@hahv.org

ery. I hope that my ill
not **defining** me. I hope
dignity. I **hope** I live
ugh to see my grand

WMC HealthAlliance Hospital is sponsoring a
Powerful Documentary:

Defining Hope

Directed by Carolyn Jones,
Creator of the American Nurse Project

Regal Cinemas at Hudson Valley Mall, 1300 Ulster Ave., Kingston
May 16 at 7:30 p.m.

Defining Hope shares the stories of individuals and families living with a life-threatening illness and the nurses and other healthcare professionals who care for them. It explores quality-of-life questions, such as ***What makes life worth living?*** and ***What can I do for myself and my loved one when the end of life is near?*** *Defining Hope* offers an optimistic lens, bringing a sensitive subject into view for reflection and conversation and reminding us that we have choices in how we approach death. This important film is geared to health professionals and the general public. 1.5 CEU's are available to nurses. \$11.45 per ticket.

To watch the trailer or to register, go to: www.hope.film

For details, please contact: Arlene Cohen: acohen@hahv.org

OSP CEREMONY OF REMEMBRANCE

Many of us know someone in our community who has died from cancer. Together, we can share our grief and honor the lives of the people we remember. Please bring a poem, a token, a memory and the enduring love in your hearts.

THURSDAY, JULY 12, 2018

5:30-7:00 P.M.

LINDA'S HEALING GARDEN

Reuner Cancer Support House

Please RSVP by Monday, July 9 by calling (845) 339-2071 or email: oncology.support@hahv.org

*A life that touches others
goes on forever.*



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



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 Toll-free hotline: Call (866) 891-2392

SUPPORT CONNECTION – www.supportconnection.org

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



Sparrow's Nest comes to Kingston!

Sparrow's Nest of the Hudson Valley was created in 2012 in order to help families of caregivers diagnosed with cancer feed their families. Caregivers are defined as legal guardians of children under the age of 18, living in the caregiver's home. The fund also helps families of children diagnosed with cancer.

As of April, Sparrow's Nest has expanded to help families in Kingston. 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 20-mile radius of the charity's health department-approved kitchen in Wappingers Falls.

For more information, call (845) 204-9421 or go to: sparrowsnestcharity.org

Bike for Cancer Care

Sunday, Sept. 23, 2018 Dietz Stadium, Kingston

The Rosemary D. Gruner Memorial Cancer Fund was established in 2004 to provide financial assistance to individuals who are undergoing cancer treatment.



Whether you ride the 12, 25, or 50-mile route, run or walk the 5K, there is one common goal — to raise money for people and families in our community affected by cancer. For information, go to:

<http://www.bikeforcancer.org> or call **Benedictine Health Foundation** at (845) 481-1303

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 info or to join a workshop, please call (845) 339-2071 ext. 100 or email: 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 Summer Day

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean --

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down --
who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do
with your one wild and precious life?

~ Mary Oliver

CREATIVE ARTS WORKSHOPS

Making art can help you express yourself, relax, connect and just feel better! Join us at our **monthly drop-in group**, facilitated by volunteer artists, **Lindsay Quayle and Marilyn Fino**

May 18, "State of Mind" Mandalas

In this workshop we will create a series of mandalas that reflect how we felt when diagnosed with cancer, how we currently feel and how we hope to feel as we look toward the future. This mandala will serve as a marker in our personal cancer journey.

June 15, Create a Gift for Your "Number One"

Take a moment to reflect, discuss, and share something about the person who has been your number one support during your cancer journey. In this workshop, we will create a "THANK YOU" gift reflecting our love and appreciation for that special person, then box and wrap the gift so it is ready to give.

July 20, "High Esteem" Bracelets

Sometimes we need to be our own cheerleader during the cancer experience. In this workshop, we will create personal reminders of hope and strength that we can wear when feeling the need for extra re-assurance and support.

Sept. 21, "Clay Creations"

In this workshop, we will make pendants, pins or pinched pots out of clay.

3rd Friday of the month: 12:30-2:00 p.m. Reuner Cancer Support House

(No prior art experience needed!)



Join us for our Art Show and Readings
Handwriting on the Wall:
*Experiences with Cancer told through
 Art, Memoir and Poetry*

Art work by people touched by cancer.
 Readings by members of our OSP memoir groups

"Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning." Maya Angelou

Sponsored by The Oncology Support Program
 Curated by Lucy Barbera, Ph.D., LCAT
 (Licensed Creative Arts Therapist)

WHERE: ASK (Arts Society of Kingston) 97 Broadway, Kingston, NY

Opening: Saturday, May 5, 5:00-8:00 p.m. (Readings 6:00-8:00 p.m.)
Readings: Saturday, May 12 & Friday, May 18 (6:00-8:00 p.m.)

Light Refreshments served. Donations to OSP appreciated.



"CARE"
 by Jenny Lee Fowler

19th Annual National Cancer Survivors Day Celebration
"Head On and Heart Strong"

Honoring our Cancer Survivors
 Welcome Family and Friends

Thursday, June 7, 6:00-8:00 p.m.



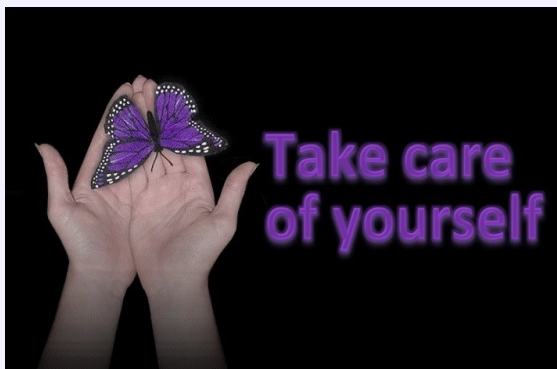
Delicious Hors d'oeuvres & Desserts
 Ceremony & Blessing
 Reflection by Erica Chase-Salerno
 Music by Souls United Gospel Group

Location: The Chateau
 240 Boulevard Route 32
 Kingston, NY 12401

Space is limited so please
RSVP by Monday, June 4th
 to the Oncology Support Program
 Please call (845) 339-2071 ext. 100
 or email: doris.blaha@hahv.org

Sponsored by:
 Benedictine Health Foundation

Join us for a Morning of Self-Care



A free nurturing program for women, men and caregivers affected by cancer

*Join us the morning before Mother's Day:
Reiki & Natural Skin Care
Nurturing Soup & Snacks served
You deserve to be "mothered!"*

Hudson Valley Reiki Community Practitioners will offer 20-minute individual Reiki sessions. Reiki is a Japanese technique used for stress reduction and relaxation. The word Reiki comes from two Japanese words: Rei, which has meanings of Universal Energy, Spiritual Wisdom and Higher Power and Ki, which means life force energy (the same as Chi, Qi and Prana). It is based on the idea that an unseen "life force energy" flows through and around us all. A trained practitioner can generate movement of this energy resulting in an overall sense of well-being. Reiki is administered with a person, fully clothed, lying on a massage table or sitting in a chair. The Reiki practitioner uses no touch, holding hands an inch or so above the body. Each person can choose how she or he wishes to receive the Reiki session.

Ujjala Schwartz, Licensed Aesthetician, will offer natural facial skin care demonstrations.

Glow on the inside and out as you care for body and spirit!

Saturday, May 12th 10:00 a.m. to 12:30 p.m.

Soup and Snacks provided. Reuner Cancer Support House

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

Gardening for Health & Healing

Gardening not only provides food for our bodies, it connects us with nature and nourishes our soul! The OSP Gardening Group has fortified the soil of its three **container gardens** and has lovingly planted a number of seedlings. Join us as we continue to plant and care for the **vegetables and herbs** which we will harvest for our cooking classes.

This workshop is facilitated by **Rob Kilpert**, the Founder of Healing Fields Farm, LLC, where he grows a multitude of crops. His gardening techniques are inspired by the principles of biodynamics.

Mondays, June 25 & Aug 13, 5:00–6:30 p.m. Reuner Cancer Support

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



Volunteers needed to weed and water Linda's Healing Garden and our Container Gardens during the spring and summer months.

If you would like to volunteer, please call OSP at (845) 339-2071.

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

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, at any stage 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. 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

Hypnosis for Weight Control

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 manage your weight.

Wednesday, Sept. 12, 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

For more information about Peter Blum, go to: soundsforhealing.com



Spring Foods during Cancer Treatment and Recovery

**Thursday, June 14
5:15-6:30 p.m.**

Spring forward with foods that can help nourish you during cancer treatment and rebuild your system during recovery. Taste & enjoy simple dishes prepared during class. Take home great recipes and cooking tips that can transform your diet to nourish your body and spirit.

Facilitated by **Jan Tortarella, MS, RDN, CDN**, Clinical Dietician of the HealthAlliance Hospital Oncology Unit, who will share her expertise working with cancer patients & **Ujjala Schwartz**, Health Educator, who brings her own experiences with cancer, inspiration and wonderful cooking skills to the table.

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

ABCDEs of Melanoma – consult your dermatologist immediately if any of your moles or pigmented spots exhibit:

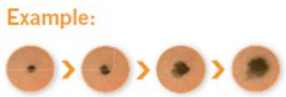
A ASYMMETRY
 One half unlike the other half.

B BORDER
 Irregular, scalloped or poorly defined border.

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

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

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



American Academy of Dermatology



Skin Cancer affects 1 in 5 Americans



Skin cancer has a better than **99% cure rate** if detected and treated early.

- * Melanoma is the second most common form of cancer for young adults, ages 15-29 years old.
- * A person's risk for melanoma can double if he or she has had more than 5 sunburns at any age.
- * Minimize summer sun exposure between 10:00 am – 2:00 pm and seek out shade.
- * Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 30.
- * Apply sunscreen 30 minutes BEFORE sun exposure and reapply after swimming or excessive sweating.
- * Exposure to tanning beds in youth increases melanoma risk by 75 percent.
- * Check your skin regularly. If you see any kind of change, have a dermatologist check it out.

Join us for a **FREE** Skin Cancer Screening sponsored by the HealthAlliance Hospital

at the office of

Dr. Kenneth Kircher, Board Certified Dermatologist
 Fellow, American Academy of Dermatology,
 Fellow, American Osteopathic College of Dermatology

Where: Advanced Dermatology
 315 Grant Ave, Lake Katrine, NY 12449

When: Saturday, May 5, 9:00 a.m. - 1:00 p.m.

To register, please call the Oncology Support Program at
(845) 339-2071

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*



Call the Cancer Services Program (CSP) to find out if you are eligible.
(855) 277-4482

Miso Happy Cooking Club

with Kathy Sheldon

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices.

Miso Happy Spring Classes
at the Reuner Cancer Support House Kitchen:



The Basics: Plant Based Healing Foods: The Top 8 Dishes

A Two Part Program with Bettina Zumdick

Tuesdays, May 8 and May 15 at 10:30 a.m. - 1 p.m.

Register for both classes: ASAP or by May 2 to kathy.sheldon@gmail.com or Doris Blaha at (845) 339 -2071 ext. 100 or doris.blaha@hahv.org

The Basics: Plant-Based Healing Foods: The Top 8 Dishes, Part 1 Tues. May 8 at 10:30 a.m.

A lecture and cooking segment. Bettina will introduce foods that are important for prevention and recovery. A plant centered, macrobiotic inspired way to health, focusing on organic, non-GMO whole grains, vegetables, beans, soups, sea vegetables and fermented foods will be presented. The following dishes will be demonstrated in class: miso soup, brown rice, Kinpira, a particularly nutritious vegetable dish and Kanten, a light pudding. All prepared dishes will be sampled. Join this series to learn about the eight important dishes for good health.

Plant-Based Healing Foods: The Top 8 Dishes, Part 2 Tues. May 15 at 10:30 a.m.

Bettina will continue the discussion of foods that help strengthen the immune system. Join this class to learn to prepare beans, a quick fermented dish, a sea vegetable and a nishime style vegetable. Brown rice will be prepared ahead and served with the sampling. *Bettina Zumdick is a teacher, counselor, and author who has integrated modern knowledge of the West with the ancient wisdom of the East. With a strong background in Food Science, Dietetics, and Nutrition from Wilhelms University in Muenster, Germany, she has shared her knowledge of food as medicine for over 30 years. Bettina is currently overseeing the dietary guidelines for a medical study with Tufts University on the macrobiotic approach to breast cancer.*

Miso Potluck : Tuesday June 12th at 10:30 a.m.

Aligning with Autumn: Delicious Dishes to Harmonize with the Season with Amber Maisano Tues. September 25 at 10:30 a.m.

Amber Masaino has served as General Manager and Executive Chef at the Kushi Institute and has served on the Kushi Institute faculty, teaching cooking classes.

Advance Registration
via Kathy.Sheldon@gmail.com or
doris.blaha@hahv.org
is requested for Miso Happy Programs.



MISO HAPPY COOKING GROUP



Need help with transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- If you are **60 years of age or older**, complete an application with **Office for the Aging (NY Connects)** by calling **(845) 340-3456** or **(845) 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>
- Register with 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**
- Call the **American Cancer Society** at **1-800-227-2345**
- **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:

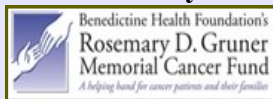
Debbie Denise, Benefits Advisor of Resource Center for Accessible Living

**3rd Wednesdays,
5/16, 6/20, 7/25, 9/19
2-4:00 p.m.**

Reuner Cancer Support House
Please call to register at (845) 339-2071

Local Financial Assistance Funds

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



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



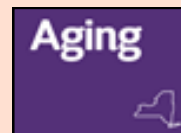
Linda Young Ovarian Cancer Support: Emergency assistance for financially eligible women in our community diagnosed with a gynecologic cancer. Contact Ellen Marshall.



Local Resources to Know About:

Office for the Aging/ NY Connects:

Assists with Long Term Services and supports for elderly and disabled. Free legal counsel for people over the age of 60. Call: (845) 340-3456 (Office for Aging) or (845) 334-5307 (NY Connects)



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



May 2018

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 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	3 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	4 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm – CSH	5 Handwriting on the Wall (Opening 5-8pm (ASK) Art Society of Kingston, 97 Broadway Skin Cancer Screening 9am-1pm, Dr. Kenneth Kircher Advanced Dermatology 315 Grant Ave, Lake Katrine
6 National Nurses Day 	7 Tai Chi 10:30-11:30am Kingston Library	8  Miso Happy Cooking Club "The Basics: Plant Based Healing Foods: The Top 8 Dishes" Part 1 10:30am-1pm CSH Kitchen	9 Gentle Yoga 12-1:15pm Kingston Library	10 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	11 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	12 Morning of Self-Care 10am-12:30pm CSH Handwriting on the Wall (Readings) 6:00-8pm: (ASK) Art Society of Kingston 97 Broadway
13 Happy Mother's Day 	14 Tai Chi 10:30-11:30am Kingston Library	15 Miso Happy Cooking Club "Plant Based Healing Foods: The Top 8 Dishes" Part 2 10:30am-1pm CSH Kitchen	16 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH Men's Support Grp. 5:30-7pm –CSH Defining Hope 7:30pm, Regal Cinemas HVM, 1200 Ulster Ave, Kingston	17 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	18 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm – CSH Creative Arts "State of Mind" Mandalas 12:30:2:00pm CSH Memoir Writing II 2-4pm – CSH Handwriting on the Wall (Readings) 6:00-8pm - (ASK) Art Society of Kingston, 97 Broadway	19
20	21 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	23 Gentle Yoga 12-1:15pm Kingston Library	24 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	25 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm – CSH	26 Handwriting on the Wall (Readings) 6:00-8pm: (ASK) Art Society of Kingston 97 Broadway
27	28  CLOSED	29	30 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	31  Smartbells® 9:30-10:45am ASB, Aud. Memoir Writing Workshop 3-5:30pm – CSH		

June 2018

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 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	2
3	4 Tai Chi, 10:30-11:30am Kingston Library	5	6 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	7 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Cancer Survivors Day Celebration 6-8pm The Chateau 240 Boulevard Route 32, Kingston	8 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	9
10	11 Tai Chi, 10:30-11:30am Kingston Library	12 Miso Happy Cooking "Miso Potluck" 10:30am-1pm CSH Kitchen	13 Gentle Yoga 12-1:15pm Kingston Library	14  FLAG DAY Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Cooking for Cancer Recovery 5:15-6:30 CSH Kitchen	15 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts Create a Gift for Your #1 12:30-2:00pm CSH Memoir Writing II 2-4pm CSH	16
17 	18 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	19	20 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH Men's Support Grp. 5:30-7pm – CSH	21  Summer Solstice Smartbells® 9:30-10:45am ASB, Auditorium Younger Women's Support Grp. 5:30-7pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	22 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	23
24	25 Tai Chi, 10:30-11:30am Kingston Library Gardening for Health & Healing 5-6:30pm – CSH Linda Young Garden	26	27 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	28	29 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	30

July 2018

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, 10:30-11:30am Kingston Library	3	4  CLOSED	5 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	6 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm - CSH	7
8	9 Tai Chi, 10:30-11:30am Kingston Library	10	11 Gentle Yoga 12-1:15pm Kingston Library	12 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Ceremony of Remembrance 5:30-7pm Linda Young Healing Garden, CSH	13 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm – CSH	14
15	16 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	17	18 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH Men's Support Grp. 5:30-7pm – CSH	19 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	20 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts "High Esteem" Bracelets 12:30-2:00pm CSH Memoir Writing II 2-4pm – CSH	21
22	23 Tai Chi, 10:30-11:30am Kingston Library	24	25 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH Ovarian Support Group 7-8:30pm – CSH	26 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	27 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm – CSH	28
29	30  Tai Chi, 10:30-11:30am Kingston Library	31				

August 2018

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 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Hypnosis for Smoking Cessation 5:30-7pm – CSH	2 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	3 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	4
5	6 Tai Chi, 10:30-11:30am Kingston Library	7	8 Gentle Yoga 12-1:15pm Kingston Library	9 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	10 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	11
12	13 Tai Chi, 10:30-11:30am Kingston Library Gardening for Health & Healing 5-6:30pm – CSH Linda Young Garden	14	15 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Men's Support Grp. 5:30-7pm –CSH	16 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	17 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Memoir Writing II 2-4pm CSH	18
19	20 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	21	22 Gentle Yoga 12-1:15pm Kingston Library	23 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	24 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	25
26	27 Tai Chi, 10:30-11:30am Kingston Library	28	29 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	30 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	31 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	

September 2018

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  LABOR DAY	4	5 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	6 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	7 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	8
9	10 Tai Chi, 10:30-11:30am Kingston Library	11	12 Gentle Yoga 12-1:15pm Kingston Library Hypnosis for Weight Control 5:30-7pm - CSH	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 Kingston Library Memoir Writing II 2-4pm CSH	15
16	17 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	18	19 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH	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 Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts "Clay Creations" 12:30-2:00pm Memoir Writing II 2-4pm CSH	22 
23 Gruner Bike for Cancer Care Deitz Stadium, Kingston For more info: go to www.bikeforcancer.org	24 Tai Chi, 10:30-11:30am Kingston Library	25 Miso Happy Cooking "Aligning with Autumn: Delicious Dishes to Harmonize with the Season" 10:30am CSH Kitchen	26 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	27 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Anchors Aweigh Cruise Aboard The Marika 5:30-8pm Docked at the Maritime Museum, Rondout, Kingston	28 Moving for Life 10-11am Kingston Library 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 birthdate (month and day) so that we can celebrate with **YOU** as a community!! Please call Oncology Support or email doris.blaha@hahv.org with your information.



Happy Birthday

We Lovingly Remember: 

Robert Bectold
 Thomas Bridges
 James Butler
 Lorraine Dariotis
 Marianne Debonis
 Milton Finch
 Richard Griggs
 Paul Gromoll
 Jennifer Hermance
 Betty Jane Jorgensen
 Stacy VanAllen-Hommell
 Randy Hornbeck
 Patricia Mapstone
 Jay Marrus
 Joan McCourt

Michelle Mellert
 Jeanette Mignocchi
 John Moore
 Donna Orlando
 Karen Schiffman
 Donald Simmons
 Ann Sperl
 Wendy Temple
 Pamela Tharp
 William Warneck
 Lila Weinberg
 Shirley Wilbur
 William Winters



Thank You

FOR YOUR GENEROUS SUPPORT

In Honor of Rob Kilpert

In Memory of

Stacey VanAllen-Hommell
Doris Blaha & Family

Mary DaPuzzo
James Allyn
Monica Meyle
John & Catherine Pero
Ellen Berlin
Doris Blaha
Constance Rudd

In Memory of
David Burns
Diane Snow

In Memory of
Joan McCourt
Doris & Frank Blaha & Family

In Memory of
members of the
Knaus, Westhoff,
Grazier and
Cashdollar Families
Joann Grazier

Special Thanks to our Volunteers & Supporters:

Ann Hutton, Abigail Thomas, Kathy Sheldon, Eric Tobaika, Al Konigsberg, Monica Meyle, Joanne Cella, Constance Rudd, Rob Kilpert, Jeff Dapuzzo, Marilyn Fino, Annie LaBarge, Craig Mawhirt, Toby Krawitz, Debbie Denise, Susan York, Ujjala Schwartz, Toby Krawitz, Lindsay Quayle, John Bonavita-Goldman, Kristen Swanson, Lucy Barbera, Peter Blum, Larry McGrath, Melissa Eppard, Darlene Bover, Erica Chase Salerno, Souls United Gospel Group, Kevin VanHentenryck, Marina Russo, 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

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

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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

*"It is through gratitude for the present moment that the
spiritual dimension of life opens up."*

Eckhart Tolle

SUBSCRIPTION INFORMATION

To be on our mailing list please call:

845-339-2071 or email: doris.blaha@hahv.org

or send your name & address to:

Oncology Support Program

**HealthAlliance Hospital, WMC Health Network
105 Mary's Avenue, Kingston, NY 12401**



We are trying to help our planet and go paperless as much as possible.

If you currently receive our newsletter by postal mail but are able to receive it by email instead, please notify us by sending an email to:

doris.blaha@hahv.org